



AUGUST 2023

HEALTH *corner*

"Many more rust out than wear out."

The above statement was made roughly 150 years ago by a 19th century Health Reform advocate, extolling the virtues of physical activity compared to the harms of inactivity. There are many benefits of physical activity. One such benefit is a reduction in the risk of developing cardiovascular disease (CVD).

Who stands the most to benefit from exercise?

Those with an elevated risk of developing CVD benefit most. This includes people with high blood pressure, high cholesterol, high blood sugar, and a high body fat percentage.

What is the current exercise prescription?

Weekly physical activity that totals 150 minutes of moderate exercise. If the physical activity is vigorous, 75 minutes is recommended. This is as simple as 30 minutes a day of walking 5 days a week.

No whistling while you work!

The CDC notes that with moderate exercise you can carry on a conversation but singing would be a challenge. With vigorous activity, simply talking should be hard to do.



ROCHESTER
SEVENTH-DAY
ADVENTIST CHURCH
HEALTH MINISTRIES