



What's New in the Physical Activity Guidelines for Americans, 2nd edition?

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MOVE YOUR WAY™

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



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MOVE YOUR WAY™

How much physical activity do kids and teens need?

At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.



And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.



As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity

at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity

at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

AND

Walk. Run. Dance. Play. **What's your move?**



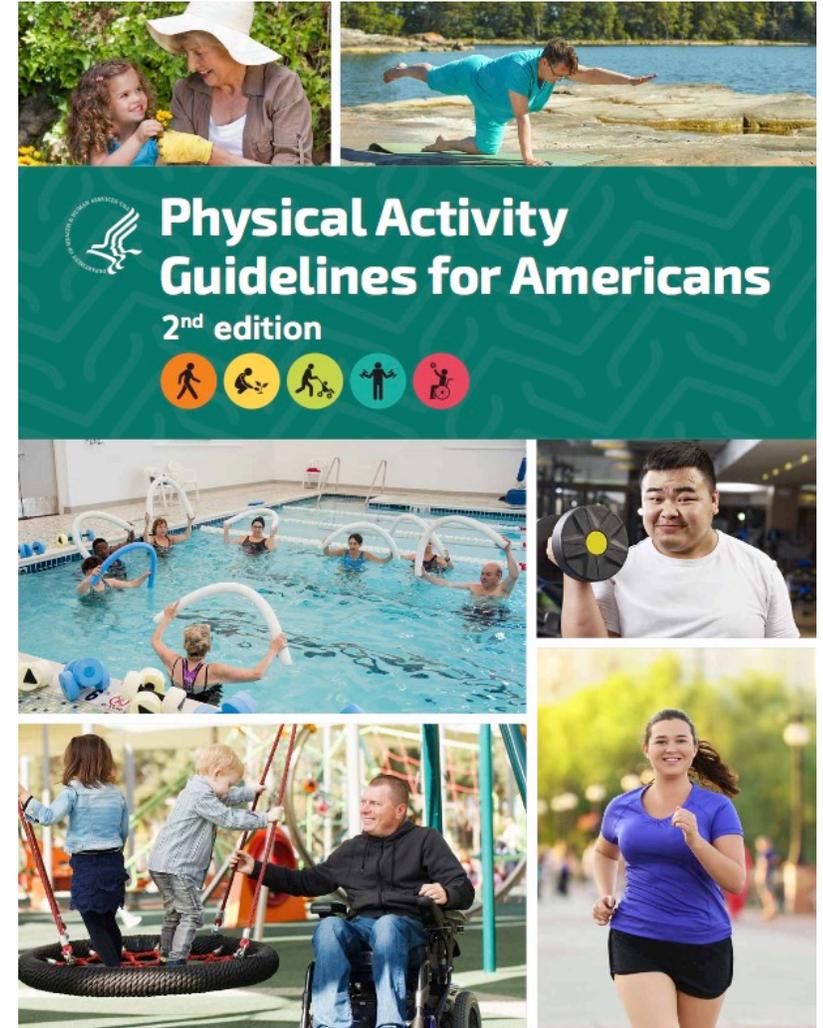
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What's New: *Physical Activity Guidelines for Americans*

- Expanded science base
- New areas:
 1. Guidance for preschool-aged children (3-5 years)
 2. Discussion of sedentary behavior
 3. Removal of bout length requirement
 4. Evidence for even more health benefits – including immediate effects
 5. Tested strategies for physical activity promotion



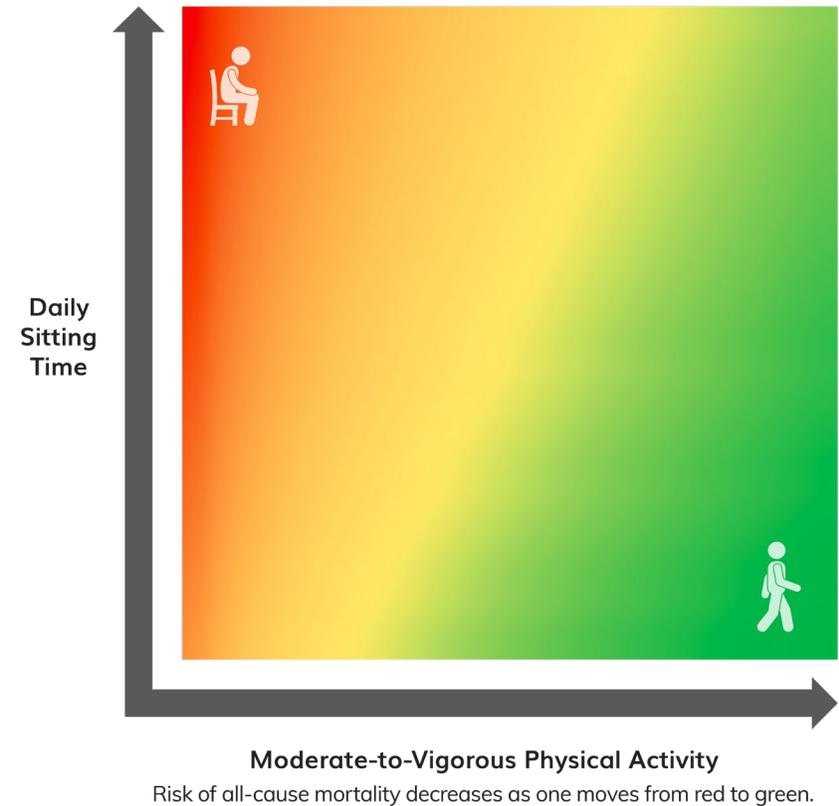


Move More and Sit Less

Sedentary behavior increases risk of:

- All-cause mortality
- Cardiovascular disease mortality
- Cardiovascular disease
- Type 2 diabetes
- Colon, endometrial, and lung cancers

Relationship Among Moderate-to-Vigorous Physical Activity, Sitting Time, and Risk of All-Cause Mortality in Adults



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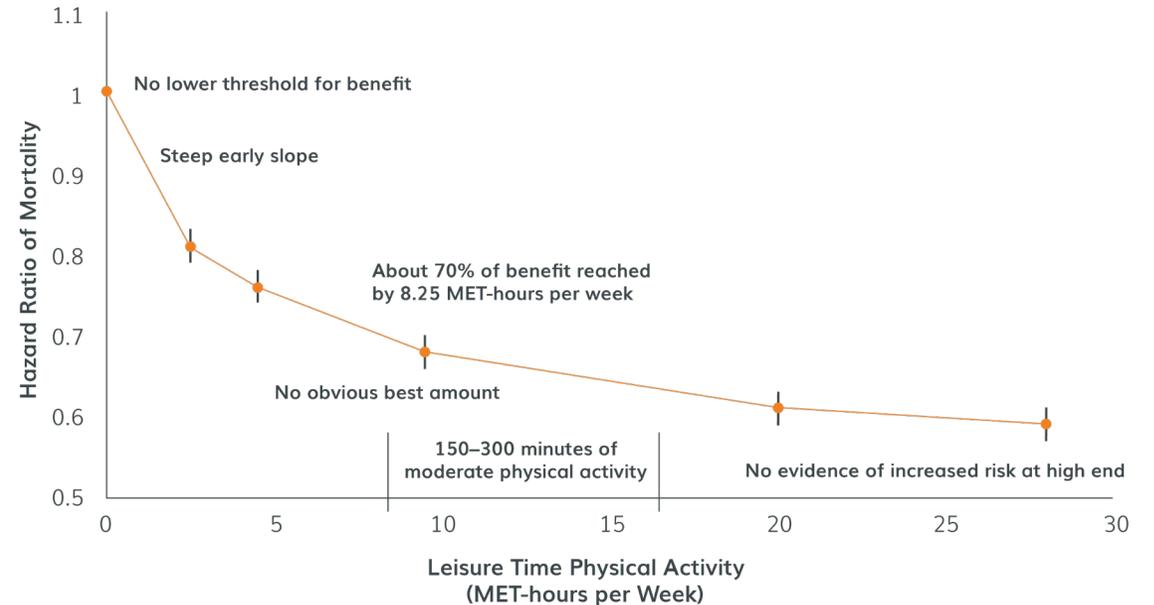
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Any Activity Counts

- No lower threshold for benefits from physical activity
- Most benefits are attained with at least 150-300 minutes of moderate physical activity per week
- Some health benefits are immediate

Relationship of Moderate-to-Vigorous Physical Activity to All-Cause Mortality





New Knowledge about Health Benefits

Long term benefits:

- For youth, improve cognition
- For adults, reduces risk of 8 types of cancer (previously 2); reduce risk of dementia, including Alzheimer's disease
- For older adults, lowers risk of injuries from falls
- For pregnant women, reduces the risk of postpartum depression
- For all groups, reduces the risk of excessive weight gain

Disease management:

- Decrease pain of osteoarthritis
- Reduce disease progression for hypertension
- Reduce disease progression for type 2 diabetes
- Reduce symptoms of anxiety and depression
- Improve cognitive function for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease





Find Out More

- **For health professionals:**
<http://health.gov/PAGuidelines>
- **For consumers:**
<http://health.gov/MoveYourWay>

