What’s New in the Physical Activity Guidelines for Americans, 2\textsuperscript{nd} edition?

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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**

**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.

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.

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

Risk of all-cause mortality decreases as one moves from red to green.
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

- No lower threshold for benefit
- Steep early slope
- About 70% of benefit reached by 8.25 MET-hours per week
- No obvious best amount
- 150-300 minutes of moderate physical activity
- No evidence of increased risk at high end
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