

FEBRUARY 23, 2022

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## HEALTH BENEFITS OF PHYSICAL ACTIVITY

We recently developed our Community Health Improvement Plan (CHIP) with data gathered from our Community Health Assessment survey last spring and input from community meetings last fall. In our CHIP we have identified ways to strengthen our efforts to bring healthy changes to our community. One health outcome we will be focusing on is reducing chronic disease in Morgan County. In the coming weeks we will be sharing ways you can improve your health and reduce your risk of chronic disease. We will also be sharing information on programs we offer to help you on your journey to becoming a better you!

As warmer weather approaches, we want to encourage you to start thinking about getting active. Spring is a great time to get outside, explore our beautiful county and take advantage of all the health benefits that physical activity has to offer.

According to the Centers for Disease Control (CDC), physical activity for adults has both immediate and long-term benefits. Immediate benefits of moderate-to-vigorous physical activity include improved sleep, reduced feelings of anxiety, and reduced blood pressure.

Regular physical activity provides important health benefits for chronic disease prevention. Long-term benefits include reducing your risk of developing dementia, depression, certain cancers, heart disease, stroke, and type 2 diabetes. Additionally, regular exercise promotes a healthy weight, bone strength, and balance and coordination.

Lastly, emerging research suggests physical activity may help boost immune function. Your immune system helps you fight infections and keeps your body healthy. With so many benefits to physical activity, why not show yourself a little love this month by committing to your health?