

MARCH 13, 2024

# MCHD HEALTH BLOG

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



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



## LET'S STAY ACTIVE THIS SPRING!

The 2024 Winter Activity Challenge may now be over, but now is the best time to be active and take control of your health! Over the last several weeks, 90 community members have committed to engage in regular physical activity based on their stage of life. Because of their commitment to develop healthy exercise habits, Morgan County residents have lost weight, slept better, felt better, explored more of their community, and met new friends. Now that spring is rapidly approaching, MCHD encourages everyone to take advantage of the season to keep up with their physical activity goals.

According to the Centers for Disease Control (CDC), regular physical activity provides immediate and long-term health benefits. When you exercise, you may immediately feel an improvement in your mood, sleep, and even pain. As for the long-term, regular exercise may help improve your heart and muscle health and chronic illnesses such as hypertension or type 2 diabetes.

Adults should get at least 150 minutes (for example, 30 minutes 5 days a week) of moderate-intensity aerobic physical activity every week. Also, it is recommended that you get at least 2 days a week of muscle-strengthening activities that include all major muscle groups. Fitting regular physical activity into your schedule may seem hard at first, but you can reach your goals through different types and amounts of physical activity each week. Be sure to talk ask your healthcare provider if any of your current health conditions limit your ability to be active in any way.

Need ideas for how to get active this spring? Here are some of our favorites that are outside-the-box but will still get your heart pumping:

- Go on a hike at Burr Oak State Park. There are many trails that vary in length to suit your goals. Grab some ankle weights for an extra challenge and to increase your muscle strength.
- Take the kids to the Storybook Trail at Burr Oak. There are additional Storybook Trails at Sells Park in Athens and Dillon State Park near Zanesville. Go on a road trip and visit them all!
- Grab a friend and try a new activity, such as disc golf or gentle chair yoga. There is a disc golf course near the Burr Oak Nature Center and it's free to play. Gentle chair yoga is at the Kate Love Simpson Library on Wednesdays.
- Plant some spring flowers in your garden. You can also prepare your yard for the summer by raking up leaves, twigs, and other debris that gathered from the winter.
- Get started on your spring cleaning. Set a timer for yourself to do as much cleaning around the house as you can. Moving quickly will get your heart pumping and you might even break a sweat!

Take advantage of all that spring has to offer, such as its mild temperatures and the beautiful sights, sounds, and smells of the outdoors. Your body and spirit will thank you! For more information on physical activity recommendations, visit [www.cdc.gov/physicalactivity/](http://www.cdc.gov/physicalactivity/).