

JUNE 26, 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.



SUMMER PHYSICAL ACTIVITY IDEAS

Summer is officially in full-swing! Some of the best parts of this season are the beautiful weather, grilling outdoors, gathering with friends, and much more. The summer is also a great time to establish or maintain an active living routine. Most adults need at least 150 minutes of aerobic activity and 2 days of muscle-strengthening activities per week to be healthy. An aerobic activity is anything that gets your heart beating faster, like running or dancing. Muscle-strengthening activities include things that make your muscles work harder than usual, like lifting weights or doing push-ups.

Here are a few of our top ideas on how you can make this summer your healthiest yet in Morgan County!

- Take a brisk walk around downtown McConnellsville. Do some window shopping to add extra steps to your walk. Add the Farmers Market to your route. The Farmers Market is held every Thursday from 11am-1pm in the parking lot at Main Street Church of Christ. Don't forget to apply sunscreen and wear sunglasses to protect yourself from the sun.
- Spend the day checking out the Covered Bridge Trail. Get out of the car at each stop to walk around and get an up-close look at each bridge! Visit the Morgan County Convention & Visitors Bureau for more information about the bridges. Be sure to watch out for motorists as you're exploring each stop.
- Try a new active hobby. Launch a kayak at the Malta Boat Ramp from their new ADA compliant launch, try disc golfing at the free disc golf course at Burr Oak, or head to Wolf Creek Wildlife Area for excellent birding opportunities. Make sure when you are exploring the great outdoors to wear long pants and sleeves and apply EPA-registered insect repellent to protect yourself from mosquitoes and ticks.
- Head to one of Burr Oak State Park's many trails. Burr Oak offers trails ranging from .4 miles to 22 miles long including a .5-mile Storybook Trail for kids. Stop by the visitor center to see what guided hikes are available. Be sure to take your water bottle along!
- Spend time in the yard gardening and weeding. Gardening can be a real workout! Help your plants — and your muscles — grow strong. Don't forget sunscreen, sunglasses, hat, water bottle, and gloves!
- Do some home repairs like painting or cleaning the gutters. Doing your own home repairs saves money — and it counts as physical activity! Be sure to ask your healthcare provider if any of your current health conditions may limit your ability to be active in any way.

Ready to plan your physical activity goals for the summer? Visit <https://health.gov/moveyourway/activity-planner> to view more activity ideas based on your stage of life, goals, and interests. You can even create a weekly plan to help you stay on track. The Greatest Wealth of a Community is the Health of the People