

The Post Rock Connection
Post Rock Extension District #1 Family and Consumer Sciences Column
Month of March 2023
By Jamie Rathbun, Family and Community Wellness Agent

Physical Activity: Important for Everyone's Everyday Life

Regular physical activity is important to both physical and mental health. No matter your size, shape, or age, an active lifestyle throughout your lifespan is one of the most important things you can do for well-being.

What is physical activity?

Physical activity includes any body movement that works your muscles and requires more energy than resting. Walking, gardening, pushing a stroller, and climbing the stairs are just a few examples of low-intensity physical activity. Exercise is planned and structured physical activity over an extended period of time. Exercise often includes more vigor or intensity such as weight lifting, aerobic activity, and participating on a sports team.

Why is physical activity important?

- Strengthens bones and muscles
- Improves cardiovascular health
- Maintains or increases range of motion and flexibility.
- Protects against certain health conditions such as heart disease, stroke, hypertension, obesity, type 2 diabetes, osteoporosis, colon cancer, and depression.
- Improves mental health and mood.
- Improves cognitive functioning.
- Protects against dementia, including Alzheimer's disease.
- Improves quality of life and ability to do daily activities.
- Controls weight.
- Increases energy.
- Promotes restful sleep.
- Reduces the risk of falling.
- Contributes to longevity.

Types of Exercise

Walking, jogging, dancing and playing tennis are examples of aerobic activity, which uses large muscle groups, can be maintained continuously and is rhythmic in nature. Such activity is important because it improves the health of your heart, lungs, and circulatory system

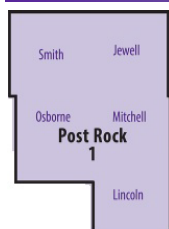
Strength training makes muscles and bones stronger, allowing you to perform daily activities. Strength training also plays a key role in keeping obesity and diabetes at bay by increasing your metabolism.

Stretching keeps your body flexible and limber. Stretching allows muscles and joints to move smoothly and helps give you more freedom of movement to do everyday activities such as reaching and looking over your shoulder.

Balance exercises are specifically recommended for senior adults and adults with balance issues. Balance exercises help prevent falls, the most common form of injury related death among adults age 65 and older. Whether you're just starting out, getting back to exercising after a break, or fit enough to run a 3-mile race, physical activity is for everyone.

By the end of the month you will be ready to join us for [Walk Kansas](#) 2023, March 26 - May 20. Contact any Post Rock Extension District office for details on how to register.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Brenda at bklangdon@ksu.edu or by calling 785-346-2521. Stay connected with "Post Rock Extension" on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.



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