

Speak to Your Health! Physical Activity in Genesee County

Staying physically active is an essential part of staying healthy. Active people are less likely to suffer from chronic diseases such as diabetes and heart disease. The Centers for Disease Control and Prevention recommends that adults engage in moderate physical activity (walking, biking, vacuuming, gardening) at least 5 days per week for at least 30 minutes a day, or vigorous physical activity (running, aerobics, heavy yard work) at least 20 minutes per day 3 or more days per week.¹

DID YOU KNOW?

The *Speak to Your Health! Community Survey* is a resource that can help us understand physical activity and other health issues in Genesee County. The 2009 survey revealed that:

- Genesee County residents spend an average of 4 days per week engaging in moderate physical activities.
- Genesee County residents spend nearly an hour per day doing moderate physical activities, such as brisk walking, bicycling, and gardening.
- Residents who reported more support from friends and family were more likely to be physically active. Support from family and friends can help you maintain regular physical activity.²

WHAT CAN YOU DO?

- **Run or walk for a cause.** Commit to cause that you believe in and start training before the event.
- **Skip the elevator.** Take the stairs instead.
- **Park a little further away** when you go to the mall or store.
- **Get together with friends to exercise.** Group exercise is fun and a great workout.
- **Contact your health provider.** Don't begin any exercise program without consulting your doctor first if you have health care concerns.

WHERE CAN YOU GET MORE INFORMATION?

- **Genesee County Parks and Recreation** www.geneseecountyparks.org
(810) 736-7100 or (800) 648-PARK
- **Friends of Flint River Trail** (810) 767-6490
- **Crim Fitness Foundation** <http://www.crim.org/> 810-235-3396
- For statistics on physical activity in Genesee County, contact the Genesee County Health Department at (810) 257-3015
- **Michigan Steps Up:** <http://www.michigan.gov/surgeongeneral/>
- **See FitTV, Channel 261 on Direct TV, On-demand exercise TV on Comcast**

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¹Centers For Disease Control and Prevention <http://www.cdc.gov/>

²Surgeon General's report on Physical Activity and Health: www.cdc.gov/nccdphp/sgr/adults.htm.