



Speak to Your Health! Physical Activity in Genesee County

Physically active people are more likely to maintain a healthy weight and less likely to suffer 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.

DID YOU KNOW?

The Speak to Your Health! Community Survey is a resource that can help us understand the importance of physical activity for Genesee County residents. The survey revealed that:

- 53% of Genesee County residents and 59% of Flint residents engage in at least 20 minutes of vigorous physical activity three times a week.
- 23% of Genesee County residents reported that they were physically active for at least 20 minutes less than one time a week.
- Survey results indicate that the more often that people exercised, the more satisfied they were with both their physical and emotional health.
- Social support from family and friends can help you maintain regular physical activity.* The Community Survey found that individuals who reported more social support were more likely to be physically active.

WHAT CAN YOU DO?

Walk or bike to work or errands instead of driving. Take the stairs instead of the elevator or escalator. Get together with friends to exercise. Contact your health provider before beginning any exercise program if you have health care concerns.

WHERE CAN YOU GET MORE INFORMATION?

The CRIM Festival of Races (810) 235-3396

Friends of the Flint River Trail (810) 232-3161

Greater Flint Health Coalition (*Just a Bit Gets You Fit*) (810) 232-2228

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/>

The Speak to Your Health! Community Survey was funded by a grant to the Prevention Research Center of Michigan (PRC/MI) from the Centers for Disease Control and Prevention, and by the Genesee County Health Department and the Greater Flint Health Coalition. To see the survey results and learn more about the PRC/MI, visit <http://www.sph.umich.edu/prc>.

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