



Green Sunday

Exercise is Medicine® Month

May is **Exercise is Medicine Month** and in honor of Green Sunday, our congregation is bringing awareness to the issue of lack of physical activity in our community! **Exercise is Medicine** is an initiative focused on encouraging health care providers to include exercise when making treatment plans for patients. Research has shown that exercise and physical activity can help with the prevention and treatment of more than 40 chronic diseases.

Benefits of Exercise and Physical Activity

- Improves quality of life.
- Reduces risk of diabetes, heart disease and high blood pressure.
- Supports mental and emotional health.
- Saves money by reducing health care costs.

Even with all the benefits of physical activity, more than half of adults (56%) in the U.S. do not meet the recommended 150 minutes per week of moderate intensity physical activity.

Exercise is Medicine Aerobic Activity Challenge

Starting today, track your total minutes of aerobic activity. You can walk, swim, bike or do any other activity that gets you moving. Start with at least 5 minutes, 3 days per week and work up to 150 minutes per week.

This **Exercise is Medicine Month**, visit www.cabarrushealth.org/EIM to find exercise videos and links to community resources that can help you get started with your physical activity prescription.



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