



HAMILTON COUNTY PUBLIC HEALTH

PREVENT. PROMOTE. PROTECT.

*Timothy I. Ingram
Health Commissioner*

*250 William Howard Taft Road, 2nd Floor
Cincinnati, OH 45219*

*Phone 513.946.7800
Fax 513.946.7890*

hamiltoncountyhealth.org

Contact: Megan Hummel, Public Affairs Specialist
Phone: 513-946-7808
E-mail: megan.hummel@hamilton-co.org
For Immediate Release: March 15, 2010

Health Commissioner Column

SOME SPRING IN YOUR STEP CAN IMPROVE YOUR HEALTH

HAMILTON COUNTY, OHIO – With the daylight hours increasing, spring is the perfect time to make a commitment to becoming more physically active. News headlines continue to remind us that Americans do not get enough physical activity – a lifestyle that can lead to serious health consequences.

A sedentary lifestyle, along with poor nutrition and tobacco use, is linked to some of the leading chronic diseases impacting our nation's health including diabetes, heart disease and obesity. Regular physical activity reduces the risk for many diseases, helps control weight, and strengthens muscles, bones, and joints.

Take advantage of the extra daylight to walk around the neighborhood, take a family bike ride or play a game of badminton. Getting the necessary amount of physical activity can be achieved without an expensive gym membership or fancy equipment.

Physical activity guidelines from the U.S. Centers for Disease Control and Prevention indicate adults need to do two types of physical activity for optimal health. Every week, adults need at least:

- 30 minutes of moderate-intensity aerobic activity on five or more days
- **AND**
- Muscle-strengthening activities on two or more days

While this might seem like a lot of time, it is easier to attain by spreading out physical activity throughout the entire week. You can even break it up into 10 minute increments during each day. Even 10 minutes of continuous physical activity – such as brisk walking or dancing – can be a health benefit. Keep in mind that some physical activity is better than none at all.

Hamilton County Public Health and our partners are working to implement sustainable changes to improve the health of our community. To learn more about how we are encouraging Hamilton County residents to eat smart and live fit, visit www.hamiltoncountyhealth.org.

###

Tim Ingram is the Health Commissioner for Hamilton County. Hamilton County Public Health works to assure the 450,000 citizens living outside the cities of Cincinnati, Norwood, Sharonville and Springdale are safe from disease, injury and contamination.