

Wellness Wednesday



Your body was made to move. If there were a magic pill to prevent aging, the closest thing would be exercise. Daily activity helps prevent obesity, heart disease and diabetes – not to mention, it keeps you feeling great.

By the way, have you signed up for [the BurnAlong Total Well-Being Journey Challenge](#)? You could win BIG by putting your health first – [sign up today!](#)

Fit for Life

Regardless of age, adults should aim for 150 minutes of moderate-intensity aerobic exercise every week or 75 minutes of vigorous exercise per week. Incorporate both aerobic activity and strength training into your routine for maximum benefits. But as you move through decades, there will be some adjustments that need to be made and limitations to account for. Let's break it down by age:

In Your 20s & 30s...

This is a great time to build a good relationship with exercise. Try out different classes and find an activity you really enjoy. Muscle mass and bone density start to decline in your 30s, so make sure strength training is part of your routine.

Ideas: Running, spinning, kickboxing, strength training

In Your 40s & 50s...

During middle age, our metabolism starts slowing down, making it easier for weight to creep on. You may also start experiencing new aches and pains. Switching to lower-impact exercises can help.

Ideas: Walking, biking, swimming, yoga, strength training

In Your 60s & Beyond

Continue aerobic exercises as well as strength training activities and remember to warm up and cool down to avoid injuries.

As you become more at risk for falls, help prevent them by adding balance-boosting activities.

Ideas: Water aerobics, chair exercises, dancing, tai chi, stretching

Additional Resources

- [BurnAlong](#)
- [Omada Health](#)
- [Centers for Disease Control and Prevention](#)

Show Your Support

During the first Friday of each February, the nation comes together, igniting a wave of red from coast to coast. [Go Red for Women](#) is an American Heart Association movement to increase heart health awareness and improve the lives of women globally. Since 2004, it has harnessed the energy, passion, and power of women to band together and wipe out cardiovascular disease — their leading cause of death that claims the lives of one in three. It challenges every woman to know her personal risk for heart disease and stroke and take action to reduce it.

National Wear Red Day is Friday, February 2. Send a photo of you creatively wearing red at LevelUp@co.pg.md.us and you could win a special prize!

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