Time to Get Moving

During the winter months, it can be hard to get enough physical activity in, especially when it’s cold and icy! But now, the sun is shining, the birds are chirping and the days are getting warmer. Spring is finally here, summer is right around the corner and we can finally head outdoors and get moving!

How much physical activity is enough? 30 minutes, 45 minutes, 2 hours? The recommended amount can vary. For children, it is recommended that they get 60 minutes a day. For adults, it is recommended that we get 2 ½ hours a week! Those numbers may seem like a lot to do at once, but don’t worry, we can spread that time out throughout our day and week.

Choose activities that you enjoy by getting the whole family involved. Enjoy a walk after dinner or a bike ride to the park. Replace your coffee break at work with a brisk walk around the office. Take a yoga class, shoot some hoops or walk the dog. Clean the house or plant and care for a garden. Join a wellness challenge or start one of your own! Get up and dance, who says exercise has to be boring!

Don’t let a physical limitation get in your way of exercise. There are many activities that can be adapted to our abilities. Check out [www.health.gov](http://www.health.gov) for ideas and more information.

Both nutrition and physical activity work together to increase our chances of living longer, sleeping better at night, having strong muscles and bones and lowering our risk of heart disease and diabetes. When we add a healthy diet filled with fruits, vegetables, lean protein, whole grains and low-fat dairy, we can help our bodies stay even healthier!

If you’re like me, you may need a little push to get started, especially after a cold winter! OSU Extension, Family and Consumer Sciences, is offering a FREE Wellness Challenge to help us jump start our spring! To join the “Live Simply, Live Well: Refresh Your Wellness This Spring,” sign up at: [http://go.osu.edu/ClerSp19](http://go.osu.edu/ClerSp19)

If you would like more information on living a healthy lifestyle, check out the website [www.choosemyplate.gov](http://www.choosemyplate.gov). For more information about our upcoming class, “Dining with Diabetes,” please contact Margaret Jenkins at jenkins.188@osu.edu.