

Being Mindful of Physical Health, Part 1

According to the 2018 U.S. Physical Activity Guidelines for Americans released by the U.S. Department of Health & Human Services, healthy adults should get at least 150 to 300 minutes of moderate-intensity aerobic activity, or 75 to 150 minutes of vigorous-intensity activity, each week and do muscle-strengthening activity two times a week.



Benefits of physical activity

There are many benefits of physical activity, including:

- Weight control
- Reduced blood pressure
- Lower blood glucose
- Increased happiness
- Increased endurance
- Improved brain function
- Reduced cancer risk

Tips for success

Follow these tips for success when you decide to become physically active:

- Determine why you want to be physically active; write it down or tell someone.
- Identify people in your support system who will help keep you motivated.
- Schedule your physical activity in your calendar or set reminders on your phone.
- Start slowly, especially if it's been awhile since you've exercised.

Stay active in cold weather

Just because it's cold outside doesn't mean you can't exercise. Here are some easy ways to exercise when the weather is bad:

- Participate in a winter sport like snowshoeing or skiing, or try an indoor team sport.
- Take the stairs whenever you can.
- Do simple workouts at home. Marching, sit-ups and jumping jacks don't require equipment.
- Add activities to your chores. Do squats while cooking, or lunges when carrying in groceries.
- Go outside and play. Build a snowman with your kids, have a snowball fight or take a walk.

Sources: medicalxpress.com*, info.totalwellnesshealth.com*, consumer.healthday.com*, cnn.com*, journals.lww.com*

Join us for our next weekly meditation session on your computer or mobile device:

Topic: Walking meditation
Wednesday, March 6, 2019
8 to 8:10 a.m. Eastern time

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