

April is Move More Month

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Spring is unfolding, the weather is warming, and people are beginning to venture back outside for various activities, one of those being physical activity.

Physical activity is any movement produced by muscles that results in energy usage, which is an important part of living a healthy lifestyle! Children and adolescents should get 60 minutes (or more) of moderate to vigorous physical activity per day, while adults should get 150 minutes (or more) of moderate-intensity physical activity per week. More on these guidelines can be found in the [Physical Activity Guidelines for Americans](#).

Being physically active has many health benefits. It can lead to improved general well-being through weight loss or weight maintenance, increased energy, improved mood, improved sleep, reduced stress, and the strengthening of bones and muscles. Being physically active can also help lower the risk of high blood pressure, high cholesterol, chronic diseases, and even some cancers. More on these benefits can be found [here](#).

If you're looking for a nudge to begin your physical activity journey, you've come to the right place! April is [Move More Month](#), designated by the [American Heart Association](#), to encourage all Americans to take part in physical activity. So, now is the perfect time to start! Just remember, it's important to talk to your doctor before beginning a new physical activity routine, especially if you haven't recently been active.



One simple way you can aim to Move More is through walking. Walking is a free, heart-healthy activity that can be done almost anywhere!

Some practical ways you can incorporate walking into your daily activities include:

- Walking to work, school, or other locations
- Taking the stairs instead of an elevator/escalator
- Parking further from your intended destination and walking in
- Walking the perimeter and through each aisle of the grocery store
- Standing up at your desk and/or taking a break and walking around the office
- Walking your pet
- Asking a family member or friend to join you on a walk

Finally, as you continue to look for new opportunities to further your healthy lifestyle journey, be sure to also check out [Map to Healthy Living](#). This website allows users to find low-cost or no-cost physical activity programs, facilities, and/or locations near them as well as nutrition education, programming sites, food access information, and budget-friendly food retailers.

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