

Health Insights

March 2022

Potential Effects on Mortality When Physical Activity Replaces Sedentary Time

A new study of adults aged 45 and older found that substituting 30 minutes of lounging with physical activity (of any intensity or duration) cut the risk of early death by as much as 35%. These findings highlight the importance of movement for better health - regardless of intensity or amount of time spent moving.

"Our findings emphasize an important public health message that physical activity of any intensity provides health benefits," says Keith Diaz, Ph.D., assistant professor of behavioral medicine at Columbia University Vagelos College of Physicians and Surgeons and lead author of the paper.

This study included 7,999 individuals who took part in a national investigation of racial and regional disparities in stroke between 2009 and 2013. The individuals wore activity monitors for at least four days to record the amount and intensity of physical activity they engaged in while awake. The researchers tabulated the death rate among participants through 2017. Using this data, they estimated how substituting time spent sitting with time being physically active would affect the risk of early death.

The study found that replacing just 30 minutes of sitting with low-intensity physical activity would lower the risk of early death by 17%, a statistically significant decrease. Swapping the same 30 minutes of sitting for moderate to vigorous physical activity would be twice as effective, cutting the risk of early death by 35%. Additionally, researchers found that short bursts of activity (1 to 2 minutes) also provide a health benefit.

"If you have a job or lifestyle that involves a lot of sitting, you can lower your risk of early death by moving more often, for as long as you want and as your ability allows – whether that means taking an hour-long high-intensity spin class or choosing lower-intensity activities, like walking," Diaz says.

While the study estimated the risk of dying from any cause could decrease by trading sitting for movement, it did not look at specific health-related outcomes. "In our next study, we plan to look at the risk of specific cardiovascular outcomes, such as heart attack, heart failure, and cardiovascular-related deaths, associated with physical activity versus sedentary behavior," Diaz says.

Columbia University Irving Medical Center. (2019, January 14). Physical activity, any type or amount, cuts health risk from sitting. ScienceDaily. Retrieved February 8, 2022 www.sciencedaily.com/releases/2019/01/190114170601.htm



Mental Health Moment

Exercise Basics: *Why is Exercise Important?*

Research shows physically active people are likely to live longer, healthier lives. Physical activity can lead to many benefits:

- Weight maintenance
- Improved mental health
- Reduced blood pressure
- Reduced stress
- Improved blood sugar regulation

What Should an Exercise Program Include?

There are three main components to a well-balanced program of physical activity:

1. **Aerobic activity** – Get at least 150 minutes of *moderate-intensity* exercise (e.g., briskly walking) or 75 minutes of *vigorous* exercise (e.g., running) each week.
2. **Muscle-strengthening** – Incorporate muscle-strengthening exercises at least two days a week.
3. **Flexibility training** – Flexibility training is essential but is frequently overlooked and can result in increased tightness and immobility as you age and become less active.

As with any change to your health and wellness regime, it's important to talk to your doctor before you start exercising.

How Can I Get Started?

Commitment to a regular physical activity program is more important than the intensity of your workouts. Choose exercises you are likely to pursue and enjoy, such as these activities:

- Walking
- Stair climbing
- Rowing
- Running
- Biking
- Swimming

Life is full of responsibilities that can pull you in multiple directions, and sometimes exercise takes a back seat to other obligations. However, neglecting your physical fitness can create serious health risks down the road and make bad fitness habits even harder to break later.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change or difficult times. Here are tips for improving your emotional health:

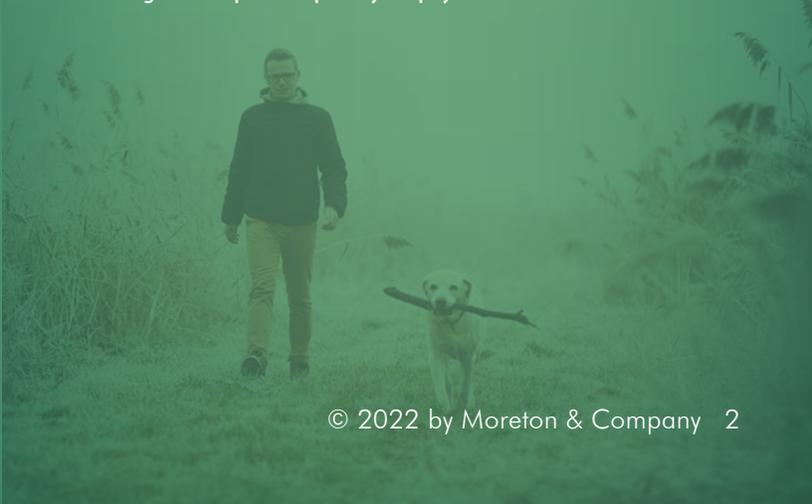
Brighten Your Outlook

Some experts say that emotionally healthy people have fewer negative emotions and bounce back faster from difficulties. This quality is called resilience.

Another sign of positive emotional health is a person's ability to stay upbeat for longer and appreciate the good times.

To Develop a More Positive Mindset:

- **Remember good deeds:** Give yourself credit for the good things you do for others each day.
- **Forgive yourself:** Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- **Spend more time with your friends and family:** Surround yourself with positive, healthy people.
- **Explore your beliefs about the meaning and purpose of life:** Think about your principles and what's important to you. How can you use these principles to guide your life in a positive, meaningful way?
- **Develop healthy physical habits:** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.





Quiz - Physical Health

Strawberry Goat Cheese Bruschetta

Ingredients:

- ½ cup balsamic vinegar
- 12 slices Italian bread
- 1 tablespoon olive oil
- 1-lb. strawberries, washed and diced
- 2 teaspoons fresh thyme leaves, plus more for serving
- 1 cup goat cheese, room temperature
- Salt and freshly ground pepper to taste

Heat vinegar in a small skillet over medium-low heat. Simmer until reduced by about half, 8 to 10 minutes. Remove from heat and allow to cool to room temperature.

Prepare a grill for high heat. Place bread slices on a foil-lined baking sheet and drizzle with olive oil.

Combine strawberries and thyme in a small bowl and set aside.

Grill bread on the preheated grill until browned, about 3 minutes per side. Spread goat cheese on toasted bread. Add black pepper, salt, and reduced vinegar to the strawberry mixture. Spoon over the goat cheese topped bruschetta. Garnish with additional thyme. Yields 6 servings.

Per Serving : 303 calories; protein 12.3g; carbohydrates 29.9g; fat 15.2g; cholesterol 29.9mg; sodium 460.1mg

John, Chef. "Strawberry Goat Cheese Bruschetta." Allrecipes. Accessed February 28, 2022. <https://www.allrecipes.com/recipe/228048/strawberry-goat-cheese-bruschetta/>.

Potential Effects of Replacing Sedentary Time with Physical Activity on Mortality

1. How many minutes of physical activity was linked to lower risk if death?
a. 20 mins. b. 15 mins. c. 30 mins.
2. According to the article, which type of physical activity had the best effects on reducing early death?
a. High-intensity b. Low-intensity c. Both showed positive effects

Exercise Basics

3. What are three benefits of exercise?

4. How does the lack of flexibility negatively affect the body as you age?
a. Increased tightness c. Increasing fall risk
b. Increased mobility

Mental Health Moment

5. What is something you can do to develop a more positive mindset?

See page 6 for quiz answers



Healthy Habits Calendar

March 2022 - Physical Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy March! Start the Plank Challenge today.	2 Wellness Wednesday: Take a social media break. Instead, call or visit with family or friends.	3	4 Fitness Friday: Find a workout/ accountability partner during March; share your goals with them.	5
6	7 Motivation Monday: Set a water goal today! Try to drink 16 ounces, four times.	8 Tuesday's Tip: Incorporate more veggies into your meals today.	9	10 Challenge Check In: Invite a friend or coworker to join you in the Plank challenge.	11 Fitness Friday: Start your morning with a walk or workout.	12
13 Daylight Savings Sunday Reset: Go to bed early and charge your phone in another room tonight.	14	15	16 Wellness Wednesday: Avoid sugary and caffeinated drinks, opt for water today.	17 Happy St. Patty's Day	18 Holi Fitness Friday: Go for a long walk or hike with a family member or friend.	19
20	21 Motivation Monday: Do some "lunchtime laps"! Plan time in the middle of the day to get outside.	22 Tuesday's Tip: Eat meatless today and enjoy the benefits of other nutritious plant-based proteins.	23	24 Challenge Check In: 1 more week of the challenge! Plan to finish strong.	25 Fitness Friday: Try a new workout this weekend like rock climbing, Zumba, or boxing.	26
27 Sunday Reset: Practice gratitude! Make a list of 50 things you're grateful for.	28	29	30 Wellness Wednesday: Devote some time to your core. Try an online core workout.			



30 Day Challenge: Planks

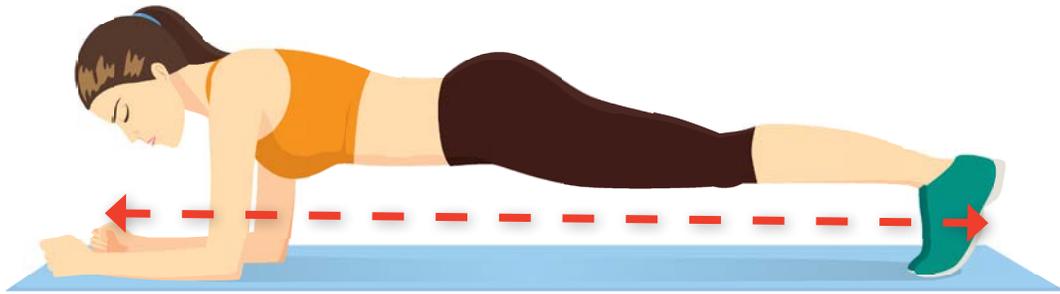
For this challenge, commit to 30 days of planks. Planking will get easier as the month progresses. The benefits of planking include:

- Strengthened core making daily tasks easier (bending, twisting, lifting, and carrying).
- Increased balance and stability
- Improved posture and endurance
- Decreased back pain

<p>Day 1 20 Seconds <input type="checkbox"/></p>	<p>Day 2 20 Seconds <input type="checkbox"/></p>	<p>Day 3 20 Seconds <input type="checkbox"/></p>	<p>Day 4 Rest Day <input type="checkbox"/></p>	<p>Day 5 30 Seconds <input type="checkbox"/></p>	<p>Day 6 35 Seconds <input type="checkbox"/></p>
<p>Day 7 40 Seconds <input type="checkbox"/></p>	<p>Day 8 Rest Day <input type="checkbox"/></p>	<p>Day 9 45 Seconds <input type="checkbox"/></p>	<p>Day 10 50 Seconds <input type="checkbox"/></p>	<p>Day 11 50 Seconds <input type="checkbox"/></p>	<p>Day 12 Rest Day <input type="checkbox"/></p>
<p>Day 13 55 Seconds <input type="checkbox"/></p>	<p>Day 14 60 Seconds <input type="checkbox"/></p>	<p>Day 15 60 Seconds <input type="checkbox"/></p>	<p>Day 16 Rest Day <input type="checkbox"/></p>	<p>Day 17 65 Seconds <input type="checkbox"/></p>	<p>Day 18 70 Seconds <input type="checkbox"/></p>
<p>Day 19 70 Seconds <input type="checkbox"/></p>	<p>Day 20 Rest Day <input type="checkbox"/></p>	<p>Day 21 75 Seconds <input type="checkbox"/></p>	<p>Day 22 75 Seconds <input type="checkbox"/></p>	<p>Day 23 80 Seconds <input type="checkbox"/></p>	<p>Day 24 Rest Day <input type="checkbox"/></p>
<p>Day 25 85 Seconds <input type="checkbox"/></p>	<p>Day 26 85 Seconds <input type="checkbox"/></p>	<p>Day 27 90 Seconds <input type="checkbox"/></p>	<p>Day 28 Rest Day <input type="checkbox"/></p>	<p>Day 29 95 Seconds <input type="checkbox"/></p>	<p>Day 30 100 Seconds <input type="checkbox"/></p>

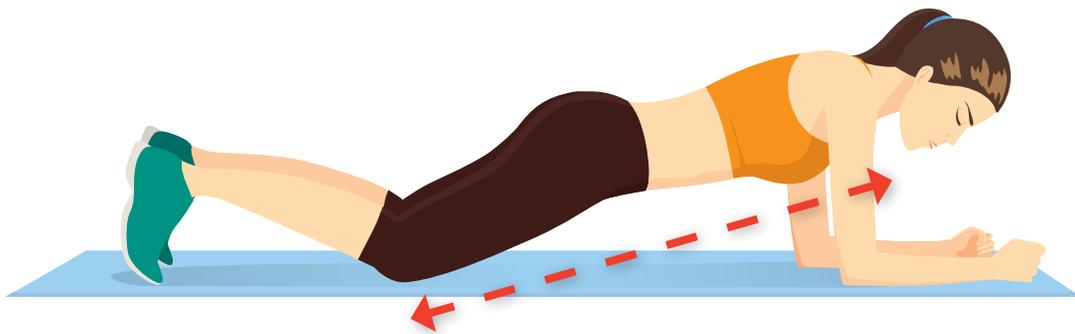
Variations for Beginners: Planks

Forearm Plank:



Keep your elbows on the ground and lift yourself up until your body is in a straight line.

Knee Plank:



Keep your forearms and knees on the floor and lift yourself up until your body is in a straight line from your head to your knees.

Answers to Quiz:

Q1: c. 30 mins. | Q2: c. Both showed positive effects | Q3: Potential answers: Weight maintenance, Reduced blood pressure, Improved blood sugar regulation, Improved mental health, Reduced stress | Q4: Increased Tightness | Q5: Potential answers: Remember good deeds, Forgive yourself, Spend more time with your friends and family, Explore your beliefs about the meaning and purpose of life, Develop healthy physical habits