

YES.

You **can** make time for exercise.



- 1** Can you find 10 minutes in the morning? During your lunch break? In the afternoon? Just 10 minutes can make a big difference.
- 2** Select activities that don't require a lot of time and equipment. Walk, jog, ride your bike, climb the stairs, or even ride a scooter! **Be creative!**
- 3** Make physical activity a priority and incorporate it into your normal routine. Actively commute to your destination or host walking meetings. **Have fun!**
- 4** Make physical activity a family or co-worker event. Go for regular walks or attend a fitness event, or class.

A Little Goes A Long Way...

- Adults need **150 minutes** (just 2.5 hours) of aerobic physical activity (i.e. walking, running, biking) **each week**.
- Adults also need muscle strengthening activity (i.e. weight lifting, yoga) **two or more days each week**.



GET MOVIN'!

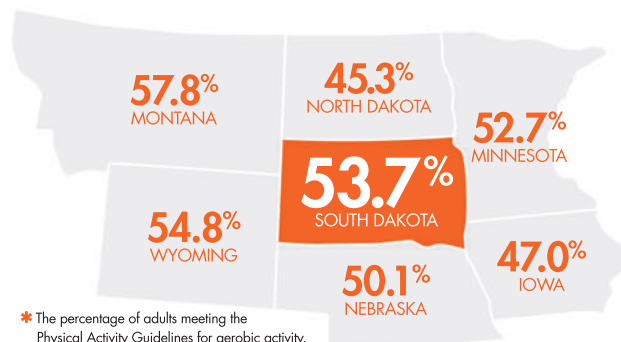
TAKE THE 150 MINUTES CHALLENGE

GET 55.1% OF ADULTS TO MEET THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC ACTIVITY. THE HEALTHY PEOPLE 2020 GOAL

THE PROBLEM:

The majority of South Dakotans DO NOT meet the Physical Activity Guidelines (PAG) for both aerobic activity & muscle strengthening.

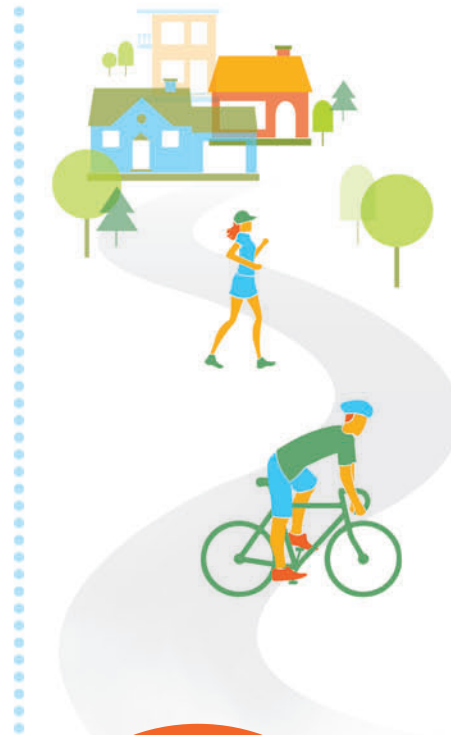
- 53.7% of South Dakotans get the recommended 150 minutes of **aerobic activity** per week.*
- 27.7% of South Dakotans get the recommended 2 sessions of **muscle strengthening** per week.
- Only 18.4% of South Dakotans get the recommended amounts of both **aerobic activity & muscle strengthening combined**.



THE NATIONAL MEDIAN

FOR MEETING THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC ACTIVITY IS

50.8% SOUTH DAKOTA HAS SURPASSED THE NATIONAL AVG. BUT THERE IS STILL WORK TO BE DONE!



THE PLAN:

1 Create and enhance access to places for physical activity.

Start thinking about how to incorporate opportunities for daily physical activity in your community, at your worksite, or school. Make a park bigger or better. Create a new space for recreation. Connect a trail and a park with a safe sidewalk or bike lane.

2 Enhance physical education and activity in schools and childcare settings.

Elementary kids should be required to get 30 minutes of physical education every day. High school kids should get 45 minutes a day. What is your school policy? Do schools in your community have Safe Routes to Schools Programs? Can you work with childcare providers to establish moderate to vigorous physical activity standards?

3 Support land use, urban design, street-scale, community-scale, and transportation policies.

Project funding is available especially for youth, elderly, low-income, and minority populations. Plan, build, or retrofit residential or mixed-use streets to reduce speeds, accommodate bicyclists and improve walkability.

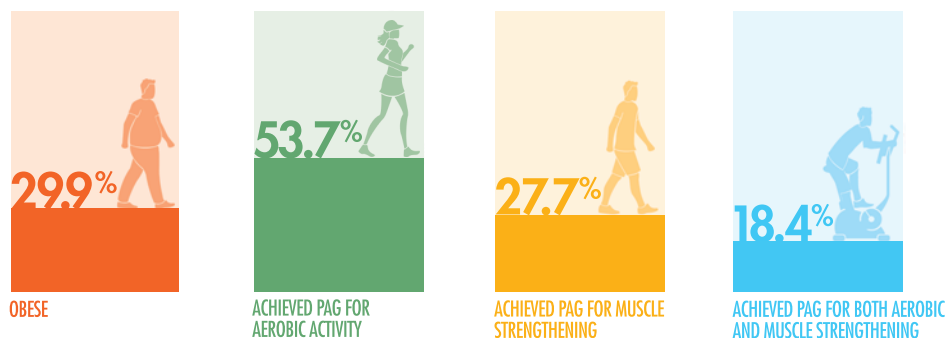
4 Let's work together!

Through multi-sector partnerships and collaborations within communities, the goal is to get all South Dakotans physically active and to be able to live, work, and play in environments that facilitate regular physical activity.

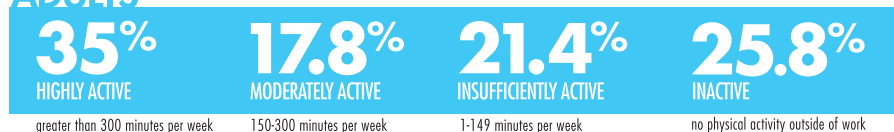
BY 2030 **42%** OF AMERICANS WILL BE **OBESE!**
UNLESS WE CHANGE the culture and create policies & environments that support active lifestyles.

THE EVIDENCE:

A few key statistics from
SOUTH DAKOTA'S Behavioral Risk Factor Surveillance System (BRFSS 2013)
 and the Youth Risk Behavior Survey (YRBS 2013):



ADULTS



YOUTH



BOTTOM LINE... KIDS NEED MORE P.E. IN SCHOOL AND NEED MORE PHYSICAL ACTIVITY ALL DAY LONG

PHYSICAL ACTIVITY LOWERS THE RISK OF

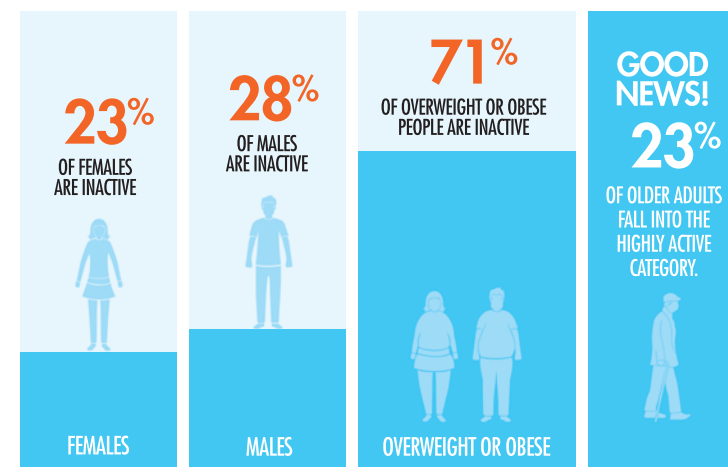
There is a direct link between physical activity levels and chronic disease.



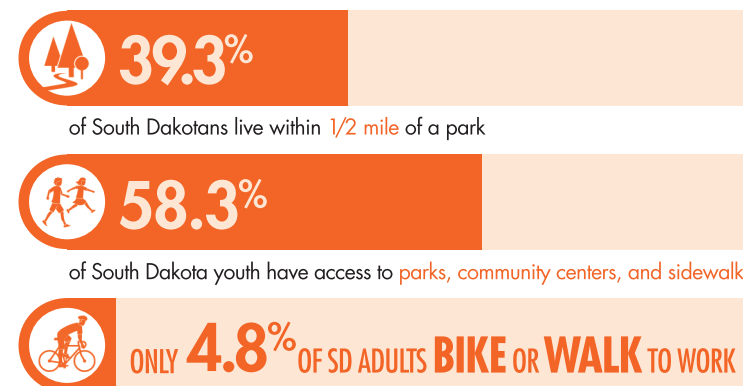
Sources
 1 - BRFSS (Behavioral Risk Factor Surveillance System) 2013, SD DOH
 2 - YRBS (Youth Risk Behavior Survey) 2013, SD DOH
 3 - SIRPA (State Indicator Report on Physical Activity) CDC, 2014
 4 - Duke University and CDC, 2012

3,000 copies of this document were printed by the SD Dept. of Health at a cost of 18¢ each.

PHYSICAL ACTIVITY SOUTH DAKOTA BY DEMOGRAPHIC



MORE ACCESS, MORE ACTIVE!



Visit HealthySD.gov for more information and resources.

HEALTHYSD.GOV
 Live better. Grow stronger.



TIME TO MOVE



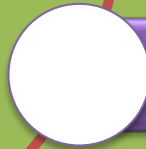
KEY GUIDELINES FOR ADULTS



All adults should avoid inactivity



Do **150 minutes** of moderate or **75 minutes** of vigorous intensity aerobic physical activity per week



Do moderate or vigorous muscle-strengthening activities 2 or more days per week

IN THE WORKPLACE

Take the stairs

Stretch Breaks

Commute to work

Keep small weights at your desk

Walk during Breaks

Walk instead of e-mail

Walking

Biking

Hiking

Jogging

Yoga

Golf

Hunting



Enjoy Moving

Be physically active every day

Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

Do Plenty	Do More	Do Enough	Do Less
Moving Whenever You Can <ul style="list-style-type: none"> Walking the dog Sweeping Taking the stairs instead of the elevator Playing outside Vacuuming Dusting Riding a bike Throwing a ball 	Making Your Heart Work Harder <ul style="list-style-type: none"> Playing baseball or softball Playing soccer Jumping rope Skateboarding Gardening/Yard work Running/Jogging Playing basketball Swimming Hiking Playing tennis Dancing Skipping 	Stretching and Building Your Muscles <ul style="list-style-type: none"> Sit-ups Push-ups Martial arts Lifting free weights or strength training Stretching Yoga Pull-ups 	Sitting Around <ul style="list-style-type: none"> Playing on the computer Watching television Playing electronic games Talking on the phone Sitting still for hours 

Find your balance between eating and physical activity.

Eating smart choices from every food group and being physically active work together for a healthier you!
For more information go to: ChooseMyPlate.gov and teamnutrition.usda.gov.

