

BENEFITS NEWS

June 2024

IMPROVE YOUR HEALTH

Science has linked being inactive and sitting too much with higher risk of heart disease, type 2 diabetes, colon and lung cancers, and early death.

The simplest way to get moving and improve your health is to start walking. It's free, easy and can be done just about anywhere, even in place.

The recommendations below are guidelines based on current scientific evidence supporting the connections between physical activity, overall health and well-being, disease prevention and quality of life.

Recommendations for Adults

- Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

These recommendations are based on the [Physical Activity Guidelines for Americans, 2nd edition](#), published by the U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.



Tips to Get You Moving

- [Warm weather workout tips](#)
- [Be More Active During Your Work Day](#)
- [Seven Ways to Move More](#)

Additional wellbeing resources for heart health, diabetes, mental wellbeing and financial wellness can be found under [Your Wellbeing on Empowered](#).

Text **BENEFITS to 833-234-9576 to receive text messages regarding important Benefits information.**

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.