“And do no forget to do good and to share with others, for with such sacrifices God is pleased.”
Benefits of Physical Activity

- Helps control blood pressure.
- Helps manage weight/reduce weight.
- Strengthens muscles including your heart muscle.
- Helps control blood glucose (blood sugar) levels.
- Helps lower stress levels.
- Strengthens bones.
- Increase energy levels.
- Improves sleep quality.

Types of Physical Activity

**Endurance** - also called aerobic exercise-includes activities that increase your breathing and heart rate. Examples include walking, jogging, biking and swimming.

**Strength and Resistance** - weight bearing activities that strengthen your muscles. Examples include using free weights, machines or body’s own weight for resistance such as push ups.
How much Physical Activity should I get?

American Heart Association recommends:

• Get at least 150 minutes per week of moderate intensity aerobic activity or 75 minutes vigorous aerobic activity, or a combination of both.

• 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.

• Increase amount and intensity gradually over time.

Types of Physical Activity

**Flexibility** - also called stretching-includes activities that stretch your muscles and make them more flexible. Examples include yoga, Pilates, toe touches, bends and stretches.

**Balance** - exercises that help prevent falls. Examples include standing on one foot, walking straight line, yoga and Tai Chi.
What's Next?

FREE Health Screenings

FINGERSTICK Screening for:
Cholesterol (HDL & LDL), Triglycerides,
Glucose & A1c
Blood Pressure, BMI, Waist Circumference
Takes 15 minutes
Results at end of screening
*Must be 18 years old to participate.
Will receive a Heart4Change t-shirt
AND a water bottle!

FREE Health Screenings at Centerpoint Church
Saturday, April 20, 2019 from 7am-12noon CST

See Pastor Tim for sign-up sheet location.
Call 1-270-864-2206 EXT.1166 for more information.

PARTY CENTERPOINT BLOCK
FREE GAMES, FOOD, MUSIC, HEALTH SCREENINGS, SOMETHING FOR ALL AGES!
SATURDAY, APRIL 20, 12-3PM