

OUR YOU ACTIVE ENOUGH?

How much do you sit?

Adults spend more than half of their waking hours sitting. Think about how long you have been sitting today.

You may have sat:

- at the table to eat meals
- at your work desk
- in the classroom
- in the car
- on the train, bus or tram
- in front of the TV/computer in the evenings.

It all adds up to hours of sitting.

Sitting less is important no matter how active you are.

What are the risks of sitting too much?

Even if you're getting enough exercise in your day, you may be sitting too much.

We now know that sitting time is a health risk for children and adults, and can have short- and long-term negative impacts.

Sitting too much contributes to a number of health problems:

- obesity
- insulin resistance
- diabetes.

These health problems also increase your risk of developing coronary heart disease.

To reduce your risk of health problems, you need to be aware of how much you sit and try to move more throughout the day.

Sitting less is better for your health

- Adults who sit less throughout the day have a lower risk of early death – particularly from cardiovascular disease (CVD).
 - Adults who watch less than 2 hours of television a day are less likely to have type 2 diabetes or be obese, and have a lower risk of developing CVD.
 - If an adult meets the Government's physical activity recommendations of 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week, they are classified as 'physically active'.
- Adults may increase their health benefits if they also sit less during the day.
- New evidence suggests that, no matter what your total sitting time is, regular interruptions from sitting (even as little as standing up) may help to reduce your risk factors for developing coronary heart disease and diabetes.

Did you know?

- Higher levels of physical activity can help reduce your risk of some cancers and prevent unhealthy weight gain.
- Even if you do more than the recommended amount of physical activity every week, you will still benefit from minimizing the time you

How much should you exercise?

Physical Activity and Sedentary Behavior Guidelines for Adults (18–64 years) recommend:

- Minimize the amount of time spent in prolonged sitting.
 - Break up long periods of sitting as often as possible.
 - Doing any physical activity is better than doing none.
- If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

- Be active on most, preferably all, days every week.
- Accumulate 150–300 minutes (2–5 hours) of moderate-intensity physical activity (activities that don't make you breathless), or 75–150 minutes (1–2 hours) of vigorous-intensity physical activity (activities that make you huff and puff), or an equivalent combination of moderate and vigorous activities, each week.
- Do muscle strengthening activities at least 2 days each week.

What else can help?

Limit screen time to 2 hours a day.

- Studies have shown that adults who watch less than 2 hours of television a day have a lower risk of early death than adults who watch more than this.
 - The more time adults spend watching TV, the higher their risk of health problems.

We recommend that workplaces implement strategies to reduce the amount of time their employees spend sitting.

- Sitting is a large part of many people's workday.

The benefits of encouraging employees to sit less include lower rates of obesity and chronic disease, and, in turn, reduced absenteeism and increased staff participation.

How can I reduce my sitting time?

At home

- Watch TV while doing household chores, such as folding clothes, washing dishes or ironing.
- Stand to read the newspaper or online articles.
- Wash your car by hand rather than using a drive-through car wash.
- Move around the house when making phone calls or checking your text messages and email on your mobile phone.

At work

- Stand and take a break from your computer every 30 minutes.
- Take breaks by standing up during long meetings.
- Use the stairs instead of the lift.
- Stand during phone calls.
- Walk to a colleagues' desk rather than phoning or emailing.
- Use a height-adjustable desk so you can stand while working.
- Eat your lunch away from your desk.

While travelling

- Leave your car at home and take public transport so you walk to and from stops/stations.
- Walk or cycle at least part way to your destination.
- Park your car further away from your destination and walk the rest of the way.
- Plan regular breaks during long car trips.
- Stand while using public transport.
- Get on and off public transport one stop earlier and walk the extra distance.

Walking for half an hour a day, five days a week, may increase life expectancy by up to three years.

Why is it important to be active every day?

Being active every day can:

- improve your long-term health
- reduce your risk of heart attack
- give you more energy
- help you to manage your weight
- help you to improve your cholesterol
- lower your blood pressure
- make your bones and muscles stronger
- make you feel more confident, happy and relaxed
- help you to sleep better.

Activity goals

5–17 years old

- People aged 5–17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity each day. You can gain additional health benefits if you are active more than 60 minutes a day.

18–64 years old

Adults (18–64 years) recommend:

- Doing any physical activity is better than none.
- It's fine to start with a little, and build up.
- Be active on most, preferably all, days every week.
- Aim to accumulate 150–300 minutes (2–5 hours) of moderate-intensity physical activity (activities that don't make you breathless) or 75–150 minutes (1–2 hours) of vigorous-intensity physical activity (activities that make you huff and puff) each week.
- Do muscle strengthening activities at least 2 days each week.

To get cardio respiratory (heart and lung) health benefits, you should perform all activity in bouts of at least 10 minutes duration.

No matter how active you are, it's also important to sit less.

65 years and older

- The main recommendations for adults and older adults are the same.
- Adults aged 65 years and older with poor mobility should do physical activity 3 or more days per week to enhance balance and prevent falls.
- When adults aged 65 years and older cannot do the recommended amount of physical activity due to health conditions, they should be as physically active as their abilities and condition allows.

What if I have health issues?

If you have pre-existing health issues, speak to your doctor before starting any new physical activity.

These are the minimum activity levels you need for health benefits. If you can do more, longer times and more days of the week are even better for you.

Is physical activity safe?

Wear clothes and shoes to suit your chosen activity and weather. If you are outside, use sunscreen and wear a hat.

If you feel discomfort, have chest pain, feel faint, have trouble breathing or your heartbeat becomes too fast or irregular, stop the physical activity immediately and seek medical advice.

High-intensity physical activity

If you've been inactive and want to begin high-intensity physical activity, remember these important tips:

- Always start slowly and at a low level.
- Don't overdo it.

- Drink plenty of water before, during and after high intensity physical activity.
- Avoid high-intensity physical activity straight after meals or alcohol, or if you have an illness.

What else can I do to look after my heart?

Physical activity is just one important part of looking after your health and reducing your risk of heart problems. Other important things you can do include:

- being smoke-free
- enjoying healthy eating
- managing your blood pressure and cholesterol
- achieving and maintaining a healthy body weight
- maintaining your psychological and social health
- taking your medicines as prescribed.

Key points to remember about being active every day

- Being physically active is an important part of a healthy lifestyle.
- Physical activity is good for you at any age.
- Physical activity doesn't always have to be strenuous and you can include it in your daily routine.
- Do at least 30 minutes of moderate-intensity physical activity, such as brisk walking, on most, if not all, days of the week. You can do this in smaller bouts, such as three 10-minute walks, if it is easier.
- The benefits start to happen as soon as you start doing physical activity.

The following guidelines have been developed to help you to make physical activity part of your day. The guidelines refer to the minimum levels of physical activity that you need to do for good health. They are not intended for high level fitness or sports training. Try to carry out all guidelines and for best results combine an active lifestyle with healthy eating.

1. Think of movement as an opportunity, not an inconvenience. Any form of body movement is an opportunity for improving health, not a time-wasting inconvenience.
2. Be active every day in as many ways as you can. Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labor saving machines.
3. Do at least 30 minutes of moderate intensity physical activity on most, if not all, days. Moderate-intensity activity includes things such as a brisk walk or cycling. Combine short sessions of different activities of around 10 to 15 minutes each to a total of 30 minutes or more.
4. If you can, also enjoy regular high-intensity physical activity for extra health and fitness benefits. High-intensity physical activity makes you 'huff and puff'. For best results, high-intensity physical activity should be added to the 30 minutes of moderate-intensity physical activity mentioned above, three to four days a week for 30 minutes or more each time.

GET ACTIVE -STAY ACTIVE "HEALTHY MUSCLES MATTER"



We lose muscle mass and strength as we get older.

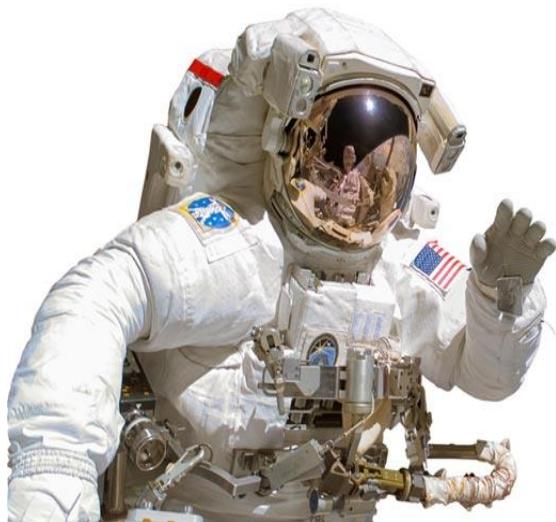
Building lean muscle mass becomes progressively harder and losing muscle becomes far easier as we age.

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