



## A CUP OF HEALTH WITH CDC

### *Holiday Workout*

*Prevalence of Aerobic Physical Activity — United States, 2007*

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*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the MMWR, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

The holidays are a time for enjoying family and friends. Unfortunately, many of us over-indulge on food and don't make physical activity a priority. A recent CDC report indicates that more than one third of U.S. adults don't get the minimum recommended amount of physical activity.

Dr. Fleetwood Loustalot is an EIS Officer with CDC's National Center for Chronic Disease Prevention and Health Promotion. He's joining us today to discuss the importance of regular physical activity. Welcome to the show, Fleetwood.

[Dr. Loustalot] Thanks for having me, Bob.

[Dr. Gaynes] Fleetwood, why are so many Americans not participating in regular physical activity?

[Dr. Loustalot] Well, it's very curious, Bob. It's been several decades that leisure time physical activity has not really increased. Some of it could be related to a decrease in occupational physical activity; people aren't getting as much activity as they used to on the job. And so there are many different venues that are being developed to try to help people increase physical activity – working with transportation departments, working with communities and city planners – to try to make physical activity an everyday part of peoples lives.

[Dr. Gaynes] Well, what kind of health problems can result from a lack of exercise?

[Dr. Loustalot] There are numerous health problems. These can include heart disease, diabetes, obesity, and certain types of cancers.

[Dr. Gaynes] Fleetwood, what type of exercise program should people follow to maintain good health?

[Dr. Loustalot] Well, they could participate in moderate- and vigorous-intensity physical activity. Moderate-intensity activities are activities that you can do while talking normally, but you can't sing; these may include a brisk walk or biking on a flat surface. And vigorous-intensity activities are ones where you have to catch your breath after a few words; they may include jogging or running or biking up and down hills.

[Dr. Gaynes] How often should people exercise?

[Dr. Loustalot] They should perform moderate-intensity activities about 150 minutes per week or vigorous-intensity activities about 75 minutes per week – at least – that’s a minimum level. Or they can do a combination of either one.

[Dr. Gaynes] Are there special recommendations for physical activity for people 65 years and older?

[Dr. Loustalot] Not really. The same recommendations for adults also apply to those 65 years and older – participation in moderate- and vigorous-intensity activity weekly

[Dr. Gaynes] Fleetwood, are there strategies you can recommend to help people successfully maintain the recommended levels of physical activity?

[Dr. Loustalot] There are three strategies, in particular. The first is finding activities that you enjoy. The second is finding a partner to go along with you to help maintain motivation. And the third is finding a variety of activities that you enjoy participating in.

[Dr. Gaynes] Where can listeners get more information about starting and maintaining an exercise program?

[Dr. Loustalot] They can check the CDC physical activity website which is [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity).

[Dr. Gaynes] Thanks, Fleetwood.

I’ve been talking today with Dr. Fleetwood Loustalot, a researcher at CDC, about the importance of physical activity.

Remember, finding physical activities that you really enjoy and doing them with others will help you maintain an exercise program that will lead to good health.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*