



*The Maryland State Medical Society*

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## **MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH**

BALTIMORE, May 9, 2014 — People of all ages and body types can benefit from regular physical activity. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. MedChi, The Maryland State Medical Society, is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge adults to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet most people do not get enough physical activity.

The Physical Activity Guidelines for Americans recommend that people:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights and using exercises bands – at least 2 days a week.

Gene Ransom, CEO of MedChi, states “Everyone will benefit from physical activity. Children and adolescents improve their muscular fitness and bone and heart health. Adults lower their risk of heart disease, type 2 diabetes and some types of cancer, and older adults improve cognitive functioning and lower their risk of falling.”

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).