



*The Maryland State Medical Society*

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

BALTIMORE, May 10, 2019 — National Physical Fitness and Sports Month was established in 1983 by the President’s Council on Fitness to promote healthy lifestyles among Americans and improve their quality of life. President Eisenhower created the President's Council on Youth Fitness which was renamed in the early 1960s by President Kennedy as the President's Council on Physical Fitness to include people of all ages. MedChi, The Maryland State Medical Society, is supporting National Physical Fitness and Sports Month and is challenging adults to get 30 minutes of physical activity every day and children to get 60 minutes.

Regular physical activity increases a persons’ chance of living a longer, healthier life. It also reduces their risk for high blood pressure, heart disease, and some types of cancer. Yet in Maryland, nearly 23% percent of people do not get the recommended amount of physical activity.

People should aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity can include includes things like walking fast, dancing, swimming, and raking leaves. It is also good to do muscle-strengthening activities like lifting weights or using exercise bands at least 2 days a week.

Dr. Ben Stallings, President of MedChi, states, “regular physical activity is good for everyone’s health, and people of all ages and body types can and should be physically active.”

### 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).