



The Maryland State Medical Society

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MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

BALTIMORE, May 22, 2017 — Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. 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 this cause and we challenge adults to get 30 minutes of physical activity every day.

Most people do not get enough physical activity. Here are just a few benefits of physical activity:

- Children and adolescents – Physical activity can improve muscular fitness, bone health, and heart health.
- Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Stephen Rockower, M.D., President of MedChi, states “We can use this month to raise awareness about the benefits of physical activity. Encourage families to make small changes, like taking a walk after dinner or going for a bike ride. Encourage administrators at your children's schools to make physical activity a part of every student's day.”

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.