



The Maryland State Medical Society

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MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

BALTIMORE, May 29, 2018 — MedChi, The Maryland State Medical Society, is supporting National Physical Fitness and Sports Month. During the month of May, MedChi challenges all adults to get 30 minutes of physical activity every day.

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 in Maryland, nearly 23% percent of people do not get the recommended amount of physical activity.

The Physical Activity Guidelines for Americans recommend that adults:

- 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; and
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Dr. Gary Pushkin, President of MedChi, states, “Physical activity benefits people of all ages. In children and adolescents, it can improve muscular fitness, bone health, and heart health. In adults, it can lower the risk of heart disease, type 2 diabetes, and some types of cancer. In the elderly, it can lower the risk of falls and improve cognitive functioning, like learning and judgment skills.”

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.