



Be Physically Active

Being physically active is an important step that you can take to improve your health. Some physical activity is better than none, and any amount of physical activity can improve health-related fitness. For important health benefits, aim for at least 2 1/2 hours (150 minutes) of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity activity, or a combination of both each week. Every minute counts. Do strengthening activities at least 2 days each week and remember to stretch!

2nd Edition of the Physical Activity Guidelines for Americans Released – November 2018 – details below.

- Be Physically Active: A Healthy Living Message https://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp
- Get Fit for Life Videos on Youtube https://www.youtube.com/playlist?list=PL3AQ_JVoBEyx0Z9a_qn37hyC-9OyWw01K
- Walking or Wheeling Video https://www.media.eo.va.gov/move/mp4/SMG03/SMG03_C01.mp4
- Be Physically Active White Board Video https://www.youtube.com/watch?v=9moJtr9P_Aso

- MyHealthVet Physical Activity <https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/physical-activity>

Check out the Veterans Health Library (VHL) <http://www.veteranshealthlibrary.org/>

The VHL offers Veteran-focused, “plain language” health information that’s consistent with VA clinical practice. 24/7 Internet access to engaging information, resources and tools is available for Veterans, their families and caregivers. No matter where Veterans receive care, the VHL can help them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Links below to some of the VHL content related to Physical Activity:

- [Physical Activity: Why Fitness Matters](#)
- [Weight Management and Physical Activity](#)

VA2K 2019 is right around the corner!

For information about the upcoming VA2K Physical Activity event, visit the [VA2K 2019 SharePoint](#) site.



Get Moving and Eat Wisely

Physical Activity and Healthy Eating

VA Pulse Page

This VA workgroup focuses on programs and tools to provide physical activity and healthy eating information, programming and opportunities for Veterans.

<https://www.vapulse.net/groups/physical-activity-and-healthy-eating>

Federal Government Resources

(you are leaving the Department of Veterans Affairs web site.)

US Department of Health and Human Services

2nd Edition of the Physical Activity Guidelines for Americans – November 2018

The [Physical Activity Guidelines](#) is an essential resource for health professionals and policymakers. The current 2nd edition which ODPHP created in collaboration with the Centers for Disease Control and Prevention, the National Institutes of Health, and the President's Council on Sports, Fitness & Nutrition, builds on the 2008 Guidelines, while incorporating the vast amount of knowledge that has been gained about physical activity and health over the last decade.

What's New in the Second Edition?

- Risks of sedentary behavior and the relationship with physical activity
- Elimination of the recommendation for adults that bouts of physical activity need to last at least 10 minutes - as even shorter bouts of activity have measurable benefits
- Additional health benefits related to brain health, cancer, and fall-related injuries
- Immediate and longer-term benefits for how people feel, function, and sleep

- Further benefits among older adults and people with additional chronic conditions
- Guidance for preschool children (ages 3 through 5 years)
- Tested strategies that can be used to get the population more active

Check out the new [Move Your Way Campaign Website](#) as well as the [Move Your Way website](#), which have lots of great messages, posters, infographics, videos and other resources!

President's Council on Fitness, Sports and Nutrition (PCFSN)

PCFSN engages, educates, and empowers all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. Since 1956, the Council has created and promoted programs and initiatives that motivate people of all ages, backgrounds, and abilities to be active and eat healthy.

<https://www.hhs.gov/fitness/index-b.html>

Physical activity is an essential component of a healthy lifestyle. Getting active is easier than you may think. Find ways to add in or mix up daily activity and discover a healthier you.

<https://www.hhs.gov/fitness/be-active/index.html>

The Presidential Active Lifestyle Award (PALA)

The latest PALA+ update, released in March 2017, includes healthy eating goals that reflect new guidance from the 2015-2020 Dietary Guidelines for Americans. The program completion requirements have also been updated to allow users to make incremental progress at their own pace towards healthy eating goals that they select and the physical activity goals based on their age.

<https://www.fitness.gov/participate-in-programs/pala/>



National Institute on Aging (NIA)

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life.

<https://go4life.nia.nih.gov/get-started>

For free publications and other resources available from NIA visit:

<https://go4life.nia.nih.gov/free>

Centers for Disease Control and Prevention

Physical Activity for Everyone

This site provides an overview of the importance of physical activity and resources to encourage physical activity. It features the latest evidence from the 2nd Edition of the Physical Activity Guidelines for Americans as well as specific details for children and adolescents, adults, older adults, pregnant and postpartum women and people with chronic health conditions and disabilities.

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Your Guide to Physical Activity and Your Heart

This guide presents comprehensive and easy-to-understand information on the impact of physical activity on your heart as well as the power of physical activity to keep you healthy overall. The guide also addresses other benefits of regular physical activity like burning extra calories, building stamina, improving balance, strengthening your lungs, and boosting the way you feel. It includes sample walking and jogging programs, instructions for finding your target heart rate zone, ideas for making fitness a family affair, and an overview of the best physical activities for a healthy heart.

http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf

Recreation.gov

An easy-to-use website with information about all federal recreation areas. You can search for recreation areas by state, recreational activity, agency, or map.

<http://www.recreation.gov>

Everybody Walk! The Movement to Get America Walking

This collaborative brings together businesses, federal agencies, and professional groups to implement ways to encourage walking. This website lists an array of ways to make walking a part of your day at home, work, school, and through everyday living. Take the [pledge](#) today and start walking more!

<http://everybodywalk.org/>

Non-Federal Government Resources

(Note: The Non-Federal Resources listed above do not have the endorsement of the U.S. Department of Veterans Affairs)

Health Promotion and Physical Activity for People with Disability

National Center on Health, Physical Activity and Disability (NCHPAD): www.nchpad.org/
A public health practice and resource center on health promotion for people with disability. NCHPAD seeks to help people with disability and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.