

# MCLB ALBANY SAFETYGRAM



## September 27, 2014

Family Health & Fitness Day USA—a national health and fitness event for families that is always held on the last Saturday in September. The purpose is to promote family involvement in physical activity, it's one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health.

Local organizations throughout the country will host family-related health and fitness events at schools, park districts, hospitals, YMCAs/YWCAs, malls, health clubs and other community locations. Activities may include walking events, low-impact exercises, health screenings, open houses, games and health information workshops.

Even, if you don't participate in an organized event for the day, it's a great time to remember the importance of family fitness.

Here are four ways you can celebrate Family Health and Fitness Day at your own leisure:

### 1. Understand the importance of going outside to play: No Child Left Inside.

Studies show that when children have time for unstructured play and interaction with nature, they benefit immensely. It helps increase understanding of their connection to nature, in addition to improved physical, mental and emotional health. So here a disorder is created, and the solution isn't pharmaceuticals, but simply to go outside and play. How elegant is that?



### 2. Follow these tips for Clean and Green Exercise.

1. Walk or bike to work.
2. Run up and down steps (sing the "Rocky" theme song).
3. Work in your garden.
4. Do sit-ups while watching Animal Planet.
5. Clean out your garage.
6. Take your dog for a long walk.
7. Chase your kids around the yard.



### 3. Learn about the benefits of Yoga.

Yoga can benefit both your physical and mental health, here are some yoga poses (click on each one) to use as a tool for a healthier you.

- [Yoga for Concentration](#)
- [Yoga for Energy](#)
- [Yoga for Improving Circulation](#)
- [Yoga to Overcome Anxiety](#)
- [Yoga for Lower Back Pain](#)



### 4. Find out Annie's favorite exercise for a rainy day.

Women who exercise regularly reduce the chance of breast cancer by 72 percent, according to the New England Journal of Medicine. Programs for reducing heart disease recommend exercise and doctors recommend moderate exercise three or four times a week, in other words, medical experts believe that exercise does wonders.



For more information on Family Health and Fitness click on this website,

<http://www.fitnessmagazine.com/health/family/fitness/>



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Sep 2014

