



Newsletter 6

WellPath's Daily Dozen Challenge

Exercise, how much?

We all know there are so many benefits of exercise but how much and how often should we be exercising to maintain or improve our health? Under the old physical activity guidelines, the goal was to reach your moderate-intensity aerobic exercise target (at least 150 minutes a week) and each bout had to last at least 10 minutes. (If you exercise at a vigorous-intensity, exercise at least 75 minutes.) New evidence from the Physical Activity Guidelines for Americans, 2nd edition, shows no difference in health outcomes like blood pressure, blood sugar, body weight, and cholesterol in people who accumulate their exercise in shorter sessions.

What to do: Get your heart rate up as often as you can, even if it's just for a few minutes at a time. And don't forget that muscle strengthen activity at least 2 times a week is also recommended.

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days a week**

AND

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

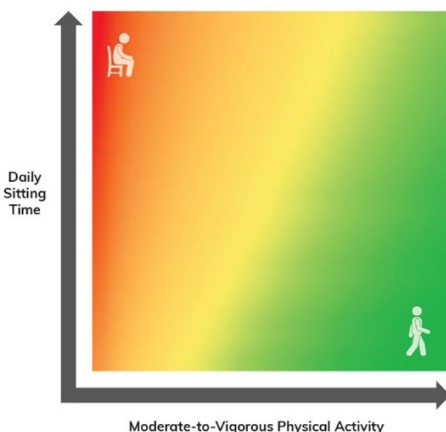
Walk. Run. Dance. Play. **What's your move?**

Sit less, move more.

The average U.S. adult sits 6.5 hours a day according to the Washington Post in 2019. That's one hour longer than the average person sat in 2007.

Too much sedentary time is linked to a higher risk of cardiovascular disease, type 2 diabetes, some types of cancer, and early death. So how much is too much sitting? It depends on how active you are.

There is a sliding scale where individuals who are very sedentary and aren't getting moderate-to vigorous activity are at greatest risk of early death. But as you increase your level of activity or reduce your sitting time or do both, your risk of dying early is dampened, according to the Physical Activity Guidelines for Americans, 2nd edition.



This graph shows the relationship among moderate-to-vigorous physical activity, sitting time and risk of *All-Cause Mortality in Adults*. The risk of all-cause mortality decreases as one moves from red to green. So sit less and get moving!

https://health.gov/sites/default/files/2019-10/PAG_ExecutiveSummary.pdf



DAILY DOZEN FACT:

Eating greens nearly every day may be one of the most powerful steps you can take to prolong your life. Of all the food groups analyzed by a team of Harvard University researchers, greens turned out to be associated with the strongest protection against major chronic diseases, including up to about a 20 percent reduction in risk for both heart attacks and strokes for every additional daily serving.

- [How Not to Die](#)

WEEKLY RECIPE: **Smoky Black-Eyed Peas & Collards**

This southern class is a delicious way to enjoy your greens. If fresh collards are unavailable, substitute frozen collards or another dark green leafy vegetable, such as kale. Serve over quinoa or black, brown or red rice. Serves 4.

Ingredients:

- 1.5 lbs fresh collard greens (washed & destemmed)
- 1 red onion chopped
- 1 clove garlic minced
- 1 teaspoon smoked paprika
- 1 1/4 inch turmeric or 1/4 tsp ground
- Savory Spice Blend
- 1 teaspoon white miso paste
- 1 15oz can diced tomatoes (BPA-free & salt-free)
- 1 15oz can black eyed peas (drained & rinsed BPA-free & salt-free)
- Healthy Hot Sauce to taste

Instructions:

1. Cook the collard greens in a pot of boiling water until tender, about 20 minutes. Drain well, reserving 1/4 cup of the cooking water; then coarsely chop the collards and set aside.
2. Heat the reserved cooking water in a large skillet over medium heat. Add the onion, garlic, paprika, turmeric, and Savory Spice Blend to taste. Cover and cook until the onions are soft about 4 minutes.
3. Stir in the miso, tomatoes, black-eyed peas, collards, and Healthy Hot Sauce to taste. Simmer to heat through and combine the flavors, about 10 minutes. Serve hot.



RESOURCES:

- [WellPath's Challenges Page](#)
- [Nutrition Facts](#)
- [Article: Greens](#)
- [Physical Activity Guidelines](#)
- [Article: Exercise](#)
- [Video: How Much Should You Exercise?](#)
- [Video: Longer Life Within Walking Distance](#)
- [Seven Minute App](#)



Wellness@SRPMIC-nsn.gov
www.WellPath.info

