

Healthy Living

How to find time to be more physically active each day

Physical fitness is one of the keys to a long and healthy life. The Centers for Disease Control and Prevention note that routine physical activity helps people maintain a healthy weight, reduces a person's risk for chronic health problems like cardiovascular disease and type 2 diabetes, and strengthens bones and muscles, which can help aging adults overcome age-related reductions in muscle mass and strength and reduce their risk for falls.

People have much to gain from incorporating exercise into their daily routines. But many adults are not reaping those rewards, and studies indicate sedentary lifestyles are on the rise. A 2024 study published in the journal *The Lancet Global Health* noted that 31 percent of the world's adult population was physically inactive in 2022, which marked a 5 percent increase since 2010. And a recent report from the U.S. Department of Health and Human Services and the United Health Foundation found that roughly one in five adults get no physical activity beyond their regular job.

The Heart Foundation notes lack of time

is often cited as an excuse for not exercising, and that's a legitimate hurdle for many professionals. Indeed, a 2026 report from *Monster* indicated that 73 percent of workers report regularly working more than 40 hours per week and 47 percent cite employer expectations or company culture as their top reasons for overworking. While professionals in such situations may find it challenging to overcome a lack of time to exercise, the following strategies may be just what people need to incorporate physical activity into their daily routines.

- Drive less. Driving is undoubtedly convenient, particularly for people who feel they're continuously pressed for time. But leaving the car behind and walking or cycling to run local errands is a simple and enjoyable way to incorporate physical activity into your daily routine. Parents can walk children to the bus stop or their school in lieu of driving. Adults also can try walking to a local coffee shop near their home or office in lieu of driving to get their morning cup of Joe.

- Break up workouts. WHO guidelines recommend adults between the

ages of 18 and 64 get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous physical activity each week. The WHO also recommends muscle-strengthening activities two or more days per week. That can seem daunting to adults pressed for time, but work-

outs can be broken up throughout the day. A pre-breakfast strength training session at home may only require 20 minutes, and that night adults can go for a jog or a brisk walk around their neighborhood.

- Workout while watching television. Adults who like to unwind at the end of

the day by watching their favorite television shows can use that time to exercise without giving up their entertainment. Invest in a treadmill or elliptical and turn television time into a time to break a sweat as well. Watching a 30-minute episode of a favorite TV show while on a treadmill or elliptical

can help adults meet WHO physical activity guidelines without requiring them to sacrifice their preferred way to unwind.

These strategies can help time-pressed adults incorporate more physical activity into their daily routines and lay a foundation for a long and healthy life.

Avoid exercise-related injuries

Exercise promotes mental and physical well-being in myriad ways. However, injuries remain a cause for concern for both seasoned and novice exercise enthusiasts.

According to *Wif iTalents*, which provides comprehensive market data and statistics, more than 3.4 million emergency department visits occur for sports and recreation injuries annually in the United States. Roughly 2.5 million injuries occur in gym and workout environments, highlighting the importance of an approach to exercise rooted in injury prevention. Understanding the risk factors and how to manage them can help individuals stay active and safe.

Types of injuries
Exercise injuries

tend to be acute injuries or overuse injuries. Acute injuries are sprains or fractures, while overuse injuries include tendinitis or stress fractures. Overuse injuries develop gradually when tissues are repeatedly stressed without affording time for adequate recovery, says *Boston Children's Hospital*.

Injury prevention
A proper warm-up gradually increases heart rate and improves blood flow to muscles. Experts recommend five to 10 minutes of light aerobic activity before engaging in a more lengthy workout. A similar cool-down period afterwards returns the body to resting levels, says *WebMD*.

Beginners often do too much too

soon. Orthopedic specialists recommend beginning with moderate exercise and gradually building up intensity and duration to allow tissues to adapt. Sudden spikes in training tend to lead to overuse injuries.

It's also important to follow proper form while exercising. *WebMD* says working with a qualified trainer or coach, even if it's just in the beginning to learn techniques, can help establish safe movement to avoid injury.

Repeating activities day in and day out will stress the same tissues. That is why the *American Academy of Orthopaedic Surgeons* suggests cross-training. Cross-training alternates between cardio, strength and flexibility workouts to help distribute exercise load in an effort to reduce injuries.

Afford yourself time for recovery

Recovery is when the body repairs and strengthens tissues. Overtraining without proper rest of at least one to two days per week can lead to fatigue and higher injury risk.

If injury occurs
Should an injury occur, it is essential to follow a doctor's orders for rest without returning to activity too soon. Early management follows the RICE protocol: Rest, Ice, Compression, and Elevation. Exercising through sharp or persistent pain can worsen minor injuries, so it pays to be mindful of what the body is saying, says *Just Move Athletic Clubs*. Most minor injuries improve within a few weeks, but persistent symptoms should be addressed with a medical professional.

Exercise is highly beneficial, and the risk of injury should not deter people from physical activity. Instead, following key prevention strategies can dramatically reduce injury risk, even for beginners.

Welcome

MICHAEL FIGART, DO

INTERNIST AND PULMONARY MEDICINE SPECIALIST

Committed to caring for Huntingdon

Whether it's a routine check-up or managing a long-term condition, Dr. Figart believes in listening to his patients and working together to create a plan that fits their unique needs. With a focus on accessible, high-quality healthcare, he's here to help you and your family stay healthy and thrive.

Dr. Figart, born and raised in Hollidaysburg and educated at Juniata College, is proud to serve the community he has always called home. He says: "My goal is to deliver the highest level of care while maintaining a personal connection that helps patients feel heard and understood."

Mount Nittany Health - Huntingdon
6674 Towne Centre Blvd.
Huntingdon, Pa. 16652

Your health deserves care you can count on, close to home. Call us at 814.234.6106 to schedule an appointment with Dr. Figart today.



MOUNT NITTANY HEALTH

MOUNT NITTANY HEALTH

DICK'S
HOMECARE, INC.
Central PA's Leader In Home Medical Equipment and Oxygen
Rt. 22, Huntingdon
643-2397
www.dickshomecare.com

Spring INTO BETTER HEARING

Spring is the season of fresh starts, and St Patrick's Day is a reminder that a little luck goes a long way. But when it comes to your hearing, healthy habits matter even more.

One simple way to support your hearing? *Get moving.*
Try these gentle activities for a positive difference!



WALKING



SWIMMING



GARDENING



YOGA



CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

1126 W 4th St., Ste. A, Lewistown, PA 17044
200 Mifflin St., Huntingdon, PA 16652
100 Oakwood Ave., Ste. 400, State College, PA 16803



uhrings.com

814-738-1638