Start where you are and move a little more!

Studies from Pitt’s School of Public Health show that physical activity is the gift that keeps on giving

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**Physical Activity**

That month’s feature highlights Dr. Rockette-Wagner’s work on physical activity and its ability to mitigate a variety of health problems. Dr. Rockette-Wagner also notes that incorporating physical activity into one’s daily routine does not have to be time-consuming.

Recently we connected with the President & CEO of Greater Pittsburgh (a local organization that focuses on the importance of being active and healthy in the Black community). Here are some highlights from our chat:

> "We have found benefits from physical activity, even in people at different stages of their lives."

I’ve used physical activity to maintain my physical health and as motivation for my mental health. From a young age, I’ve always said I want to be active. I’ve always tried to do some type of physical activity in my day-to-day life, whether it’s walking at least three times a week, or also doing light weightlifting to keep fit. I like to incorporate my physical activity into my daily life, even if it’s just something I do while I am watching TV or something similar. I can continue to do this in a way that works for me.

Start moving more. It’s a gift you can give yourself and your body.

> "Shaking healthy physical activity habits can help you feel better and make healthy food choices available."

Dr. Rockette-Wagner also mentioned that they feel more confident as a person. I especially enjoy going on walks through nature and being able to get fresh air. I get to connect with neighbors and feel like I am doing something for myself.

> "For you and your community, physical activity promotes health and wellness, and is totally worth your time."

I have found that people will think about physical activity as a type of medicine that can help us live longer, more independent lives.

Your own exercise can be a medicine because it provides health benefits. Dr. Rockette-Wagner emphasizes that physical activity can help you feel better and make healthy food choices available.

**Adagio’s Power Up program makes the healthy choice, the easy choice**

In Allegheny and 15 surrounding counties, one of the most common physical activity programs is helping individuals with chronic conditions make choices that could put them on the path toward increased physical activity and less sedentary behavior.

> "In a study of 1,500 participants, 30% lost at least 30 pounds."

A variety of studies have shown that programs like Adagio’s Power Up program can help make physical activity more attractive to people who are trying to improve their health. The program delves into evidence-based advice along with printed materials, nutrition education resources, and food tastings presented in a fun and inviting way.

**Power Up also works with community partners** such as senior centers, parks, fitness centers, gyms, municipal sites, and more. The program also provides a variety of resources to patients, including weight loss, physical activity, and more. Adagio’s Power Up program shows how physical activity can help people make healthier lifestyle choices.

**Start your journey to an active life with simple movements**

Adagio’s Power Up program makes the healthy choice, the easy choice. If you haven’t been physically active in a while, try taking a small step, such as a one-minute walk or doing some simple stretches. This can help you feel better and make healthy food choices available.

Put on your favorite song and dance, or simply walk around your neighborhood. You’ll break a sweat and improve your mood. If you’re still feeling overwhelmed, try breaking your goal into smaller parts. Even a 10-minute walk can make a big difference.

If you’re new to physical activity, start small. If you’ve been sedentary for a long time, start by doing something simple, such as walking one block or doing some simple stretches. Your body needs time to adjust to new movements, so it’s important to start slowly.

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