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Physical fundraising ideas

Regular physical activity helps improve overall health and reduces the risk for heart disease, stroke, and premature death. Physical Activity and Cardiovascular Disease To prevent cardiovascular disease, the U.S. Preventive Services Task Force recommends intensive behavioral counselingexternal icon to promote physical activity for people with known cardiovascular risk factors. Physical activity can also help people with cardiovascular disease manage their conditions; exercise training has been shown to have a positive effect on people with certain types of heart failure, and cardiac rehabilitation, which includes physical activity training, helps improve the health of people who have had a heart attack or bypass surgery. Despite the substantial health benefits of physical activity one out of every four U.S. adults report being inactive during their leisure time, and only about half of U.S. adults report levels of aerobic physical activity consistent with national guidelinesexternal icon. There are evidence-based strategies to promote physical activity that can be put into action where people live, learn, work, and play, including behavioral counseling for adults with cardiovascular risk factors and designing safe community spaces that encourage activity. Featured Resource Active People, Healthy NationSM is an initiative to help 27 million Americans become more physically active by 2027. People and organizations from a variety of sectors—health, education, transportation, business, and more—are working together to create an active America. Too few Americans get the recommended amount of physical activity outlined in the Physical Activity Guidelines for Americans, 2nd editionexternal icon. Active People, Healthy NationSM supports communities across the country who are putting in place proven strategies identified by the Community Preventive Services Task Forceexternal icon. Move Your Wayexternal icon The Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. Small changes can add up to big health benefits. Move Your Wayexternal icon The Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. Every Body Walk!external icon Every Body Walk! is a campaign aimed at getting Americans up and moving. This site features information about the health benefits of walking, news, videos, and events. Go4Lifeexternal icon Go4Life is an exercise and physical activity campaign from the National Institute on Aging at the National Institutes for Health. It is designed to help older adults fit exercise and physical activity into their daily life. GirlTrekexternal icon GirlTrek is a movement for African-American women and girls that encourages healthy, fulfilled lives through a habit of daily walking. Physical Activity Guidelines for Americans, 2nd editionexternal icon The Physical Activity Guidelines for Americans provides evidence-based guidance to help Americans maintain or improve their health through physical activity. Trends in Meeting the 2008 Physical Activity Guidelines, 2008—2018 pdf icon[PDF - 247 KB] This one-pager describes trends in meeting the 2008 Physical Activity Guidelines for Americans for 2008 through 2018. U.S. Preventive Services Task Force Recommendation Statement for Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults with Cardiovascular Risk Factors: Behavioral Counselingexternal icon The U.S. Preventive Services Task Force recommends offering or referring adults who are overweight or obese and have additional cardiovascular disease risk factors to intensive behavioral counseling interventions to promote a healthful diet and physical activity for cardiovascular disease prevention. (U. S. Preventive Services Task Force, August 2014) Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities pdf icon[PDF - 1.3 MB]external icon This report presents five goals and implementation strategies to help Americans be physically active and for the nation to better support walking and walkable communities for people of all ages and abilities. (U.S. Department of Health and Human Services, 2015) Community Preventive Services Task Force: Physical Activity: Recommendation on Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Designexternal icon The Community Preventive Services Task Force recommends built environment approaches that combine one or more interventions to improve pedestrian or bicycle transportation systems with one or more land use and environmental design interventions, based on evidence of effectiveness in increasing physical activity. (Community Preventive Services Task Force, December 2016) National Physical Activity Plan pdf icon[PDF - 9.4 KB]external icon This comprehensive set of policies, programs, and initiatives aims to increase physical activity in all segments of the American population. (National Physical Activity Plan Alliance, 2016) MMWR: Trends in Meeting Physical Activity Guidelines Among Urban and Rural Dwelling Adults — United States, 2008–2017 Since 2008, the prevalence of meeting physical activity guidelines increased from 19.4% to 25.3% among urban residents and from 13.3% to 19.6% among rural residents. (Morbidity and Mortality Weekly Report, June 2019) MMWR: Physical Inactivity Among Adults Aged 50 Years and Older—United States, 2014 Despite the many benefits of being physically active, approximately 1 in 4 adults 50 or older is inactive. (Morbidity and Mortality Weekly Report, September 2016) MMWR: Adults Eligible for Cardiovascular Disease Prevention Counseling and Participation in Aerobic Physical Activity—United States, 2013 One in five U.S. adults is eligible to receive intensive behavioral counseling for cardiovascular disease prevention and is not getting the recommended level of aerobic physical activity and could benefit from increasing their physical activity level. (Morbidity and Mortality Weekly Report, September 2015) Walking as an Opportunity for Cardiovascular Disease Prevention About two out of every three adults without CVD or any risk factors reported walking for leisure or transportation, and the prevalence decreases with increasing risk factors or CVD. CDC's Active People, Healthy NationSM: Creating an Active America, Togetherexternal icon Commentary describing the goals and action steps of the initiative aiming to improve physical activity among 2.5 million high school youth and 25 million adults. Status Report for Step it Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities pdf icon[PDF-1.3MB] The Status Report summarizes the state of walking and walkability when the Call to Action was released, as well as selected activities done since the release to sustain the messages and promote the goals established by the U.S. Surgeon General. Physical Activity Guidelines for Americans Scientific Reportexternal icon This report summarizes the scientific evidence on physical activity and health, and will be used by the government to develop the second edition of the Physical Activity Guidelines for Americans. Youth Compendium of Physical Activitiesexternal icon A helpful list of 196 common activities in which youth participate and the estimated energy cost associated with each activity. Promoting Airport Walking: A Guide pdf icon[PDF-2.35MB] The guide was developed as part of CDC's Walk to Fly project to encourage airport travelers (through point of decision signage) to make active choices. Other Specialty Areas Physical therapy is a key component in many rehabilitation programs. Learn more about the role physical therapists play in: The best way to manage your weight is to keep a balance between what you eat and drink and how active you are. You can be active your way by choosing activities that are best for you and your lifestyle. Start at a level that is comfortable for you. Increase your activity gradually and safely. Find out more about Getting Started, for example how to set goals, and how to track your progress, and how to continue with physical activity that will help you feel great and also benefit your health. The Physical Activity Guidelines for Americans recommend the following for adults: Do at least 2½ hours per week of moderate-intensity aerobic activity. OR 1¼ hours per week of vigorous-intensity aerobic activity Activity should be performed in episodes of at least 10 minutes and preferably spread out throughout the week For additional health benefits, do muscle-strengthening activities and involve all major muscle groups on 2 or more days per week Read More Physical Activity Guidelines for Americans No Co-payments for MOVE! Weight Management Counseling Get Ready Self-Management Caregiver Information Related Topics - Physical Activity Updated April 6, 2021 In physics, "work" is when a force applied to an object moves the object in the same direction as the force. If someone pushes against a wall, no work is done on the wall because it does not move. However, depressing a letter on a computer keyboard requires work. In physics, the equation for work is W = f x d. This means work equals force times distance. Distance is typically measured in meters. The force is a measure of the mass of an object times its change in motion, or acceleration. This is measured in newtons. The amount of work done is measured in joules. Physical education is important because it helps students stay physically active, develop interests in different types of physical activity, build teamwork and other social skills, and improve focus and academic performance. Physical education programs are increasingly being cut back in schools, which proponents argue is detrimental to students. Physical education helps students increase physical activity, both in and out of school. Children enrolled in physical education classes not only improve their own health but also learn to have a more positive attitude toward physical fitness in general. Children learn to draw a correlation between physical health and general well-being, which resonates outside of the gym or classroom. Students who take physical education courses are more likely to be active outside of school, participating in a variety of sports and other physical activities. Students can also use P.E. class to learn which sorts of physical activities they are interested in. Through exposure to a wide variety of activities, students can discover which ones engage them the most, making them more likely to continue exercising regularly. Physical education also helps children build social skills such as teamwork, sportsmanship and respect for others. Finally, physical education can actually help improve academic performance. Even moderate physical activity can improve both attention and brain function, helping kids concentrate better in class and perform better on exams. lina aidukaite/Moment/Getty Images According to Abraham Maslow's hierarchy of needs, a physical need is something critical to the survival of the human body. Maslow lists the basic physical needs as water, air, food, warmth, sex, sleep and the disposal of bodily waste. In addition to physical needs, there are four levels of needs in the hierarchy of needs: safety, social, esteem, and self-awareness. Until the basic physical needs of the human body are met, Maslow emphasizes that all other needs become moot. Although parts of Maslow's hierarchy of needs have been criticized by experts, there is little disagreement that there are basic physical needs of the human body for survival. Without water, air, warmth, food and the disposal of bodily waste, a person dies. Though sex is not necessary for individual survival, it is crucial to the survival of a species. Physical need should not be confused with physical dependency, which is a psychological term used in reference to addiction and the body becoming so accustomed to the consumption of a substance that it physiologically becomes dependent on it in order to function properly. Although a physical dependency may present as a physical need, it is merely the result of an addiction and not an actually requirement for survival. In physics, work is defined as a force causing the movement—or displacement—of an object. In the case of a constant force, work is the scalar product of the force acting on an object and the displacement caused by that force. Though both force and displacement are vector quantities, work has no direction due to the nature of a scalar product (or dot product) in vector mathematics. This definition is consistent with the proper definition because a constant force integrates to merely the product of the force and distance. Read on to learn some real-life examples of work as well as how to calculate the amount of work being performed. There are many examples of work in everyday life. The Physics Classroom notes a few: a horse pulling a plow through the field; a father pushing a grocery cart down the aisle of a grocery store; a student lifting a backpack full of books upon her shoulder; a weightlifter lifting a barbell above his head; and an Olympian launching the shot-put. In general, for work to occur, a force has to be exerted on an object causing it to move. So, a frustrated person pushing against a wall, only to exhaust himself, is not doing any work because the wall does not move. But, a book falling off a table and hitting the ground would be considered work, at least in terms of physics, because a force (gravity) acts on the book causing it to be displaced in a downward direction. Interestingly, a waiter carrying a tray high above his head, supported by one arm, as he walks at a steady pace across a room, might think he's working hard. (He might even be perspiring.) But, by definition, he is not doing any work. True, the waiter is using force to push the tray above his head, and also true, the tray is moving across the room as the waiter walks. But, the force—the waiter's lifting of the tray—does not cause the tray to move. "To cause a displacement, there must be a component of force in the direction of the displacement," notes The Physics Classroom. The basic calculation of work is actually quite simple: W = Fd Here, "W" stands for work, "F" is the force, and "d" represents displacement (or the distance the object travels). Physics for Kids gives this example problem: A baseball player throws a ball with a force of 10 Newtons. The ball travels 20 meters. What is the total work? To solve it, you first need to know that a Newton is defined as the force necessary to provide a mass of 1 kilogram (2.2 pounds) with an acceleration of 1 meter (1.1 yards) per second. A Newton is generally abbreviated as "N." So, use the formula: W = Fd Thus: W = 10 N * 20 meters (where the symbol "*" represents times) So: Work = 200 joules A joule, a term used in physics, is equal to the kinetic energy of 1 kilogram moving at 1 meter per second.

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