COLUMBUS COMMUNITY HOSPITAL

News Release
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Platte County Lifestyle Coalition encourages area residents to move more to improve their health

For Immediate Release
(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition is a local coalition dedicated to promoting healthy lifestyles.

This month the PCLC is encouraging people to move more in all areas of their lives in order to reduce the health risks of a sedentary lifestyle.

The U.S. Department of Health and Human Services, the American Cancer Society and other health organizations recommend adults participate in at least 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity each week (or a combination of moderate and vigorous intensity activity).

This does not mean, however, that people can exercise once a day and stay inactive the rest of the day. For example, if people are exercising 30 minutes a day and then sitting all day at work, in their car and while they watch TV in the evening, then exercise is not enough.

According to the American Cancer Society, a lack of physical activity increases the risk for obesity, heart and vascular disease, diabetes, cancer and earlier death. Sitting for many hours a day — even for people who get enough physical activity when they are not sitting — also increases these health risks.

In a recent article, Jen Brownlow, wellness director at the Columbus Family YMCA, shared some tips on how people could add more movement into their day:

- Take the stairs rather than the elevator.
- Walk or bike to your destination.
- Try to get up every hour during your workday.
- Exercise at lunch with your co-workers, family or friends.
- Wear a pedometer or movement tracker every day to increase your daily number of steps.

As part of its mission to promote healthy lifestyles, the PCLC is involved with several local health and wellness programs that can help people move more, including the Walk to Jerusalem, the Complete Health Improvement Program, running clubs at local schools, Walk with a Doc and more.

To learn more about the PCLC or how people can become involved, contact Gene Vis, Platte County Lifestyle Coalition coordinator, at 402-562-4686 or edvis@columbushosp.org.

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