

The new physical activity guidelines for 2018 were published online in the Journal of American Medical Association on November 12, 2018 by Dr. Piercy and others. The guidelines were last published in 2008.

The new guidelines provide even greater information and support for health benefits. Several **new** health benefits have been added which include:

- improved brain health,
- reduced risk for certain cancers,
- enhanced bone health for young children,
- improved cognitive function for children 6-13 years,
- reduced risk of falls for older individuals,
- less weight gain and reduced risk of gestational diabetes during pregnancy, and
- for people with chronic illnesses there is a reduced risk for mortality, improved function and quality of life

Sadly, only 26% of adult males and 18% of adult females meet the minimum weekly physical activity guidelines. There has also been a decrease in the percentage of high school boys and girls who meet the minimum physical activity requirement.

These results are not surprising because of technology today, however, it is surprising that more people are not interested in improving their health with what we know today. The health of our society will continue to diminish until physical activity becomes part of our lifestyle. It is time to put down the devices and make our personal health a priority to enhance our future.

Maybe with the year coming to a close and the Christmas and Holiday Season upon us, families can offer gifts that will promote physical activity and less sedentary activity.