



May is National Fitness and Sports Month

It is a proven fact that exercise (physical activity) contributes to a healthy lifestyle, prevents chronic diseases such as arthritis, osteoporosis, cardiovascular disease, diabetes, and helps prevent and manage obesity. Regular physical activity also reduces depression and anxiety, improves flexibility, strengthens muscles and improves endurance and balance and enhances our ability to perform daily tasks throughout life. The goal of the Surgeon General is regular physical activity at least 30 minutes a day three or more days a week and vigorous activity for 20 minutes at least three times a week. The nursing department encourages parents and grandparents to include varied physical activities in family events. Swimming, skiing, skating, biking, basketball, baseball, running bases at the beach, walking in the park, gardening, and lawn work are all great bonding activities we can share with the children in the family.

The Livingston nurses invite anyone who would like to walk for 30 minutes to join us on Wednesdays in May for our “Stride into Spring” stroll around our workplace at 204 Hillside Avenue. Walks will be at 12:00-12:30 or 12:30 -1:00 PM. Wear comfortable shoes.

