



Mt. Moriah's main goal is to make disciples of Christ, equipping them to spread the Good News. In addition to spirituality, Mt. Moriah is concerned with the health and wellness of our members. We acknowledge that the African American community is faced with many health adversities such as heart disease, hypertension, diabetes mellitus, obesity, and a variety of mental illnesses. Here at Mt. Moriah, we are dedicated to supporting our members mental health and physical health. Our goal is to encourage and motivate members to practice physical activity and to adopt healthy lifestyles.

American Heart Association.

25 WAYS TO GET MOVING AT HOME

- Run in place for 30 seconds
- Dance party for 1 minute
- Stand up and sit down 10 times
- Read standing up
- Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
- Jumping jacks for 30 seconds
- Do the hokey pokey
- See how many squats you can do in 15 seconds
- Stand up, touch your toes
- Wall sits while reading
- One-minute yoga
- Stretch your hands high over your head
- Arm circles forward for 30 seconds, arm circles backward for 30 seconds
- 10 frog jumps
- Standing mountain climbers for 30 seconds
- Stand on one leg, put your hands up, put your hands out to the side
- 5 lunges on the right leg, 5 lunges on the left leg
- Practice spelling, do a squat for every vowel
- Run in place for 30 seconds, check your heart rate
- Practice spelling by doing a jumping jack for each letter
- 30-second plank
- Practice math problems, do a jumping jack every time the answer is an even number
- 20 leg lifts
- Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
- High knees for 30 seconds

heart.org/KidsActivities

The CDC and American Heart Association recommend physical activity every day for a minimum of thirty minutes. Amid COVID-19, now is a perfect time to get active in your home or in your backyard. Here are some exercises that you and the little ones can do while practicing social-distancing.

DID YOU KNOW?

The prevalence of hypertension is the highest among African Americans in the world. The American Heart Association reports that hypertension also occurs earlier in Blacks, increasing the risk of stroke and heart disease.



DID YOU KNOW?

The CDC reports that African American women have the highest rate of obesity than any other demographic group. Obesity increases the risk of many cancers such as breast cancer, ovarian cancer, pancreatic cancer and more. See the WHO graphic above.



FUN FACTS

- Students who are physically active tend to have better grades, school attendance, cognitive performance and classroom behaviors.
- Physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight.
- Physical activity reduces symptoms of anxiety and depression.

How much physical activity do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.



Move more, with more intensity, and sit less.

Find out how at [heart.org/movemore](https://www.heart.org/movemore).

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American Heart Association Recommendations for physical activity

Recommendations for Adults

- Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

Recommendations for Kids

- Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.
- Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic.
- Include vigorous-intensity activity on at least 3 days per week.
- Include muscle- and bone-strengthening (weight-bearing) activities on at least 3 days per week.
- Increase amount and intensity gradually over time.