



# Midland College Fitness Center

May 2017 –Spring Edition – Newsletter

## NATIONAL PHYSICAL FITNESS MONTH

### National Physical Fitness and Sports Month

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Texas most people don't get the recommended amount of physical activity.

#### The Physical Activity Guidelines for Americans recommend that adults:

Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.

Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!

### National Physical Fitness and Sports Month



PRESIDENT'S COUNCIL ON  
*Fitness, Sports & Nutrition*

**PALA+**, a program of the President's Council on Fitness, Sports & Nutrition, promotes physical activity and good nutrition, because it takes both to lead a healthy lifestyle. Start the eight-week program to help you maintain or improve your health. It's a great way to help manage and reach your health goals. Anyone age 6 and older can sign up for PALA+.

- The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals. It's easy to complete for anyone ages 6 and up, and you can earn an award in less than two months! [Learn more about the program.](#)

**Great program to sign up for to help you over the next 8 week become more physically active and maintain good nutrition.**

### Fitness Center Hours:

5:30am-8:30 pm Mon-Thur.

5:30am -6:00pm Friday

**Summer Hours start May 15<sup>th</sup>**

5:30am-6:30 pm Mon-Thur.