



ExtensionGetFit

HEALTH & WELLNESS NEWSLETTER

COOPERATIVE EXTENSION SERVICE

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November 6, 2020

To: Extension Get Fit Participants:

I hope you are continuing to be active during COVID-19. Getting physical activity can be a challenge while staying at home. However, it's possible—and important—to be physically active while social distancing. Physical activity reduces blood pressure and anxiety and helps you sleep better. It can also help to improve mood and energy level.

Adults need 150 minutes a week of moderate intensity activity such as brisk walking for health benefits. Regardless of your age, some physical activity is better than none.

Active People, Healthy Nation is an effort by the CDC to help 27 million Americans become more physically active by 2027. Increased physical activity can help reduce the risk of at least 20 chronic diseases and conditions and provide effective treatment for many of these conditions.

Physical Activity is Essential to Healthy Aging: As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do. Adults with chronic conditions should be as physically active as their abilities and conditions allow.

Move More and Sit Less: Adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Those who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will increase with the more moving you do.

Thank you for your patience as we continue to take precautions to ensure a safe and healthy environment. If you have questions, please call me at (870)946-3231 or (870)673-2346 or email alockley@uaex.edu.

Sincerely,

Alta Lockley
County Extension Agent -
4-H/Family and Consumer Sciences



Get Fit Eating

True or False? There is evidence the virus that causes COVID-19 spreads to people through food.

According to the Centers for Disease Control and Prevention (CDC) website, currently, there is **no** evidence to suggest that handling food or consuming food is associated with COVID-19. Coronaviruses, like the one that causes COVID-19, are thought to spread mostly person-to-person through respiratory droplets when someone coughs, sneezes, or talks. It is possible that a person can get COVID-19 by touching a surface or object, including food or food packaging, that has the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way the virus spreads.

After shopping, handling food packages, or before preparing or eating food, it is important to always wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

The risk of getting COVID-19 from food you cook yourself or from handling and consuming food from restaurants and takeout or drive-thru meals is thought to be very low. Currently, there is no evidence that food is associated with spreading the virus that causes COVID-19.

The risk of infection by the virus from food products, food packaging, or bags is thought to be very low. Currently, no cases of COVID-19 have been identified where infection was thought to have occurred by touching food, food packaging, or shopping bags.

Follow CDC guidelines when shopping, wash hands or use hand sanitizer, and follow food safety best practices to minimize the risk of communicable diseases such as COVID-19.



ARKANSAS COUNTY EXTENSION

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