



Physical Fitness Awareness

According to the Center For Disease Control, regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

Fitting regular exercise into your daily schedule may seem difficult at first, but the 2008 Physical Activity Guidelines for Americans are more flexible than ever, giving you the freedom to reach your physical activity goals through different types and amounts of activities each week. Here are some things to consider if you

are between the ages of 18 and 64:

For important health benefits adults need at least:

* 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

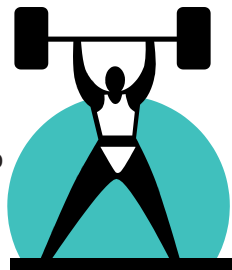


* 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

* An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

For greater health benefits adults need at least:

* 5 hours (300 minutes) each week of moderate-intensity aerobic activity and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).



* 2 hours and 30 minutes (150 minutes) each week of vigorous-intensity aerobic activity and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

* An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

This information was gathered from the Center For Disease Control website. For more information regarding physical fitness tips and other resources, visit the CDC website at www.cdc.gov.

Piney Woods AHEC

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You may contact the staff at the following locations:

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Other Great Websites for Healthy Living !

www.cdc.gov

www.webmd.com

www.mypyramid.gov

www.mayoclinic.com



Piney Woods Perspective

Continuing Education Opportunities

July 10, 2010

Addressing Chronic Active Problems in Autism Spectrum Disorders: Transforming Risk into Resiliency and Improving Quality of Life

7.25 CME

Hyatt Regency Dallas
300 Reunion Boulevard
Dallas, TX 75207

www.autism-society.org/conference

August 18, 2010

Texas Board of Nursing: Protecting Your Patients and Your Practice

6.0 Contact Hours

Houston Marriott Medical Center
6580 Fannin

Houston, TX 77030
www.texasnurses.org

(512) 305-6844

September 23, 2010

10th Annual Nursing Leadership Conference of Texas Nurses Association

Contact Hours TBA

Omni Austin Hotel Southpark
4140 Governor's Row
Austin, TX 78744

www.texasnurses.org
(512) 323-5379

October 20, 2010

Infection Prevention and Control: Current Issues for Today's Registered Nurse

First Christian Church
210 East Second Street
Brady, TX 76825

6.0 contact hours
Sylvia (817) 272-3527



October 22, 2010

10th Annual Neurological Conference

Baker Pattillo Student Center
Stephen F. Austin State University
Nacogdoches, TX

7.0 CEU's (specific CEU's TBA)

Kathie Lane
(936) 568-3359



Online Education CNE

1.0 Contact Hour

www.texasnurses.org

Fitness for Duty Includes Getting Your ZZZZs

In Setting Staffing Levels, Nurses Know Best

Echoes of the Past: H1N1 2009



Telephone Education Workshops

CancerCare Connect
www.cancer.org
1-800-813-4673

July 7, 2010

Update on Lymphoma Treatment from the 2010 ASCO Annual Meeting

July 13, 2010

Survivors Too: Communicating With and Among Family, Friends and Loved Ones

August 11, 2010

Advances in the Treatment of Multiple Myeloma

September 29, 2010

Update on Peripheral T-Cell Lymphoma

American Heart Association Courses

Advanced Cardiac Life Support Courses

Stephen F. Austin State University
DeWitt School of Nursing
Nacogdoches, Texas
Mark Scott: (936) 468-6941

August 14-15, 2010

October 23-24, 2010

January 15-16, 2011

March 26-27, 2011

May 21-22, 2011

August 6-7, 2011

Basic Life Support Courses for Healthcare Providers

Nacogdoches EMS Education

Nacogdoches, Texas
Cynthia Stewart: (936) 569-4600
E-mail: stewarcy@nacmem.org
First and third Wednesday of each month

Angelina College

Community Services
Lufkin, TX
Contact: (936) 633-5206

All questions regarding continuing education offerings, including payment information, should be directed to the contact.