



The Wellness Wire

Herbert Wertheim College of Medicine

Issue 8, 11 May 2020

An initiative of the Faculty Assembly Steering Committee, the Office of Medical Student Support Services, the Fit & Well Committee, and the Division of Education and Faculty Development in the Department of Humanities, Health, and Society.

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Challenges in starting with physical activity

In general, with the ongoing physical distancing guidelines, our lives have become less active. One challenge of being stuck inside our homes and apartments starting with some physical activity. Once we have made that first step, things become easier.

Recommended physical activity for health

- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits

As I experience the same motivational problems as probably most of you, I am challenging you during the next two weeks. I will upload on my professional Facebook profile and on the Teams HWCOM Wellness Wall some muscle-strengthening activities you may do in

addition to the aerobic exercises (i.e., brisk walking, etc.) on a daily basis.

<https://www.facebook.com/NoelCBarengo/>

I will use the simple table below to follow my physical activity and I encourage you to do the same. Among all the participants who upload a video of them being active or this checklist after one week on the Teams HWCOM Wellness Wall, will enter a lottery where you can win one 20 USD and one 10 USD Starbucks gift card. Deadline is May 25, 2020.

Table 1. Checklist for your weekly physical activities carried out (mark X when completed).

	30 min aerobic PA	Muscle-strengthening PA
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

More is better than less, and something is better than nothing!

If people find themselves struggling and would like to speak with someone, always remember the FIU Office of Employee Assistance. You can call the office at 305-348-2469 or email oea@fiu.edu for help.