



¡Salud SOL!

HCHS/SOL Newsletter

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Hispanic Community Health Study (HCHS) / Study Of Latinos (SOL)

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Be healthy, Be Active!



Why should adults—even seniors—leave their cozy couch, turn off the TV, and start stretching their muscles and exercising? Because, according to many research studies, active adults have more chance of living longer than sedentary ones. People who exercise have less risk of having a heart attack or stroke. Also exercise lowers bad cholesterol, boosts your mood, and more. It is well known that adults tend to be less active and sedentary as they become older; the US Surgeon General recommends at a minimum of 150 minutes of moderate exercise per week which most adults are not even doing today. As adults,

we need to find ways to exercise and start adding more physical activity to our everyday life. Exercising will make us healthier and provide a more positive role model for our kids. This newsletter presents the amazing benefits of exercise and invites you to start moving right now. Read more on next page.

SOL Youth is testing exercise!

Because physical activity is so important to our health, SOL-Youth incorporates an exercise test to measure the cardio-respiratory fitness of children in addition to the interviews and clinic measurements we conduct on children. This exercise or fitness test allows us to see how healthy and how active Hispanic/Latino children are in the US. We're glad to be collecting this valuable information that will benefit the Hispanic/Latino community. We, encourage SOL families to stay active! If you are a SOL participant who has children from 8 to 16 years old living in Chicago, please contact us at 312-503-0406 to find out if your child is eligible to participate in the SOL-Youth study.



Chicago SOL Updates

- Successful recruitment for the SOL ancillary studies (the Sueño study, the SOL-Youth study, and the ECHO study) are underway! The SOL-ancillary team in Chicago is excited to see positive response of participants when they are called.
- The Hispanic Community Health Study/Study of Latinos (HCHS/SOL) has applied for six additional years of federal funding to continue the SOL study. We will keep you informed about the results of our application.
- Public dissemination of SOL findings will be a reality very soon! SOL staff & research team are working hard to provide you shortly with the results of our study. We will keep you posted!

Benefits of Physical Activity

What is the difference between physical activity and exercise?

"Physical activity" includes all activities done even at work or at your home. In other words, it applies to, dancing, walking, mowing the lawn, playing

sports or doing the dishes. On the other hand, "exercise" is a kind of planned physical activity that people do purposely to get fit.

Physical activity and exercise are both important to maintaining good health.

Benefits of being an active person

In adults, physical activity is essential for long-term weight control because as people get older, they tend to gain weight. Weight control is not the only benefit. Many studies have shown that physical activity lowers high blood pressure and bad cholesterol, strengthens bones and muscles, improves joint flexibility, keeps you in good mood, prevents insomnia, and reduces your chance of having a heart attack, stroke, and some types of cancer. Because exercise pumps more blood to the brain, doctors say exercise prevents Alzheimer's disease. These are reasons why people that regularly exercise tend to live longer than sedentary people.

We live in a modern world that encourages sedentary behavior. Every day, we face many challenges that prevent us from being active: long commutes, getting tired after a long day of work, preferring to drive a car rather than walking, and spend too much time in front of the television or computer, unsafe neighborhoods that discourage jogging or playing in parks. Poor weather and expensive gyms are also a challenge. Despite these obstacles, we can do many things to avoid being sedentary.

Becoming an active person!

Active people often prefer to walk short distances rather than

driving a car, or climb the stairs instead of using the escalators. They also tend to enjoy gardening in the summer or shoveling snow in the winter. These activities often seem overwhelming, but it is healthy.

If you prefer walk, a pedometer would help you measure your steps. Your initial goal to becoming an active person is to walk at least 5000 steps a day (as counted by the pedometer). At least 30 minutes of moderate exercise every other day is strongly recommended. Also, you should do muscle-strengthening activities twice a week or more to work all



major muscles of your body. You could do a combination of push-ups, sit-ups, resistance-band exercises, weight machines, etc. Repeat each exercise 10 times. Also, think about taking free exercise classes: dancing, yoga, tai-chi, and many other types of exercise or sports provided by community based organizations, churches and other organizations around your neighborhood. Getting more physical activity and exercise in your daily life will keep you healthier and help you live longer!

Safety is the key when doing exercise

Whether you are planning to walk outside or going to the gym, avoid putting your safety at risk. If you have health issues, ask your doctor what kind of exercise is right and safe for you. Also, plan your activities and exercise so that you can avoid unnecessary risks. For instance, walk or jog in safe places, partner with someone so that you are not alone, use proper shoes and clothes, and carry a bottle of water to prevent dehydration. If you are cycling, check out the safety of the road and adhere to traffic rules. Warm up before you start exercising and do not exhaust yourself. Remember, before exercise, safety goes first.

For more information, please visit the following online sites:

<http://www.nhlbi.nih.gov/health/health-topics/topics/phys/>

As a SOL participant, you should update your address or phone number.

Also if you have questions or concerns...

Just call us at:

1-800-749-4765

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