



# ADAMS COUNTY HEALTH & HUMAN SERVICES DEPARTMENT

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## **FOR IMMEDIATE RELEASE**

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### **CONTACT**

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## **ACTIVITY OPPORTUNITIES IN ADAMS COUNTY**

The Physical Activity Guidelines for Americans recommends adults get at least 150 minutes of moderate-intensity (or 75 minutes of vigorous-intensity) aerobic activity and at least 2 days of muscle-strengthening activity per week. Kids and teens ages 6-18 should get at least 60 minutes of moderate-intensity aerobic activity every day and muscle- and bone-strengthening activities at least 3 days per week. Moderate-intensity activity means that you might be breathing hard, but can still have a conversation while during vigorous-intensity activity, you will only be able to say a few words before having to take a breath. Some examples of aerobic activity, also known as cardio, include running, walking, dancing and skiing.

Looking for a way to be physically active but not sure where to start? The Be Healthy Adams County coalition created the “Health & Wellness Opportunities Matrix” in 2017 to create awareness of all of the opportunities for exercise, physical activity and educational presentations in the county. The matrix is updated bi-annually and now includes over 100 activities for all ages, seasons and interests.

To view the matrix, go to the Adams County Chamber of Commerce and Tourism or Gundersen Moundview's websites. Or check it out on the Be Healthy Adams County Facebook page ([Facebook.com/behealthyadamscounty](https://www.facebook.com/behealthyadamscounty)).

For more information, or for an electronic copy of the matrix, contact Suzanne Schreiner, Community Health Specialist, at 608-339-4375 or [suzanne.schreiner@co.adams.wi.us](mailto:suzanne.schreiner@co.adams.wi.us).

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