Did you know that less than 5% of adults participate in 30 minutes of physical activity each day? Also, only one in three adults receive the recommended amount of physical activity each week and according to the American Public Health Association (APHA) the US ranks 34th in life expectancy. The APHA is working to address this issue with the Generation Public Health Challenge. The vision is to create the healthiest nation in one generation. This movement understands that there is no single cause for poor health in this country, and will assemble people, organizations and communities to address the wide range of factors that affect our health.

As a lead up to National Public Health Week, the APHA put out the #1BillionSteps Challenge. The idea behind this challenge was to get teams and individuals to sign up and track their steps from January 9th up until April 4th, the start of National Public Health Week and see if cumulatively they could get up to 1 Billion Steps! Walking is one of the easiest ways to improve your health. An American Heart Association study found that walking can greatly reduce the risk of conditions such as high cholesterol, obesity, heart disease, high blood pressure and diabetes. One recent study presented at the European Society of Cardiology Congress demonstrates that a 25 minute daily walk at a brisk pace can add upwards of three to seven years to your life. Also it can be relaxing, spiritual, and is a great way to spend time with friends!

The American Heart Association recommends 30 minutes of physical activity a day. While that may seem daunting, here are some simple ways to incorporate walking into your life:

- Break it up into several smaller walks. Research has shown that three separate 10-minute walks throughout the day can be just as effective in reducing cardiovascular risks as a 30-minute walk.
- Try taking the dog for a 10-minute walk in the morning, another 10 minutes on your lunch break and another 10-minute walk when you get home, or while your kids warm up before their soccer game and you have 30 minutes total.
- Since exercise has been shown to boost brain function and creativity why not schedule your meetings, interviews and calls on the road as a walking meeting?
- Take the long way! Walk to the far bathroom, or one on a different floor. Walk to your favorite lunch spot if possible. If driving, park far away from the door. Also use the stairs as much as possible.
- Walk with a partner. Walking with other people can help to keep you accountable, so you don’t skip out on your walks. Also, one study found that walking with a partner can improve aerobic performance.
for preventing disease and death. They not only help protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.

**Immunizations can save your child’s life.** Some diseases that once injured or killed thousands of children are no longer common in the U.S. – primarily due to safe and effective vaccines.

**Vaccination is very safe and effective.** Vaccines are only given to children after careful review by scientists, doctors, and healthcare professionals.

**Immunoization protects others you care about.** By stopping the spread of these diseases you protect your family, friends, and those too young or too sick to receive the vaccines.

**Immunizations can save your family time and money.** A child with a vaccine-preventable disease can be denied attendance at schools or daycare facilities.

**Immunization protects future generations.** Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago.

**Not sure if you or your family is up to date on your vaccinations?** Click below to learn more:

- [Adult Vaccination Schedule](#)
- [Birth to 18 Vaccination Schedule](#)