

PUBLIC HEALTH CONNECTION



Physical Fitness Month

Cardio, weight lifting, plyometrics, resistance bands, exercise DVD's, walking, kettlebells, and high intensity interval training. These are just a few of the countless possibilities to be physically active. Do you ever wonder what is the best workout? The answer is easy. Whichever motivates you to be the most active!

The Centers for Disease Control and Prevention recommends that the average adult participate in at least 150 minutes of aerobic activity (e.g. brisk walking) and two or more days a week of muscle-strengthening related activity.

For moderate-intensity physical activity, aim to exercise within 50% to 70% of your maximal heart rate. Measure your target heart rate by subtracting your age from 220. For example, a 50-year-old person would be 220 minus 50 years equals 170 beats per minute (bpm). The 50% and 70% target heart rate levels would be:

- 50% level: $170 \times 0.50 = 85$ bpm
- 70% level: $170 \times 0.70 = 119$ bpm

For more vigorous-intensity physical activity and to burn the most calories, aim to exercise within 70% to 85% of your maximum heart rate; following the above calculations, the 85% target heart rate level would be:

- 85% level: $170 \times 0.85 = 145$ bpm

There will always be a new exercise fad, so when searching for the 'perfect' workout look for something that keeps you motivated and moving. And do not be afraid to change it up!

(Source: Centers for Disease Control and Prevention, 2015)



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, May 18, 2017.*
- *Scott County Health Department will be closed Monday, May 29th in observance of Memorial Day.*

Links

For more information about physical activity, visit:

<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

<https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm>

Note: You may have noticed our newsletter appearance has changed. We are focusing on branding our website, social media, and other communications. We hope you like our new look!

New Required Shot for 2017-2018 School Year

Meningococcal Vaccine

A new law will take effect this fall for the 2017-2018 school year requiring students entering 7th and 12th grade to have one or more doses of the meningococcal vaccine. Call your child's health care provider or the Scott County Health Department to schedule an appointment to get the vaccine. For questions and answers on the new meningitis immunization law, visit <https://idph.iowa.gov/Portals/1/userfiles/39/Mening%20School%20Requirement%20Q%20%26%20A%202-10-17%20Final.pdf>



IT'S THE **LAW**
SHOTS BEFORE **FALL**

NEW IOWA IMMUNIZATION LAW: For the 2017-2018 school year the Meningococcal vaccine (MenACWY) will be a requirement for your student. Please see below guidelines.

- Students entering into **7th grade** and born after September 15, 2004, will need proof of one dose of meningococcal vaccine (MenACWY).
- Students entering into **12th grade** and born after September 15, 1999, will need proof of two doses of meningococcal vaccine (MenACWY); or 1 dose if received when the student was 16 years of age or older.

Contact your adolescent's health care provider or the Scott County Health Department 563-326-8618 today to schedule an appointment.

Scott County Health Department

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