

# PUBLIC HEALTH CONNECTION



## Physical Activity

### Regular physical activity is good for everyone!

Incorporating physical activity into your daily routine is important, and it does not have to be too time consuming! The Centers for Disease Control and Prevention (CDC) established physical activity guidelines for children, adults, older adults, and pregnant or postpartum women to make physical activity an easy part of anyone's lifestyle, [cdc.gov/physicalactivity/basics/index.htm](http://cdc.gov/physicalactivity/basics/index.htm).

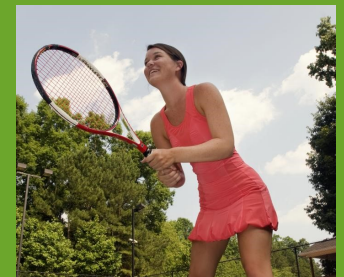
Physical activity is proven to help control weight; reduce risk of cardiovascular disease, type 2 diabetes, metabolic syndrome, and some cancers; improve mental health and mood; improve ability to complete daily activities; and help prevent falls. All of which, increase chances of living a longer, healthier life! (CDC)

### What is the difference between physical activity and exercise?

Physical activity is any bodily movement, and is not limited to the definition of exercise. Common examples of physical activity include cleaning, yard work, dancing, walking, golfing, tennis, etc.

Exercise is defined by the CDC as a "subcategory of physical activity that is planned, structured, repetitive, and purposive in the sense that the improvement or maintenance of one or more components of physical fitness". Examples of exercise, that is also considered to be physical activity include jogging or running, weight lifting, aerobics, yoga, etc.

To learn about incorporating physical activity in your community or workplace, please contact the Health Department at 563-326-8618 or email [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com).



### 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.



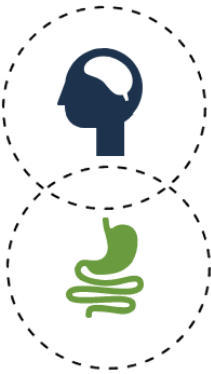
## SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, May 17, 2018.*
- *Scott County Health Department will be closed Monday, May 28th in observance of Memorial Day.*

## Links

- Centers for Disease Control and Prevention [cdc.gov/physicalactivity/basics/index.htm](http://cdc.gov/physicalactivity/basics/index.htm)
- QC Trails [qctrails.org](http://qctrails.org)
- Mental Health American: Gut Brain Connection Factsheet <http://www.mentalhealthamerica.net/sites/default/files/MHM%202018%20Fact%20Sheet%20-%20Gut%20Brain%20Connection.pdf>
- National Alliance on Mental Illness <https://www.nami.org/>

# Mental Health Month—Take Care of Your Gut



May is Mental Health Month. Lowering your stress and finding other psychological ways to take care of your mental health is important. But what about taking care of yourself physically?

### The Gut-Brain Connection

We have all likely heard of the saying “trust your gut”. The truth is, there is a reason your stomach is sensitive to emotions like happiness, sadness, anxiety, and anger. Your brain reacts to signals in your stomach and your stomach reacts to signals from your brain. In order to keep healthy signals passing between your gut and your brain, its very important to

keep your stomach (and the tiny microbes in it) healthy. Studies in animals have shown that changes in gut microbes can affect the brain and cause symptoms that look like autism, anxiety, depression, and more. So, trust your gut and take care of your gut; your brain will thank you.

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