April is National Minority Health Month and the theme is staying ACTIVE AND HEALTHY! #ActiveandHealthy is a national social media campaign that focuses on the steps the nation can take every day in and around the home to keep our minds and bodies active.

5 EASY WAYS TO INCLUDE MORE MOVEMENT INTO YOUR DAY

Park Farther Away  Biking or walking to work or run errands is a great way to up your activity, but sometimes not an option. When you have to drive park at the back of the lot and get more steps in!

Walk and Talk  Try turning work meetings or other gatherings into walking meetings! This gives you a chance to be productive and stretch your legs!

Take the Stairs  Whenever you see an elevator, try taking the stairs instead! This is a great way to squeeze more activity into your daily life!

Bring in Fewer Grocery Bags  Do you struggle to carry all your grocery bags in one trip? Relax and spread those trips out, more trips to the car mean more steps for you!

Stay Active While You Wait  When your favorite show goes to commercial break, do a few bodyweight exercises like squats or push-ups.

Why is it important to stay active and healthy?

African American women in Kansas reported high risk factors for heart disease:

- In 2018, about 79.7% of non-Hispanic African American women ages 18 years and older were overweight or obese.
- In 2018, about 21.3% of non-Hispanic African American women ages 18 years and older were ever diagnosed with diabetes.
- In 2018, about 28.1% of non-Hispanic African American women ages 18 years and older did not participate in leisure-time physical activity in the past 30 days.
- In 2018, about 38.3% of non-Hispanic African American women ages 18 years and older had ever been diagnosed with hypertension.

Learn how else you can #MoveYourWay: minorityhealth.hhs.gov/nmhm/. Being #ActiveandHealthy also involves maintaining your #EmotionalWellness. Exercise your mind along with your body this NMHM2020: minorityhealth.hhs.gov/nmhm/