

# PREVENTION WEDNESDAY

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City of Baltimore


Health Department

## Be Fit Baltimore

### Did You Know?

 Exercise helps control weight, strengthens bones, builds muscles, lowers stress and improves overall health.

 The U.S. Department of Health and Human Services recommends - 30 minutes to an hour of exercise each day.

 Workouts should include muscle strengthening exercises 2 days or more a week that work all major muscle groups (legs, hips, back, abs, chest, shoulders, and arms).

### Prevention TIPS:

#### Tip #1: Exercise daily!

Consult your doctor to determine the best exercise plan for you. For referrals or help with health insurance, call Baltimore Health Care Access at **311** or **410-649-0500!**



#### Tip #2: Walk everywhere.

Get your daily dose of exercise by walking as much as possible. If there is a stairway available, climb up and down it as a workout. Call Recreation and Parks to find places near you: **410-396-7900.**

#### Tip #3: Remember to drink lots of water.

It is important to stay hydrated when you exercise. Drink eight, 8 ounce glasses of fluid each day. In rare cases, consumption of 8 glasses of water per day may cause harm in persons with certain health conditions. Please consult your physician if you have chronic renal failure or other conditions that may be affected by water consumption.

Check out Mayor Dixon's  
Be Fit Baltimore Program

**March 19 – Aerobics with Mayor Dixon**  
6:30-8:30 p.m.

Fred B. Leidig Recreation Center  
4521 Frederick Avenue

**March 28 – Hike with WJZ's Denise Koch**  
10a.m. –12p.m.

4500 Franklin Town Road  
Gwynn Falls Trail Winans Meadow

[www.befitbaltimore.com](http://www.befitbaltimore.com)



## Resources and References

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### **American Academy of Pediatrics**

Information for parents and physician references. Select "Exercise."

<http://www.aap.org/healthtopics/physact.cfm>

### **American Heart Association**

Physical activities for children.

<http://www.americanheart.org/presenter.jhtml?identifier=4596>

### **Centers for Disease Control and Prevention**

Information about physical activity for all ages.

<http://www.cdc.gov/physicalactivity/everyone/health/index.html>

### **Department of Health and Human Services**

President's council on physical fitness and sports recommendations.

[http://www.fitness.gov/home\\_about.htm](http://www.fitness.gov/home_about.htm)

### **The Mayo Clinic**

Water: How much should you drink every day?

<http://www.mayoclinic.com/health/water/NU00283>

### **Be Fit Baltimore**

<http://www.befitbaltimore.com/calendar.php>