

May is National Physical Fitness & Sports Month; Walk at Work Day is May 18

President's council on Fitness Sports & Nutrition/Health ICT

KAFP is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge you to get 30 minutes of physical activity every day AND to challenge your patients to do the same!

To celebrate, KAFP is participating in Walk at Work Day on Wednesday, May 18. We encourage your office to do the same! If you live in Sedgwick County, you can register here: <https://hwcwichita.org/events/view/58/walk-at-work-day/> If you do not live in Sedgwick County, feel free to use this flyer and customize for your office -- [click here](#).

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.