



# MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

**Address**  
50 Westchester Drive  
Youngstown, Ohio 44515

**Phone**  
330-270-2855

**Toll Free**  
(800) 873-6243

**Laboratory Services**  
330-270-2841

**Website**  
[www.mahoninghealth.org](http://www.mahoninghealth.org)

**Facebook & Twitter**  
[@mahoninghealth](https://www.facebook.com/mahoninghealth)



**Austintown**  
330-792-2397

**Boardman**  
330-788-1485

**Youngstown**  
234-855-1575



**Phone**  
330-270-2855 ext. 136



<b>FOR IMMEDIATE RELEASE</b> <b>DATE:</b> August 27, 2024	<b>Contact:</b> Mahoning County PIO Team
	<b>Phone:</b> 330-270-2855 ext. 109
	<b>Email:</b> <a href="mailto:PIOTeam@mahoninghealth.org">PIOTeam@mahoninghealth.org</a>

## **Mahoning County to Offer *Active Living Every Day* A New Way to Help Sedentary Adults Get Moving**

Mahoning County Public Health is offering *Active Living Every Day* classes. *Active Living Every Day* is a behavior change program, focused on helping sedentary adults fit physical activity into their lives in realistic ways. The program is based on research that has resulted in two important discoveries about physical activity and health.

1. Physical activity need not be strenuous or time-consuming to benefit health. Accumulating 150 minutes of moderate intensity (e.g., a brisk walk) activity, 75 minutes of vigorous intensity activity, or a combination of moderate and vigorous activity each week can result in significant health benefits.
2. People are more likely to become and stay physically active when taught appropriate lifestyle skills. These skills include identifying and overcoming barriers to physical activity, learning to fit physical activity into a busy schedule, increasing self-confidence, building social support, setting realistic goals, and staying motivated.

*Active Living Every Day's* emphasis on moderate-intensity activity, fitting activity into life in realistic ways, and personalizing physical activity programs makes it an appealing alternative to traditional fitness programs.

*Active Living Every Day* classes will begin:

- Date: Thursday, September 12, 2024
- Time: 5-6 pm
- Location: Mahoning County Public Health, 50 Westchester Drive, Austintown
- Class will meet once a week for 12 weeks
- For more information or to register: 330-270-2855 ext. 117

Physical inactivity is a major health problem in the U.S. In fact, over 60 percent of Americans don't get enough physical activity. Over twenty-five percent are almost completely sedentary. Each year, more than 8% of deaths in the U.S. are due to physical inactivity.

Complicating this, most Americans are aware of the health benefits of physical activity but can't seem to get active. They want to be active but have problems maintaining traditional exercise programs. Although 38 percent of inactive Americans



# MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

**Address**

50 Westchester Drive  
Youngstown, Ohio 44515

**Phone**

330-270-2855

**Toll Free**

(800) 873-6243

**Laboratory Services**

330-270-2841

**Website**

[www.mahoninghealth.org](http://www.mahoninghealth.org)

**Facebook & Twitter**

@mahoninghealth

**Austintown**

330-792-2397

**Boardman**

330-788-1485

**Youngstown**

234-855-1575

**Phone**

330-270-2855 ext. 136



say they want to be more active, 50 percent drop out of exercise programs within 6 months.

## ABOUT MAHONING COUNTY PUBLIC HEALTH

Mahoning County Public Health, nationally accredited by the Public Health Accreditation Board, works to protect the public's health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health offers a variety of services from immunizations to environmental and community health programs. For a complete list of services visit [mahoninghealth.org](http://mahoninghealth.org).

###