



Fish Power

By Cara Rosenbloom, RD

Dietary Guidelines suggest that Americans eat at least two (3.5 oz.) servings of fish each week, and for good reason. Fish is a great source of protein and omega-3 fats, and contributes vitamins and minerals to the diet, including selenium, vitamin D, iron and zinc.

Eating enough fish helps protect heart health, lower blood pressure and improve blood vessel function, especially when you choose fatty fish such as salmon, trout and sardines. Fish may also help reduce the risk of depression and Alzheimer's disease. The trouble is, most Americans aren't eating enough fish. About half of all Americans eat fish only occasionally or not at all.

Why is our fish intake so low? Some simply

Physical Activity for Life

By Elizabeth Smoots, MD, FAAFP

Did you know? New evidence-based studies show we can fight many of our most common chronic health problems simply by staying physically active.

Key Recommendations:

Ages 3 to 5 (new): Get at least 3 hours per day of active play (light, moderate or vigorous) to enhance growth and development.

Ages 6 to 17 (no change): Get 60 minutes per day of moderate-to-vigorous intensity activity for healthy heart, muscle and bone development.

Adults (no change): Get at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week; add muscle strengthening 2 to 3 days a week.

Just move more and sit less. There is no minimum exercise time requirement now. The new guidelines suggest any amount of physical activity has health benefits, including better sleep, stress relief and improved blood pressure and mental health. Over time, staying physical helps manage many ongoing health conditions including obesity, osteoarthritis, multiple sclerosis, Parkinson's disease, diabetes and dementia.

May is Physical Fitness and Sports Month, a good time to learn more at Move Your Way at health.gov/moveyourway/.

