



**-FOR IMMEDIATE RELEASE-  
Make Exercise a Family Affair**



**Dr. Stephanie  
Raynish**

(SALEM, OHIO) – June 6, 2022 – Being physically active is one of the most important things you can do for your family's health.

In recognition of Family Health and Fitness Day on June 11, Salem Regional Medical Center (SRMC) is encouraging families to make physical activity a part of their daily routines.

"People of all ages benefit from regular exercise, which can help build strong bones and muscles, maintain a healthy weight, lower the risk of serious conditions like heart disease and diabetes, improve sleep and reduce stress," said Stephanie Raynish, M.D., a board certified Family Medicine physician affiliated with Salem Regional Medical Center (SRMC) and SRMC Primary Care – Salem.

"A great way for families to increase their activity levels is to exercise together. By taking the time for family fitness, both adults and children can improve their overall wellness and develop healthy habits for life."

**Ways to Exercise as a Family**

- Go for a walk or bike ride
- Play a sport together
- Go swimming
- Visit a local park or playground
- Play active games like tag or hide and seek
- Have a dance party
- Do seasonal yard work together

"For the greatest benefit, most people should aim for the recommended amount of physical activity for their age," Dr. Raynish advised.

**Exercise Recommendations by Age Group**

- **Children 3-5 Years Old:** Should be physically active and have plenty of opportunities to move throughout the day.
- **Kids 6-17 Years Old:** At least 60 minutes of physical activity a day.
- **Adults:** At least 150 minutes of moderate intensity aerobic activity each week.

*(Source: American Heart Association)*

Dr. Raynish noted that before starting a new exercise program, individuals should talk to their health care providers to determine how much and what type of exercise is right for them, especially if they have a history of medical problems or haven't been active recently.

*Stephanie Raynish, M.D., Family Medicine, treats patients of all ages at SRMC Primary Care – Salem, located at 2020 East State Street, Suite C, in Salem. Appointments with Dr. Raynish can be scheduled by calling 330-332-7803. She is affiliated with Salem Regional Medical Center's medical staff.*