

# ABA SIGNAL

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## Step It Up! Get Active for Your Health

***It's easy to sit more than you should. Many people sit at desks during the day, where we're inactive for long periods of time. Moving more and sitting less can have major health benefits. Getting regular physical activity is one of best things you can do for your health.***

Experts recommend adults get at least 150 minutes (two and a half hours) of moderate physical activity a week. That means doing activities that get your heart beating faster.

If you do more intense exercise like running, aim for at least 75 minutes a week. Adults should also do activities that strengthen their muscles twice a week.

But only about 20% of Americans meet these physical activity goals. The good news is that any physical activity is better than none. And

getting active has both immediate and long-term benefits.

### Benefits for Everyone

Physical activity has powerful benefits for almost everyone.

"If we could bottle up what physical activity does for us, we would probably have the most powerful pill ever developed," says Dr. John Jakicic of the University of Pittsburgh. Jakicic is an expert on physical activity and weight control.

Physical activity can help you feel and function better. It can improve your sleep, energy level, and focus. It can help you stay at a healthy weight.

It also helps prevent many diseases, including heart and blood vessel disease, cancer, type 2 diabetes, and depression. Regular physical activity also helps those already diagnosed with these conditions. It can work immediately to reduce anxiety and lower blood pressure.

“It’s been shown over many decades that physical activity is one of the most important actions that people of all ages can take to improve their health,” explains Dr. Kong Chen, an NIH expert who studies how the body uses energy.

For older adults, physical activity can lower the risk of falls. It also helps reduce injuries if you do fall. It reduces the risk of dementia and improves cognition, or your ability to learn, remember, and think. And staying fit enough to perform everyday tasks can help you live independently for longer.

Children benefit, too. Physical activity helps the body to grow and develop. Studies show that being active improves bone health for young children. It also improves brain function for older children. Experts recommend that kids ages six to 17 do one hour or more of physical activity daily.

Research shows that even pregnant women should be active. It lowers your risk of gaining too much weight during pregnancy. That can reduce your chances of developing diabetes from pregnancy. It also helps lessen symptoms of depression after giving birth.

In short, being physically active is recommended for nearly everyone.

## How to Move More

Physical activity doesn’t mean you have to go to the gym. Getting more active can include simple things like carrying your groceries or taking the stairs instead of the elevator.

“People mistakenly think that you have to do it a certain way,” says Jakicic. “That you have to get your heart rate into a certain zone, you have to work really, really hard, and you have to go to a special facility and wear special clothes.” But little choices to be more active can still have big effects.

Meeting the 150-minute goal may seem overwhelming. But you can start with a few minutes at a time.

“If time is a barrier, you can still gain benefits by breaking your exercise sessions into smaller periods of time,” says Jakicic.

For example, you could take three 10-minute walks throughout the day to meet a 30-minute goal.

Recent research suggests you can benefit from even a couple of minutes of activity. Every minute counts when it comes to movement.

## A Step in the Right Direction

Walking is an easy way to get moving. But some places make that easier than others. Studies have found that your neighborhood can affect how active you are. Scientists have asked what makes a neighborhood “walkable.”

“We found that things like having destinations close by to where you live certainly encourages more walking,” says Dr. Brian Saelens of the University of Washington and Seattle Children’s Research Institute. People are more likely to walk to a nearby store, for example.

Saelens’ team studies how environment influences physical activity and eating.

“Walkable neighborhoods also have more connected street networks,” he says, “so it’s easy to get from point A to point B without taking a long route around.”

His research also suggests that children are more physically active when they live near parks and playgrounds. Learn how to make your neighborhood healthier and safer.

## Strategies to Get Moving

Knowing you should be more active and doing it are two different things. Studies have found that the approaches that work vary from person to person.

“One solution that may work for one person may not work for others,” notes Chen.

Some find that using wearable devices or phone apps to track progress can be motivating. Other people may benefit from joining a group that does physical activity together.

Making physical activity social can make it more fun and feel less like a chore. Try to find someone you enjoy

being active with. That can be particularly important for kids, who are more likely to be active with others.

Parents also play a key role in keeping their kids active. "Parents need to model being active and provide opportunities for activity," Saelens says. Ask your child to take a walk with you. Even if they don't come, you're modeling the behavior.

If low energy is keeping you from being active, schedule exercise for a time of day when you have the most energy. Tell yourself that physical activity will increase

your energy level. It usually does.

So, find what works for you. It could be riding bikes with a friend, going out dancing, or taking a mid-day stroll.

"Any activity is better than no activity," says Jakicic. "Don't look for the magic bullet. Look for what works in your lifestyle, look for what works for you, and then try to build on that every day."

*Article reprinted from NIH News in Health*

## Get Moving!

**Here are some tips for making your day more active:**

- Set specific goals for your physical activity. This increases the likelihood that you'll meet them.
- Take the stairs instead of the elevator.
- Park your car at the far end of the street or parking lot.
- Make your screen time more active. Set up your space so you can walk on a treadmill while watching TV or stand when using the computer.
- Try an online exercise class to stay active from home.
- Set an alarm to go off every hour as a reminder to move around for a minute or two.
- Have small weights in your office or around your home for doing arm exercises.
- Take a walk on your lunch breaks. Or have "walking meetings" with colleagues at work.





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# Keeping Up in School?



## Identifying Learning Problems

Reading, writing, and math are the building blocks of learning. Mastering these subjects early on can affect many areas of life, including school, work, and even overall health. It's normal to make mistakes and even struggle a little when learning new things. But repeated, long-lasting problems may be a sign of a learning disability.

Learning disabilities aren't related to how smart a child is. They're caused by differences in the brain that are present from birth, or shortly after. These differences affect how the brain handles information and can create difficulties with reading, writing, and math.

"Typically, in the first few years of elementary school, some children, in spite of adequate instruction, have a hard time and can't master the skills of reading and writing as efficiently as their peers," says Dr. Benedetto Vitiello, a child mental health expert at NIH. "So the issue is usually brought up as a learning problem."

In general, the earlier a learning disability is recognized and addressed, the greater the likelihood for success in school and later in life. "Initial screening and then ongoing monitoring of children's performance is important for being able to tell quickly when they start to struggle," explains Dr. Brett Miller, a reading and writing disabilities expert at NIH. "If you're not actively looking for it, you can miss opportunities to intervene early."

Each learning disability has its own signs. A child with a reading disability may be a poor speller or have trouble reading quickly or recognizing common words. A child with a writing disability may write very slowly, have poor handwriting, or have trouble expressing ideas in writing and organizing text. A math disability can make it hard for a child to understand basic math concepts (like multiplication), make change in cash transactions, or do math-related word problems.

Learning difficulties can affect more than school performance. If not addressed, they can also affect health. A learning disability can make it hard to understand written health information, follow a doctor's directions, or take the proper amount of medication at the right times. Learning disabilities can also lead to a poor understanding of the benefits of healthy behaviors, such as exercise, and of health risks, such as obesity. This lack of knowledge can result in unhealthy behaviors and increased risk of disease.

Not all struggling learners have a disability. Many factors affect a person's ability to learn. Some students may learn more slowly or need more practice than their classmates. Poor vision or hearing can cause a child to miss what's being taught. Poor nutrition or exposure to toxins early in life can also contribute to learning difficulties.

If a child is struggling in school, parents or teachers can request an evaluation for a learning disability. The U.S. Individuals with Disabilities Education Improvement Act requires that public schools provide free special education support to children, including children with specific learning disabilities, who need such services. To qualify for these services, a child must be evaluated by the school and meet specific federal and state requirements. An evaluation may include a medical exam, a discussion of family history, and intellectual and school performance testing.

Many people with learning disabilities can develop strategies to cope with their disorder. A teacher or other learning specialist can help kids learn skills that build on their strengths to counter-balance their weaknesses. Educators may provide special teaching methods, make changes to the classroom, or use technologies that can assist a child's learning needs.

A child with a learning disability may also struggle with low self-esteem, lack of confidence, and frustration. In the case of a math learning disability, math anxiety may play a role in worsening math abilities. A counselor can help children use coping skills and build healthy attitudes about their ability to learn.

"If appropriate interventions are provided, many of these challenges can be minimized," explains Dr. Kathy Mann Koepke, a math learning disability expert at NIH. "Parents and teachers should be aware that their own words and behavior around learning and doing math are implicitly learned by the young people around them and may lessen or worsen math anxiety."

"We often talk about these conditions in isolation, but some people have more than one challenge," Miller says. Sometimes children with learning disabilities have another learning disorder or other condition, such as attention deficit hyperactivity disorder (ADHD).

"ADHD can be confused with a learning problem," Vitiello says. ADHD makes it difficult for a child to pay attention, stay focused, organize information, and finish tasks. This can interfere with schoolwork, home life, and friendships. But ADHD is not considered a learning disability. It requires its own treatments, which may include behavior therapy and medications.

"Parents play an important role in treatment, especially for children in elementary school," Vitiello says. Medications and behavioral interventions are often delivered at home. Teachers can usually advise parents on how to help kids at home, such as by scheduling appropriate amounts of time for learning-related activities. Parents can also help by minimizing distractions and encouraging kids to stay on task, such as when doing homework. Effective intervention requires consistency and a partnership between school and home.

Many complex factors can contribute to development of learning disabilities. Learning disorders tend to run in families. Home, family, and daily life also have a strong effect on a child's ability to learn starting from a very early age. Parents can help their children develop skills and build knowledge during the first few years of life that will support later

learning.

"Early exposure to a rich environment is important for brain development," Mann Koepke says. Engage your child in different learning activities from the start. Before they're even speaking, kids are learning. "Even if it's just listening and watching as you talk about what you're doing in your daily tasks," she says.

Point out and talk with children about the names, colors, shapes, sizes, and numbers of objects in their environment. Try to use comparison words like "more than" or "less than." This will help teach your child about the relationships between things, which is important for learning math concepts, says Mann Koepke. Even basic things, like getting enough sleep and eating a healthy diet, can help children's brain development and their ability to learn.

NIH is continuing to invest in research centers that study learning challenges and their treatments, with a special focus on understudied and high-risk groups.

Although there are no "cures," early interventions offer essential learning tools and strategies to help lessen the effects of learning disabilities. With support from caregivers, educators, and health providers, people with learning disabilities can be successful at school, work, and in their personal lives.

*Article reprinted from NIH News in Health*

# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of the American Business Association will be held at 1630 Des Peres Road, Suite 140, St. Louis, MO 63131, on Thursday, December 2, 2021 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

## **PROXY** **American Business Association** **December 2, 2021 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **AMERICAN BUSINESS ASSOCIATION**

The undersigned member of the American Business Association does hereby constitute and appoint the President of the American Business Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the American Business Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [     ], or to [     ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:  
Kim Tuttle, Craig Osterholt, and Jeff Crippen.
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2021

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to the American Business Association, 1630 Des Peres Road, Suite 140, St. Louis, Missouri 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri  
October 28, 2021  
Date



American Business Association

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Consult your doctor before starting any exercise program.

**Thank you for being a valued member of American Business Association!**