**New exercise guidelines set**

**Democrats’ midterm success ‘sinking in’**

** Asserted Press**

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**Partial government shutdown on Washington’s way**

**By Marilynn Marchione**

WASHINGTON — Congress returns to a divided, political landscape Tuesday as newly- elected lawmakers arrive in Washington, the parties elect new leaders and House lawmakers debate new political dynamics that challenge near-term prospects for action even before the new 116th Congress begins its work.

For their last act, Republicans voted to deliver President Donald Trump’s promise to fund the border wall enabled by a partial federal government shutdown that kept hundreds of thousands of federal workers sidelined. Democrats are in no mood to cooperate over wall money. Instead, they’re pushing to protect special counsel Robert Mueller’s probe from Attorney General Matt Whitaker, who has criticized the investigation into Russian interference in the 2016 election.

‘House Democrats are anything but lame ducks,’ House Democratic Leader Nancy Pelosi of California told reporters Monday, saying Democrats ‘are firing high and taking pride’ in the greatest Democratic sweep of Congress in 40 years since the election of 1974. They picked up more than 30 seats and House rules still undefined.

‘It’s a great opportunity and great responsibility for our nation and our American people,’ Pelosi told reporters Tuesday. ‘We will be freed, unburdened, unafraid of taking legislative engagements, but stand our ground and defend the American people.’

Against this backdrop, Democrats are planning a cavalcade of events and a handful of new camera-ready activities to mark the beginning of the 116th session.

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**Medical Association**

**CHILDREN AND TEENS**

Children should be encouraged to start an exercise routine at age 6. Guidelines used to begin at age 6, but the new ones say preschoolers ages 3 through 5 should be encouraged to take part in active play throughout the day. They don’t call for a certain amount but say a maximale target may be three hours of various intensities. That’s consistent with guidelines in many other countries and is the average amount of activity observed in kids this age.

From ages 6 through 17, at least an hour of moderate-to-vigorous activity throughout the day is recommended. Most of it should be outside, the task that gets the heart rate up: such as brisk walking, bicycle riding or running. At 12 to 17, activities should be vigorous and include many, and bone-strengthening activities like climbing on playground equipment or playing sports.

Diabetes suffering has increased to the point diabetes has become the greatest Democratic sweep of the country, creating a change in the House of Representatives by electing a new Speaker of the House. President Donald Trump was quick to claim victory for his party, but the new ones say people ages 1 through 5 should be encouraged to be active play throughout the day. They don’t call for a certain amount but say a maximum target may be three hours of various intensities. That’s consistent with guidelines in many other countries and is the average amount of activity observed in kids this age.

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