

# Get Moving!

## Active Living for a Healthy Heart, Body and Soul



MY HEART  
IS IN NEW ULM





## **Class Objectives**

- Learn how physical activity impacts heart health.
- Discover the differences between moderate and vigorous activity.
- Learn basic activity guidelines.
- Discover ideas for overcoming barriers.
- Learn how to set SMART Goals.





# What is Physical Activity?

- Your body is moving.
- Movement can range from formal exercise to light everyday chores like gardening or mowing the lawn.
- Getting enough is the key.

*American Dietetic Association*





## Why Get Active

- Improves blood circulation.
- Improves HDL cholesterol.
- Prevents and manages high blood pressure.
- Helps manage stress.
- Improves ability to fall asleep.
- Improves self image.
- Keeps weight under control.

*American Heart Association*





# Physical Activity and Heart Health

- Lack of activity is a risk for heart disease.
- Inactivity raises risk comparable to high blood pressure and high cholesterol.

*Centers for Disease Control*





## True or False

The risk of getting a cardiovascular disease increases by 1.5 times in people who do not follow minimum physical activity recommendations.

**True**

*[www.who.int](http://www.who.int)*





## Moderate Activity

- 30 minutes for health benefits
  - One 30 minute session
  - Three 10 minute sessions to equal 30 minutes
- Activities include
  - Pleasure walking
  - Gardening and yard work
  - Climbing stairs
  - Housework

*American Council on Exercise*





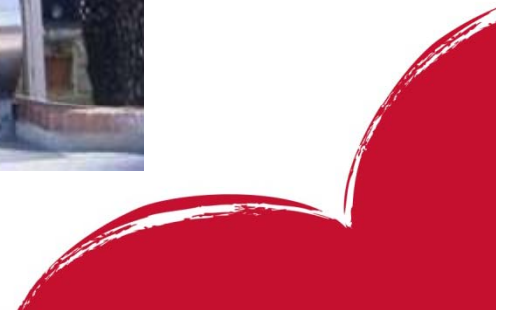
## **Add Moderate Activity Everyday**

- Accumulate 30 minutes a day with everyday activity.
- Park farther away in the parking lot.
- Walk to work or ride your bike.





# Take the Stairs





# Mow Your Lawn





## Vigorous Activity

- Best for improving heart and lungs
- Activities include
  - Brisk walking
  - Swimming
  - Bicycling
  - Jumping rope

*American Council on Exercise*





# American College of Sports Medicine Guidelines



- Cardiovascular
- Strength
- Flexibility





# Cardiovascular Exercise

- Continuous movement of large muscle groups (aerobic).
- 30 minutes per day 5 days per week for health.
- 60 to 90 minutes per day 5 days per week for weight loss or maintenance.

*American College of Sports Medicine*





## Strength

- Prevents loss of muscle tissue with age.
- One exercise for each major muscle group.
- One set, 12 reps will do.
- Work muscle to fatigue





What is the largest muscle in the human body?

Answer: Gluteus Maximus





## Flexibility (stretching)



- Prevents soreness and injury.
- After muscles are warm.

*American College of Sports Medicine*





What percentage of the global population fails to achieve the minimum recommendation of 30 minutes of moderate intensity physical activity daily?

Answer: 60 percent





# Monitoring Your Intensity

- Rate of Perceived Exertion.
- Monitoring your heart rate.
- The talk test.

*American Council on Exercise*





## How to Get Started?

- Start slow.
- Build on what you are doing now.
- The best exercise is the one you will do.
- Set goals.





# Sample Beginner Program

- Cardiovascular
  - Warm up with slower pace for 10 minutes
  - Pick up pace for 20 minutes
- Strength
  - Lift one set of 12 for strength
- Cool down and stretch for 5 minutes





## Adding to Your Routine

- Gradually add one more day per week.
- If you are doing three 10 minutes session, try one day of one 30 minute session.
- Always work your way up gradually.





## Keeping it Interesting

- If you have been at it for a while....
  - Cross train (try intervals)
  - Build on what you are doing
  - Change your routine
  - Try a class
  - Set goals





## True of False

The major barriers most people face when trying to increase physical activity are time, access to convenient facilities, and safe environments.

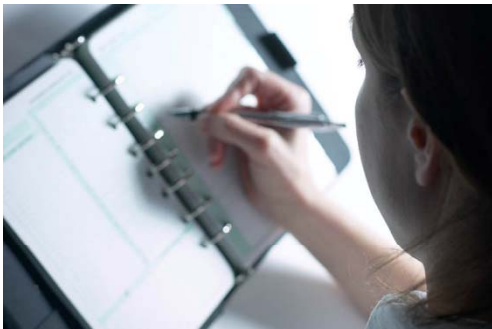
**True**





# Common Barriers

- Time
  - **Make** it, don't find it.
  - Be consistent as possible.
  - Moderate activity added to daily routine.





## Time Continued...

- 24 hours in a day = 168 hours in a week
  - Sleep 8 + Work 8 = 112 hours in a week
- 150 minutes a week cardio = 2.5 hours
- 90 minutes strength = 1.5 hours
- 90 minutes flexibility = 1.5 hours
  
- Can you devote 5.5 hours of 168 to being physically active?





## Motivation

- Find a friend.
- Find more than one activity you enjoy.
- Cross train to prevent boredom.
- Plan ahead.





## Resources

- Local facilities
  - Does your insurance provider reimburse?
- Home equipment
  - BOSU
  - Exercise Ball
  - Video/DVD
  - Pedometers





How much does inactivity contribute to the cost of health care in the USA?

Answer: 75 Billion





## Setting Goals

- Write short and long term goals.
- Where do you want to be in six months?
- What activities will I do?
- Which days of the week will I be active?
- How will I get past the barriers?

*Move to Improve Challenge Booklet*





# Setting SMART Goals

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**imely

[www.Goal-Setting-Guide.com](http://www.Goal-Setting-Guide.com)





## Specific

- Take out vague goals.
- Example: “I will be more active in 2009.”
- Specific: “I will start walking 15 minutes during my lunch hour three days per week for the next two weeks.”





## Measurable

- How will I measure progress?
- I will use an exercise log to track my progress.





## Attainable

- Can you achieve your goal?
- It should stretch you slightly.
- For example: I can add one more day a week of physical activity into my schedule.





## Realistic and Timely

- Realistic
  - Is the goal realistic?
  - The skills needed are attainable.
- Timely
  - Put a time stamp on it.





## Keeping on Track

- Expect slips but learn from them.
- Don't give up.
- Keep a journal or calendar to help you stay on track.





How many skeletal muscles are in the human body?

Answer: 650





**Questions?**

