Huff and Puff – and Blow Away Your Old Exercise Routine

May 2016
PEBTF
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Learning objectives

Huff and Puff – and Blow Away Your Old Exercise Routine

• **Review** physical activity and its benefits
• **Rate Yourself:** How active are you?
• **Learn** the F.I.T.T. principle
• **Discuss** types of physical activity and fitness trends
Rate your current activity level

• On a scale of 0-10, with 10 being most active, **how active are you?**
  – Are you more or less active than you were when you first started your exercise routine?

• What do you like or dislike about your current exercise routine?

• What do you like or dislike about being inactive?

• What kind of activities do you enjoy doing?
Review: What is physical activity

• The movement of the body that uses energy

• **Examples:**
  – Cycling to work
  – Yardwork / housework
  – Walking the dog
  – Climbing the stairs

• For **health benefits**, physical activity should be moderate or vigorous intensity
Benefits of physical activity

• Feel better/ have more energy
• Burn more calories, even at rest
• Weight management
• Keeps vital organs healthy
• Decreases risk for chronic disease
• Sleep better
• Better stress management
• Sharp mind
How much physical activity do you need?

For important health benefits, adults need at least:

- 2 ½ hours (150 minutes) of moderate-intensity aerobic activity every week
- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity every week
- An equivalent mix of moderate- and vigorous-intensity aerobic activity
- Muscle-strengthening activities on 2 or more days a week to work all major muscle groups
- Muscle-strengthening activities that work all major muscle groups

1 minute of vigorous-intensity = 2 minutes of moderate-intensity activity

Source: Centers for Disease Control
Refresh your routine

• Where has the spark gone from your routine?
  – Boredom
  – Old habits kicking back in

• Think F.I.T.T. to be fit!

  Frequency
  Intensity
  Type
  Time

• You can vary one or more of these components of your exercise routine
Refresh your routine

Are you bored? Try some of these tricks to bring excitement back in your routine

- Try something new
- Same activity, new location
- Be social
- Have fun
- Challenge yourself

This is a lifestyle commitment you want to stick with for the rest of your life. Make sure you set yourself up so you enjoy it!
How can you refresh your routine?

Think to yourself right now — what can you do, using the **F.I.T.T.** principle, to refresh your routine **TODAY?**
## Rate of perceived exertion (RPE scale) – Intensity

<table>
<thead>
<tr>
<th>RATING</th>
<th>PERCEIVED EXERTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Very, very light</td>
</tr>
<tr>
<td>7</td>
<td>Very light (\text{(you feel comfortable)})</td>
</tr>
<tr>
<td>8</td>
<td>Light</td>
</tr>
<tr>
<td>9</td>
<td>Somewhat hard (\text{(you feel tired but you can keep going)})</td>
</tr>
<tr>
<td>10</td>
<td>Hard</td>
</tr>
<tr>
<td>11</td>
<td></td>
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<tr>
<td>12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Very hard (\text{(you feel very tired, and you are pushing yourself to continue)})</td>
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<td>14</td>
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<td>15</td>
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<td>18</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Very, very hard (\text{(the most difficult exercise you have ever done)})</td>
</tr>
<tr>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>
Are you moving?

<table>
<thead>
<tr>
<th>Common reasons given for not exercising like you want to...</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Lack of time</td>
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<tr>
<td>✓ Lack of self-motivation</td>
</tr>
<tr>
<td>✓ Finds exercise boring</td>
</tr>
<tr>
<td>✓ Fear of being injured</td>
</tr>
<tr>
<td>✓ Lack of encouragement or support</td>
</tr>
</tbody>
</table>
What has stopped you from your exercise routine?
Types of Physical Activity
Aerobic

- Aerobic conditioning conditions your body to increase oxygen delivery to your muscles and organs
- Any activity that raises your heart rate and keeps it elevated for an extended period of time

Benefits

- Overtime, this kind of activity benefits your heart, your muscles, your mood and self-esteem, and your amount of energy
- Can lower your blood pressure, cholesterol, blood sugar, body fat, anxiety and depression and fatigue
Muscle strengthening

Includes weight training, body weight training, calisthenics

Benefits

• Stronger muscles, which also help protect joints
• Muscles that can work longer before getting tired
• Less body fat
• Stronger bones
• Better posture and balance
• Lower blood sugar
• Less stress
• Fewer body aches
• More energy
How do you get healthier muscles?

Muscles become stronger when they are used regularly, but especially when they have to work against something (resistance)

Resistance training means using:

- Weights, rubber tubing, or certain exercises to make your muscles stronger

- 3 step process
  - Stress
  - Recovery
  - Repeated stress
Flexibility

• Muscles are repeatedly shortened when used, especially when exercising

• They need to be slowly and regularly stretched to counteract the repeated shortening that happens through other activities

• Comes from stretching
  — Regular stretching will counteract this shortening and tightening while preserving strength and aerobic conditioning
Fitness Trends
High intensity interval training (H.I.I.T.)

- Alternate between intense bursts of activity and fixed periods of less-intense activity
  - Ex: Alternating between brisk walking for 3 minutes and jogging for 1 minute
- Can be efficient – especially if you don’t have much time
- Helps to burn more calories in a shorter period of time
- Lose the weight, not the muscle
- Increase your metabolism
- Keeps you challenged
**Bodyweight training**

- Using your own body to exercise and challenge muscle fitness

**Examples of bodyweight training:**

- Calisthenics
  - Helps develop muscular and aerobic endurance
  - Push-ups, sit ups, chair dips, knee bends, toe touches
- Stair climbing
- Jump rope
- Jumping jacks
Pilates

• “Mind over Matter” is the central concept of the Pilates method
• **Goal:** combine the mind and body into one to achieve optimal balance, strength and health
• Emphasizes neutral alignment of the shoulders, spine and pelvis
• The core is always engaged
• Purpose is to train for optimum muscular endurance by focusing and training the core region
  – Abdomen
  – Back
  – Pelvic region
  – Glutes
Yoga

• **Mind and body practice** which combines physical postures, breathing techniques, and meditation or relaxation

• **Benefits may include:**
  – Reduction of stress and anxiety
  – Lowering of heart rate and blood pressure
  – Improving physical fitness
  – Enhancing quality of life

• If you have a medical condition, speak with a healthcare provider before starting your yoga practice

• Like any physical activity, yoga can cause muscle strains or sprains
Tai chi and Qi gong

• **Moving meditation**
  – **Tai chi:** Move body slowly, gently, and with awareness while breathing deeply
  – **Qi gong:** Combines gentle physical movements, mental focus, and deep breathing

• **Benefits**
  – May improve physical condition
  – May improve balance and decrease risk of falls
  – May ease pain and stiffness
  – May improve sleep
  – May improve overall wellness

• **Research suggests strong evidence of beneficial health effects, including:** bone health, cardiopulmonary fitness, balance, and quality of life

• Speak with your healthcare provider before practicing Tai chi or Qi gong
Getting started

• Play sports
• Go on a walk
• Go hiking
• Gardening or yard work
• Play with your children or grandkids
• Chores
• Swimming
• Dancing

Physical activity is fun!
Make physical activity a part of your **daily routine**

**Identify activities that you enjoy**
- You don’t need to go to a gym

**Identify periods in your day with extra time**
- Exercise during work or while watching television
- Write down your daily schedule and identify ways to fit in physical activity

**Make a plan and schedule it!**
- Write down your plan using SMART goals
- Schedule fitness into your day – even if for 10 minutes at a time
Setting a physical activity S.M.A.R.T. Goal

S specific — Ask who, what, where, when, why
M measurable
A attainable/Achievable/Action-Based
R realistic
T timely

Set a timeframe to meet the goal

Ask who, what, where, when, why

How much, how many, how long, how often
Summary

• Aerobic exercise, muscle strengthening and flexibility are important to include in your routine

• Refresh your routine to stay engaged in physical activity

• Make physical activity a part of your daily routine

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