Get Moving Today!

PEBTF
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To provide feedback or to receive a copy of today’s slides, send an email to jguare@activehealth.net.
Learning objectives

Get Moving Today

• Explore the benefits of physical activity
• Assess your current activity level
• Review the physical activity recommendations
• How to get started
Introduction to physical activity

• The movement of the body that uses energy

• **Examples:**
  – Walking
  – Gardening
  – Briskly pushing a baby stroller
  – Climbing the stairs
  – Dancing

• For **health benefits**, physical activity should be moderate or vigorous intensity
What are the benefits of physical activity?

- Improved energy
- Weight loss
- Weight maintenance
- Increased muscle tone
- Strengthen bones
- Improved cognitive function
- Enhanced mood
- Stress management
- Reduced health risks and manage chronic conditions
Rate your current activity level

• On a scale of 0-10, with 10 being most active, how active are you?

• What do you like or dislike about being active?

• What do you like or dislike about being inactive?

• What kind of activities do you enjoy doing?
How much physical activity do you need?

For important health benefits, adults need at least:

<table>
<thead>
<tr>
<th>Option</th>
<th>Duration</th>
<th>Frequency</th>
<th>Muscle-strengthening activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 ½ hours (150 minutes) of moderate-intensity aerobic activity every</td>
<td></td>
<td>on 2 or more days a week to work all major</td>
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<tr>
<td>week</td>
<td></td>
<td>muscle groups</td>
<td></td>
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<tr>
<td>OR</td>
<td></td>
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<tr>
<td>1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic</td>
<td></td>
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<td>activity every week</td>
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<td>OR</td>
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<tr>
<td>An equivalent mix of moderate- and vigorous-intensity aerobic activity</td>
<td></td>
<td></td>
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<td>and muscle groups</td>
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1 minute of vigorous-intensity = 2 minutes of moderate-intensity activity

Source: Centers for Disease Control
Keep an eye on your **intensity level**

**Moderate activity**
- Raises your heart rate and causes sweating

**Vigorous activity**
- Causes you to breathe hard and increases your heart rate

**Strength training**
- Targets major muscle groups, including legs, hips, back, chest, abdomen, shoulders and arms
- 8-12 repetitions

Talk to your healthcare provider before starting any physical activity plan!
**Are you moving?**

*20% of all adults meet the recommended physical activity guidelines*

<table>
<thead>
<tr>
<th>Common reasons given for not exercising...</th>
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<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>
Increasing your activity

• Help you increase activity level slowly, steadily and safely

• **Keep track** of physical activity

• Can do it at one time or break it up
  – Three 10-minute workouts
  – Two 15 minute periods

• Work up to this **goal** at your own pace

Physical activity goal = 150 minutes/week
Stay active by doing things you enjoy!

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

Physical activity is fun!
Physical activity pointers

• **Drink plenty of water** – before, during or after

• End each session slowly to **cool down**

• Wear comfortable shoes and socks, and keep your feet dry

• Stop physical activity or exercise if you feel discomfort, severe nausea or lightheaded

• Talk to your healthcare provider
Caloric balance

Weight management is about balance

- Balance the number of calories you consume with the number of calories your body uses or "burns"

- Most weight loss results from decrease amount of caloric intake

- In order to maintain weight, **physical activity** is a must!

**Calories in**
- Food
- Beverages

**Calories out**
- Body functions
- Physical activity
Start by setting a physical activity S.M.A.R.T. Goal

- **S**pecific
  - Ask who, what, where, when, why
- **M**easurable
- **A**ttainable/ Achievable/Action-Based
- **R**ealistic
- **T**imely

Set a timeframe to meet the goal

Ask who, what, where, when, why

How much, how many, how long, how often
Next Steps...

• Set **SMART** Goals for physical activity
  – 150 minutes / week: moderate
  – 75 minutes / week: vigorous
  – 2 + days / week: strength training

• Start tracking your physical activity
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  - February 7 @ PennDOT Dunmore
  - February 8 @ Agriculture Cameron St.
  - February 9 @ Health & Welfare Building
  - February 14 @ L&I Cameron St.
  - February 15 @ Revenue Strawberry Square
  - February 22 @ DEP Norristown
  - February 23 @ PennDOT King of Prussia
  - February 28 @ PSERS
  - 12:00 – 12:30pm
  - www.pebtf.org/wellness
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  • March 2 or 16
    • 12:00 – 12:30pm
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Thank you!