Secrets to Staying Active

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:

Secrets to staying active
• **Assess** how much you *sit* during the day
• **Understand** how *sedentary* behavior affects the body
• **Learn** the benefits of moving more and sitting less
• **Discover** ways to fit physical activity and movement into your day
• **Identify** techniques to develop new habits
Consider the amount of sitting YOU do each day

- During your commute to and from work
- At your desk
- In meetings
- At meals
- Relaxing in front of the TV
- Helping kids with homework
- Surfing the internet
How much time do you spend sitting during a typical day of the week?

A. Almost none of the time
B. Less than 3 hours a day
C. 3 – 6 hours a day
D. Greater than 6 hours a day
The research validates it:

**Sedentary behavior may shorten our lives!**

- **Prolonged sitting** may be associated with...
  - Increased risk of death
  - Cardiovascular disease risk
  - Weight gain and/or obesity
  - Some cancers
  - Insulin resistance
  - Metabolic syndrome
  - Type 2 diabetes
  - Stroke
  - Increased risk of osteoporosis

*Even among individuals who meet current physical activity guidelines, high levels of sedentary activity may lead to negative health outcomes!*
Early studies show there may be an association between sedentary behaviors and the following:

<table>
<thead>
<tr>
<th>Metric</th>
<th>Effect of Sitting</th>
<th>Effect of Moving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metabolism</td>
<td>↓</td>
<td>↑</td>
</tr>
<tr>
<td>Cardiovascular Fitness</td>
<td>↓</td>
<td>↑</td>
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<tr>
<td>Glucose Tolerance</td>
<td>↓</td>
<td>↑</td>
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<tr>
<td>Energy Levels</td>
<td>↓</td>
<td>↑</td>
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<tr>
<td>Waist Circumference</td>
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<td>↓</td>
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<tr>
<td>Blood Pressure</td>
<td>↑</td>
<td>↓</td>
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<tr>
<td>Stress &amp; Fatigue</td>
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<td>↓</td>
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<tr>
<td>Mortality</td>
<td>↑</td>
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</table>
Physical activity vs. exercise vs. movement

- **Physical activity** - any **body movement** that works your muscles and requires more energy than resting

- **Exercise** - a type of physical activity consisting of **planned**, structured, and repetitive bodily movement done to improve or maintain one or more components of physical fitness

- **Movement** - the act or process of moving; **especially**: change of place or position or posture

Are you moving?
Tips to stay active
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!**
  - Schedule movement into your day – even if for 10 minutes at a time
Stay active by doing things you enjoy – for free!

All of these everyday activities cost nothing, and all count as aerobic activity. If they don’t work for you, try to think of something else that does.

YOU ARE IN CHARGE of your health!

- Walking briskly to work or to do errands
- Playing actively with your children
- Dancing
- Sweeping (perhaps to fast-paced music)
- Raking leaves or shoveling snow
- Walking the dog
- Pushing a lawn mower

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## Fitting in physical activity

<table>
<thead>
<tr>
<th>At Work</th>
<th>At Home</th>
<th>While Traveling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep sneakers at your desk</td>
<td>Stretch or exercise while watching television</td>
<td>Travel with exercise bands</td>
</tr>
<tr>
<td>Do 60-90 second standing breaks for every hour you sit</td>
<td>Join or create a walking group with neighbors</td>
<td>Explore the city through walking</td>
</tr>
<tr>
<td>Find the restroom furthest from your office</td>
<td>Engage in housework, yard work or gardening</td>
<td>Watch a video online</td>
</tr>
<tr>
<td>Try a “walking meeting”</td>
<td>Walk the dog</td>
<td>Take the stairs in the hotel</td>
</tr>
</tbody>
</table>
What are the benefits of staying active?

- 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
Getting started

• 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**
Tips: Getting active

• **Drink plenty of water** – before, during or after
• Wear **comfortable shoes and socks**, and keep your feet dry
• Stop activity if you feel **discomfort, severe nausea or lightheaded**
• **Talk to your healthcare provider**
## What are your current barriers?

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Solution</th>
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</thead>
<tbody>
<tr>
<td>“I have no time”</td>
<td>Shorter periods of activity spread throughout the day, such as a few 10 minute walks.</td>
</tr>
<tr>
<td>“I lack motivation”</td>
<td>Dig deep within and weigh the pros and cons of exercise. Ask yourself how your life might be different if you have more energy.</td>
</tr>
<tr>
<td>“Exercise is inconvenient”</td>
<td>Drink more water and take the scenic route to the bathroom.</td>
</tr>
<tr>
<td>“I’ll be too cold or too hot”</td>
<td>The weather may never seem right! Have a variety of indoor and outdoor activities and vary the time you go out.</td>
</tr>
<tr>
<td>“My knees are bad”</td>
<td>Talk to your doctor and ask what you can safely do; work with a fitness expert.</td>
</tr>
<tr>
<td>“It’s too boring”</td>
<td>Disguise exercise into a walking meeting or listen to an audio book or your favorite music.</td>
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</tbody>
</table>
Too busy to move? Break it into 10 minutes at a time

- Research shows that moving 10 minutes, multiple times a day may help to:

<table>
<thead>
<tr>
<th>Improve...</th>
<th>Decrease...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular health</td>
<td>Hypertension</td>
</tr>
<tr>
<td>Body Mass Index</td>
<td>Waist circumference</td>
</tr>
<tr>
<td>Systolic Blood Pressure</td>
<td>Stress Levels</td>
</tr>
<tr>
<td>HDL – “good cholesterol”</td>
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</table>

- Light intensity activity has wonderful benefits when done consistently.
- Try breaking up sedentary behavior as often as possible throughout the day.
Don’t know where to start? Try walking!

Fun facts about walking:

• About 2,000 steps equals a mile
• A lunchtime walk can make you more productive at work
• Walking can boost creativity by up to 60%
• Walking uphill burns up to 60% more calories
• You use an estimated 200 muscles during walking
• Adding 150 minutes of brisk walking each week can add 3 years to your lifespan
How do we make sitting less and moving more a daily habit?
What do we know about creating new habits?

They’re difficult to *initiate*... they take *time*... and they’re difficult to *sustain*
**WHY** do you want this change in your life?

- Example: I want to move more during the workday
- Understanding your “Why”: Intrinsic vs. Extrinsic motivation

**Extrinsic**
- My Doctor told me I need to lose weight

**Intrinsic**
- So that I can increase my energy
The power of routine

• Cut back on decisions so that you don’t become exhausted mentally
• If = the situational cue
• Then = planned response to that cue
• Find the routine in your daily life....
  – What do you do every day?
  – What is part of your routine at work?
  – Where do you park?
  – Where do you eat lunch?

**IF** the phone rings, **THEN** I will stand up.

**IF** it is Monday, Wednesday or Friday, **THEN** I will take a 10 minute walk during my lunchtime.
The mental game

<table>
<thead>
<tr>
<th>Change your mindset from...</th>
<th>To...</th>
</tr>
</thead>
<tbody>
<tr>
<td>All or Nothing</td>
<td>Start Small</td>
</tr>
<tr>
<td>Easiest way to sabotage is taking the ‘all or nothing’ approach and going from 0-100 in the first few days.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>I’m feeling overwhelmed</th>
<th>Focus on one change at a time</th>
</tr>
</thead>
<tbody>
<tr>
<td>When you focus your mental energy on one thing at a time, you’re less likely to feel overwhelmed and then give up.</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>I’m no good at this</th>
<th>I’m better than I was before</th>
</tr>
</thead>
<tbody>
<tr>
<td>Changing your thinking will take some time. Practice positive thinking daily and after awhile, it will come naturally.</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>I don’t know how to fit it in</th>
<th>I will schedule it in my day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schedule your success – block out a timeframe on your calendar (just like a doctors appointment) so that nothing else can be scheduled during this important time.</td>
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“For all individuals, some activity is better than none. Physical activity is safe for almost everyone, and the health benefits of physical activity far outweigh the risks.”

—2008 Physical Activity Guidelines for Americans
In summary

It’s not secret....sitting a little less and moving a little more will help to have a great impact on your overall health and how you feel each day!

- Sit Less
- Move more
- Overcome barriers
- Make it a habit!
Join Me In April!

On-Site Lunch n’ Learns

- Couch to 5K
  - April 18 @ Agriculture, Cameron St.
  - April 19 @ Rev SS
  - April 25 @ Forum Place, Dept. of Aging
  - April 26 @ PSERS
  - April 27 @ L&I Cameron St.

- 12:00 – 12:30pm
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