

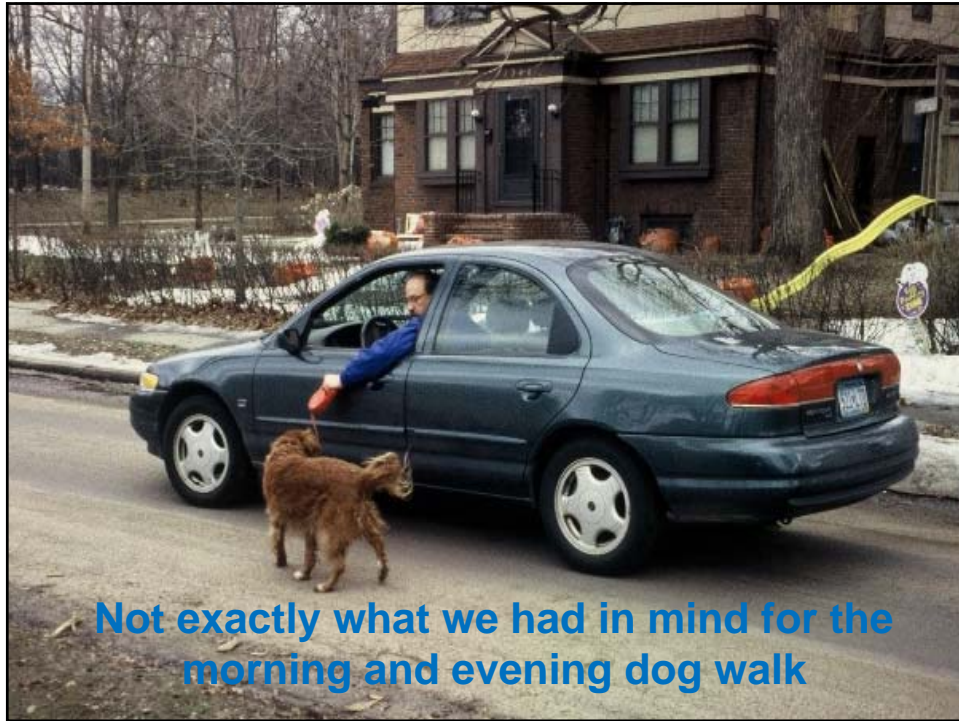
Exercise & Motivation

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Overview



- **What has happened to our physical activity**
- **How has it affected our health**
- **What are the benefits**
- **Guidelines**
- **How to overcome obstacles**
- **Where to start**



What has affected our activity?



- Elevators
- Remote Controls
- T.V./Computers
- Longer Work Days
- Sedentary Jobs
- Commuters
- Parking
- Videos
- Delivery



Portion Distortion 


“Supersize” portions of food are providing mega calories





 cheeseburger 333 calories	 Soda 6.5 ounces 85 calories	 Soda 20 ounces 250 calories	 cheeseburger today 590 calories
 French Fries, 2.4 ounces 210 calories			 French Fries, 6.9 ounces 610 calories

Portion Distortion 


 3-inch diameter 140 calories	 6-inch diameter 350 calories
 8 ounce coffee 45 calories	 16 ounce mocha coffee (with steamed whole milk and mocha syrup) 350 calories

Portion Distortion



 <p>Turkey Sandwich 320 calories</p>	 <p>10-inch turkey sandwich 820 calories</p>
 <p>1 cup spaghetti with sauce and 3 small meatballs 500 calories</p>	 <p>2 cups spaghetti with sauce and 3 small meatballs 1,025 calories</p>

The Price of Inactivity



- **More of us are overweight.**
2/3 of all Adults are obese or overweight.
- **It is more difficult today to create an active lifestyle.**
- **Extra weight costs us physically and financially.**

Benefits of Activity



Improved quality of movement

- Joint Stability
- Balance
- Flexibility
- Correct body alignment
- Core strength

Long-lasting and meaningful benefits

- Better sleep
- Reduced stress
- Increased energy
- Sense of well-being

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

~Edward Stanley

How Much is Enough



Adults need at least:

- 2 hours and 30 minutes of [moderate-intensity aerobic activity](#) (i.e., brisk walking) every week **AND**
 - [muscle-strengthening activities](#) on 2 or more days a week that work all major muscle groups
- OR
- 1 hour and 15 minutes (75 minutes) of [vigorous-intensity aerobic activity](#) (i.e., jogging or running) every week **And**
 - [muscle-strengthening activities](#) on 2 or more days a week that work all major muscle groups

Guidelines to Improve Health 

Frequency:
Daily


Intensity:
2-4 RPE

Time:
Accumulation

Type:
Dancing, gardening, household chores, walking the dog, or stairs.



Anything that moves the body!!!


Guidelines to Improve Fitness 

Frequency:
3-5 days per week

Intensity:
4-7 RPE

Time:
20-60 minutes continuous physical activity

Type:
Walking, running, swimming, jogging, exercise videos



Anything that is continuous, uses large muscles and elevates your heart rate for an extended amount of time.

Motivation to Move



How will more physical activity benefit you and your family?

- You will feel good
- Increased confidence
- More alert at work and home
- More energy for daily 'fun' activities
- Less illness
- Increased productivity at work and home
- More life in your years to enjoy family & friends

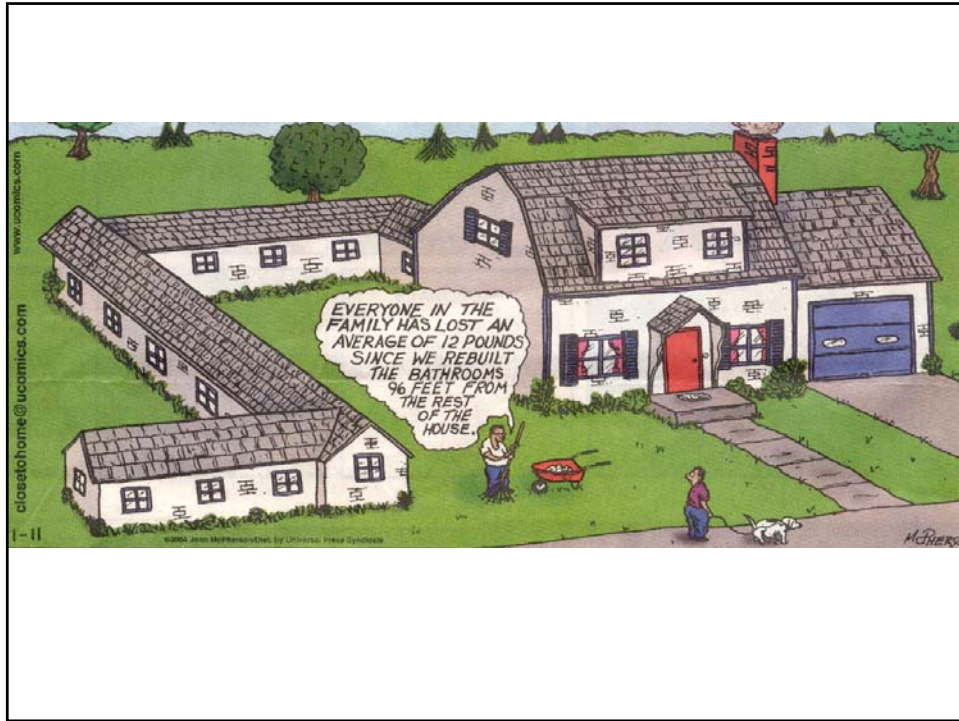
Motivation to Move



What physical activities can you substitute for sedentary ones?

- Take the stairs
- Park farther away from destinations
- Walk the dog daily
- Shovel rather than blow snow
- Walk golf course
- Wash the car by hand
- Walk kids to school
- Play with the kids or pet






Motivation to Move



Where does physical activity fit into your day?

- Before work
- During Breaks
- Lunch Hour
- After work
- During kid's practices
- During favorite TV show




Motivation to Move 

What barriers keep you from regular physical activity?

- Time
- Lack of energy
- Long work day
- Children/Family
- Motivation
- Weather
- Other commitments



Motivation to Move 

Activity as a lifestyle habit...solutions to barriers

<ul style="list-style-type: none"> ▪ Time ▪ Lack of energy ▪ Long work day ▪ Children/Family ▪ Motivation ▪ Weather ▪ Other commitments 	<p>Add activity into day (steps, park farther, etc & increase intensity of everyday tasks)</p> <p>Something is better than nothing</p> <p>Incorporate it into your day</p> <p>Walk during practices, bike with family, etc.</p> <p>Build support system, set rewards</p> <p>Prepare for obstacles, use workout videos</p> <p>Combine activities, small increments of movement, add intensity to everyday tasks</p>
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Motivation to Move



What changes can you make in your daily life to increase your physical activity?

- Make YOU a priority
- Schedule activity time
- Wear a pedometer
- Journal activity and feelings
- Find a 'moving' buddy
- Keep workout clothes/shoes handy
- Set and post goals

Any movement adds up!!

Can it be fun?



- **Videos** → aerobic, dance, pilates, yoga
- **Friends** → walking bond time
- **Family Time** → snow ball fight, bike ride
- **Music** → put some headphones on & go
- **Dance Lessons** → community ed, dance studio
- **Rewards... not food** → buy workout clothes, spa day
- **Adventure Vacations** → hiking, biking, kayaking
- **Volunteer** → yard clean up, workout mentor

Set SMART activity goals



- Specific
- Measurable
- Achievable
- Realistic
- Time Friendly




By setting realistic, achievable goals, you can get to your desired activity level.

Assess Your Activity Needs




Environmental Factors

- **Comfort level**
 - Gym, equipment, people, surroundings
- **Set cues to be active**
 - Calendar reminders, shoes in car, gym bag packed
- **Support system is established**
 - Workout buddy, family, doctor

Assess Your Activity Needs 

Personal Factors

- Value of exercise to you
- Past experience with exercise
- Skill in various activities
- Enjoyable activities
- Address barriers and determine solutions to overcome them

Assess Your Activity Needs 

Program Factors

- Convenience
- Cost
- Time
- Variation to prevent boredom

Create Plan for Physical Activity



Assess your needs:

- Location
- Activities
- Needs for activity (gym, shoes, equipment, music, etc.)
- Cues for activity
- When will you begin
- Days
- Times

What are your goals?



- What is your SMART physical activity goal?
Ex) Walk 15 minutes during morning break every work day
- What are some smaller goals that will help you achieve your goal above?
- What obstacles do you think you will have to face in order to achieve your goal – how can you overcome them?



DAS Healthy Opportunities Website



<http://employeewellness.iowa.gov>



Discounts to fitness clubs throughout the State

Links to recreational activities in Iowa

ARE YOU READY TO MAKE THE STEP?

If not, what is holding you back?

QUESTIONS???



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