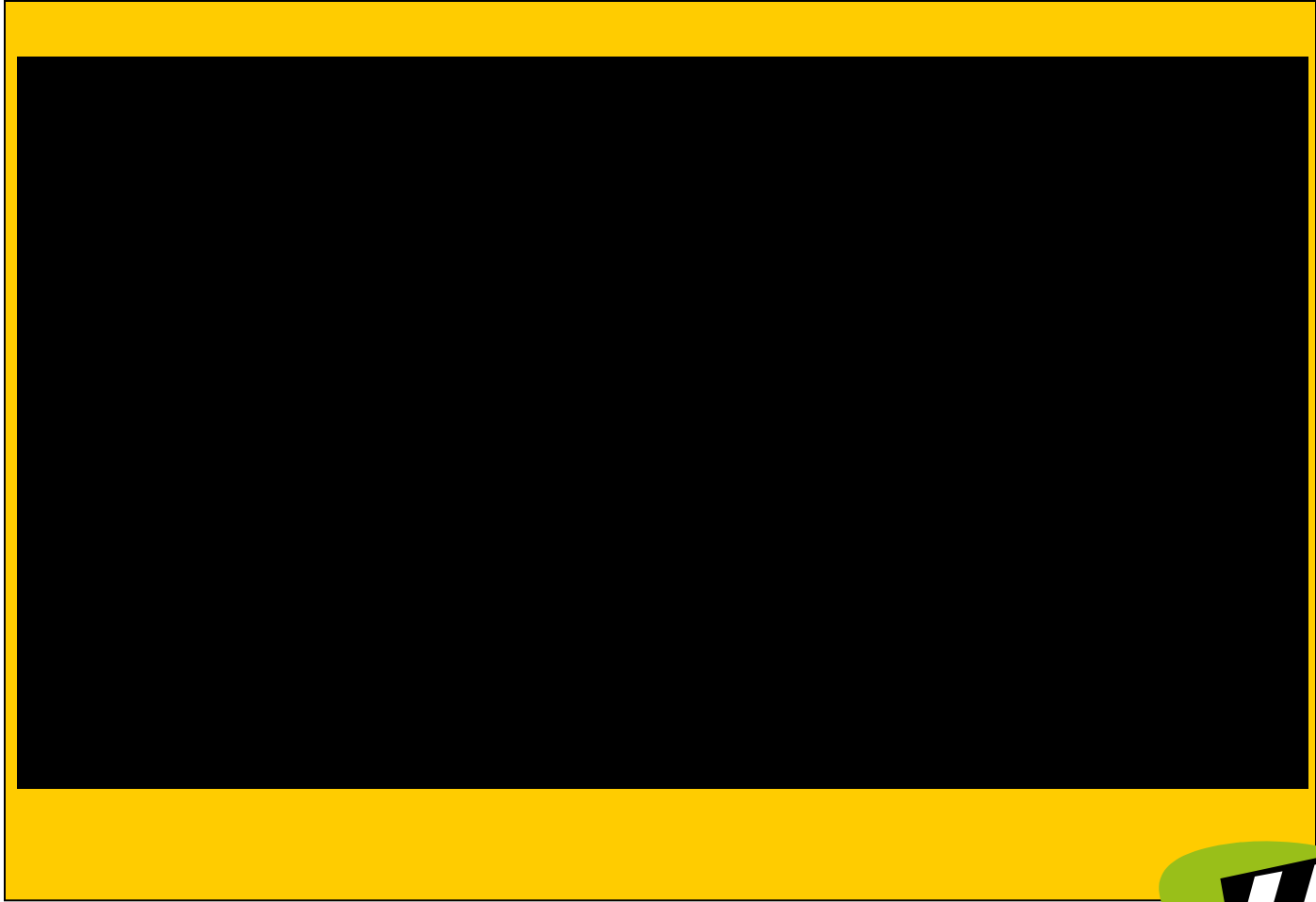


Your Health Matters: Fitness for Life



4: Fitness Basics

Showtime!



Video
*Your Health Matters:
Fitness for Life*



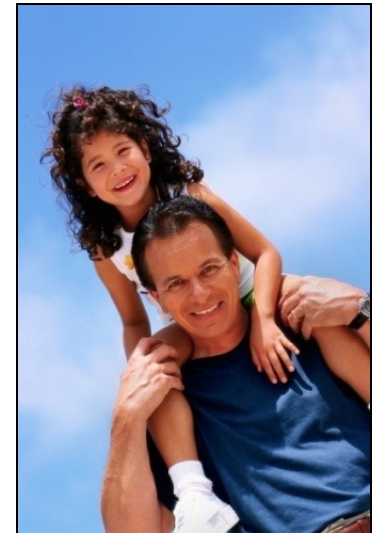
What is physical activity?

Physical activity =
body movement that uses energy



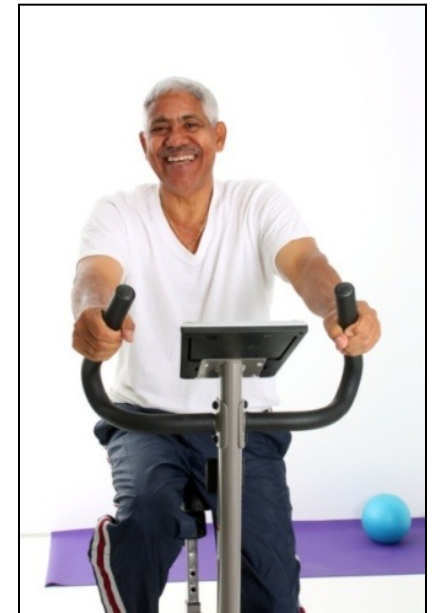
Benefits of regular activity

- ✓ Better health
- ✓ Live longer
- ✓ Less stress
- ✓ Less risk for disease
- ✓ Be in shape
- ✓ Balance, posture, flexibility
- ✓ Feel more energetic



Benefits of regular activity

- ✓ Weight management
- ✓ Stronger bones, muscles, joints
- ✓ Feel better about yourself
- ✓ Get around better, independent
- ✓ Be with friends, meet new people
- ✓ Enjoy yourself and have fun
- ✓ Look good

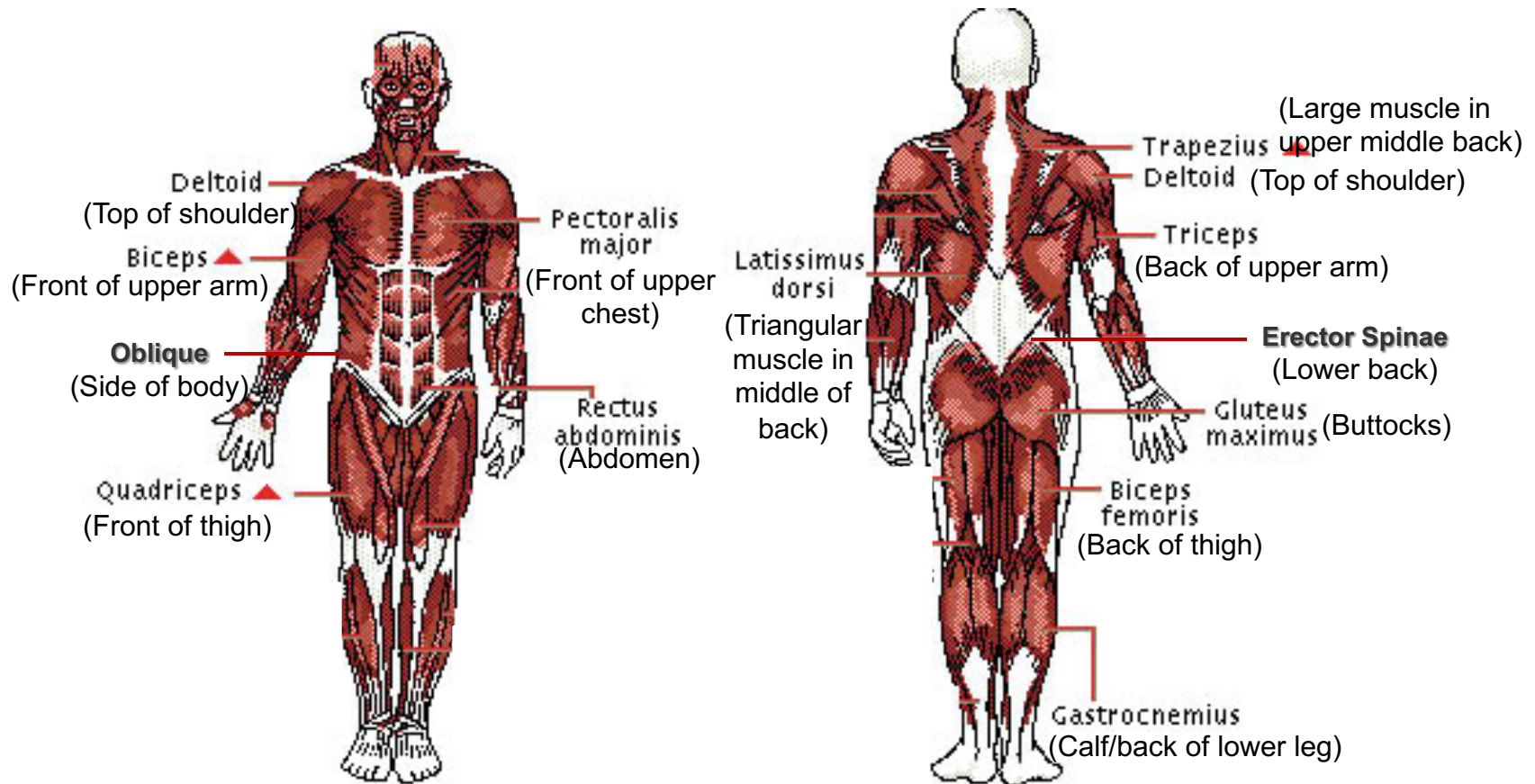


Risks of inactivity

- Premature death
- Heart disease
- Type 2 diabetes
- High blood pressure
- High cholesterol
- Stroke
- Obesity
- Certain cancers
- Osteoporosis
- Depression
- Anxiety



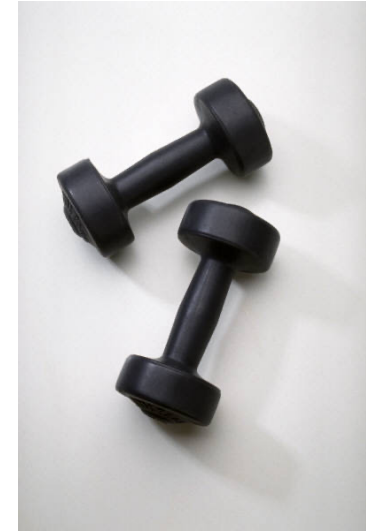
The major muscle groups are used in physical fitness whether it be for muscular strength, muscular endurance, Cardio-Respiratory Endurance, or Flexibility.



Strength Training Exercise	Major Muscle groups used
Arm Curls	upper arms (biceps & triceps)
Overhead Arm Raise	Deltoids (shoulder), triceps & biceps
Front Arm Raise	Deltoids (shoulder) and Pectoralis (chest)
Side Arm Raise	Triceps, Deltoids (arms & shoulders) and Obliques (side)
Seated row	Latissimus Dorsi, Erector Spinae (back), biceps and triceps (arms)
Back leg raise	Quadriceps, Hamstrings and Gastrocnemius (Thigh and calf)
Leg curls	Quadriceps, Hamstrings and Gastrocnemius (thigh and calf)
Side leg raise	Abductors ,Adductors (muscles to move away from & toward the body) and Gluteus (buttocks)

Three types of exercise are:

- Weight-bearing
- Resistance
- Flexibility



Weight-bearing Exercise

•Weight-bearing means your feet and legs support your body's weight. A few examples of weight-bearing exercise are:

- Walking
- Hiking
- Dancing
- Stair climbing

•Sports like bicycling and swimming are great for your heart and lungs. However, these are not weight-bearing exercise. That's because you are being held up by something other than your feet and legs, such as the bicycle or the water.

Resistance Exercise



- Resistance means you're working against the weight of another object. Resistance helps because it strengthens muscle and builds bone. Studies have shown that resistance exercise increases bone density and reduces the risk of fractures.
- Resistance exercise includes:
 - Free weights or weight machines at home or in the gym
 - Resistance tubing that comes in a variety of strengths
 - Water exercises -- any movement done in the water makes your muscles work harder.

Flexibility Exercise

- Flexibility is another important form of exercise. Having flexible joints helps prevent injury.
- Examples of flexibility exercise include these:
 - Regular stretches
 - T'ai chi
 - Yoga

Sample Strength Training routine

- Warm up
 - 5-10 minutes walk briskly, stretch muscles
- Strength training exercises
 - Complete 1-2 sets of 10-12 repetitions of any of the strength training exercises
- Cool down
 - 10-15 minutes of stretching muscles, balance and breathing exercises

Strength Training Tips

- Important to always rotate the days of exercise for major muscle groups. So alternate the days of strength training with the days of cardio or aerobic exercise. One day on, One day off!
- Always breathe! ***Breathe out*** as you lift and ***breathe in*** as you relax.
- No fast movements-Always complete the movement.
- Always start with a light weight and ***slowly increase*** weight. When it is too easy to complete 2 sets of 10-12 repetitions at one weight, increase to the next weight.

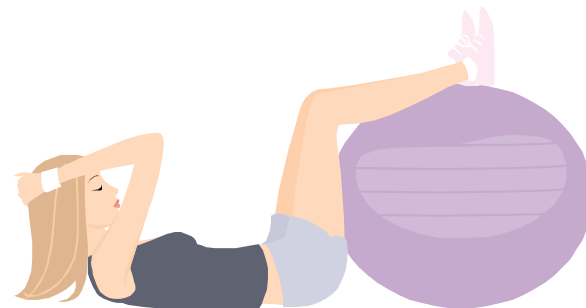
Different types of 10-15 min activities focusing on body strength

ACTIVITY

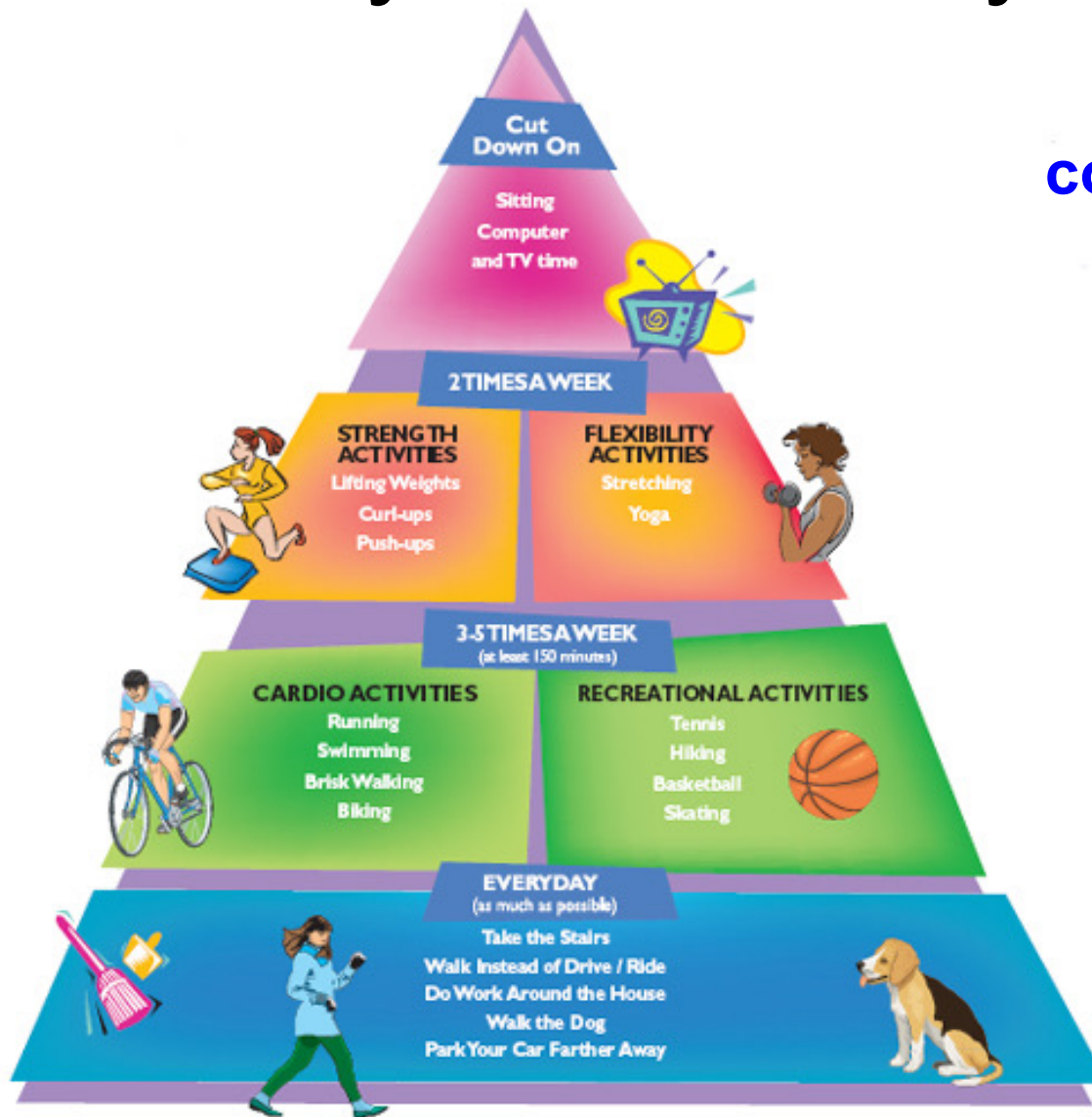
(basic strength & aerobic in one)

- 10 – 15 lunges
- 10-15 push ups
- 10-15 sit ups
- 10-15 jumping jacks

All of these work the upper body, abdomen and quadriceps.



Physical Activity Pyramid



Adapted from Park Nicollet HealthSource

**Cutting down on
computer and TV time
and moving more**

**Strength Training
and Flexibility**

**Cardio/Aerobic
and Recreational
Activities**

Everyday Life



Calories OUT: Activity Guidelines

“FITT”

Frequency

Intensity

Time

Type





Calories OUT: Activity Guidelines

Frequency

*How often
you are
physically active*





Calories OUT: Activity Guidelines



Intensity
*Your level of
physical activity*

Examples of Activity

LIGHT-INTENSITY

- Grocery shopping
- Cleaning house



MODERATE-INTENSITY

- Biking less than 10 miles per hour
- Light yard work (rake, trim)
- Ballroom/line dancing
- Catch & throw sports
- Water aerobics

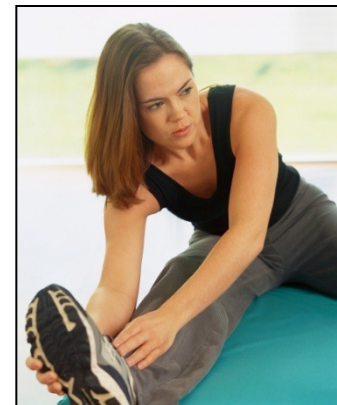
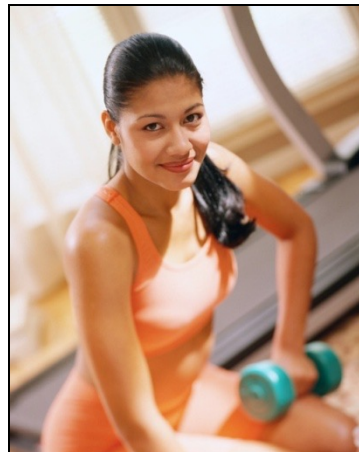
Focus on moderate- and vigorous-intensity activities



VIGOROUS-INTENSITY

- Biking more than 10 miles per hour
- Heavy yard work (dig, hoe)
- Aerobic/fast dancing
- Sports with running (soccer, basketball, hockey)
- Jumping rope

MODERATE-INTENSITY ACTIVITY	Calories used in 1 hour*	Calories used in 30 minutes*
Dancing	330	165
Bicycling (less than 10mph)	290	145
Walking (3½ mph)	280	140
Weight training	220	110
Stretching	180	90



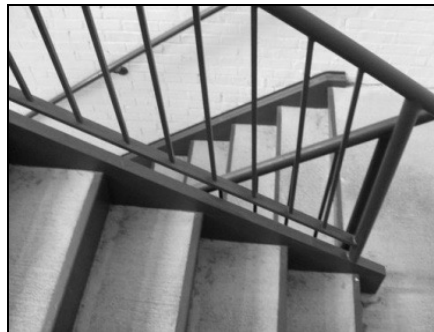
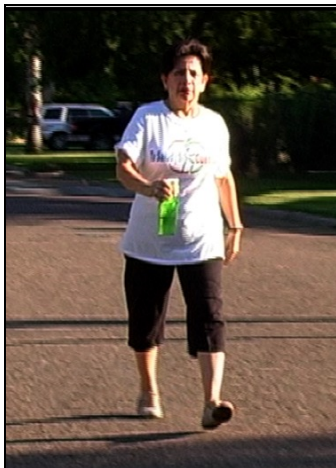
*For a 154-pound man (5'10")

VIGOROUS-INTENSITY ACTIVITY	Calories used in 1 hour*	Calories used in 30 minutes*
Heavy yard work (chop wood)	440	220
Aerobics	480	240
Bicycling (more than 10mph)	590	295
Jogging (5 mph)	590	295
Swimming (slow freestyle laps)	510	255
Basketball	440	220



*For a 154-pound man (5'10")

DAILY LIVING ACTIVITY	Time & Frequency	Pounds lost per year*
Walk briskly part of the way to/from work/home	10 min 5X/week	4
Use the stairs whenever possible	5 min 5X/week	2
Take a brisk walk during your lunch break	10 min 5X/week	4
Ride stationary bike while reading/listening to music	10 min 5X/week	5
Play actively with your children	15 min 7X/week	7



*For a 154-pound person



Calories OUT: Activity Guidelines



Time

*How long
you are
physically active*

Adults: At least 30 minutes most days – at least 10 minutes at a time

Children: At least 60 minutes per day

Guidelines for important health benefits

Adults need:

Aerobic/Cardio Activity

At least 150 minutes per week



and

Muscle-strengthening & Flexibility Training

2 days per week



Guidelines for important health benefits

Children need age-appropriate activity
at least 60 minutes per day





Calories OUT: Activity Guidelines

Type
*aerobic or
strength training*



How much activity do you need?

For general health, adults need 30 minutes most days.
More intensity and time is needed for weight loss.

AEROBIC ACTIVITY

- Moderate-intensity: faster heart beat – can talk easily
- Vigorous-intensity: stronger heart beat – difficult to talk



HOW MUCH?

- Moderate-intensity: 150 minutes/week
-OR-
- Vigorous-intensity: 75 minutes/week
- Periods of 10 minutes or more



Some activity is better than none!

How much activity do you need?

For general health, adults need strengthening 2 days a week.

MUSCLE STRENGTH TRAINING

- Makes muscles stronger
- Keeps muscle tissue lean
- Examples: lift weights; push-ups, yoga



HOW MUCH?

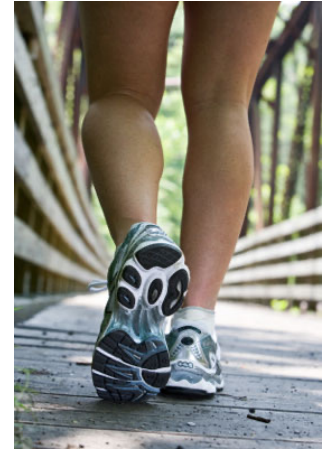
- 2 days or more per week
- Include all major muscle groups: legs, hips, back, chest, stomach (abs), shoulders, arms
- 10-15 repetitions



Avoiding Injury

To stay safe while exercising:

- Start slowly and build up.
- Learn what's right for you.
- Choose activities that fit your fitness level.
- As you become more active, add more time to activities before switching to different ones.
- Use the right equipment and gear.
- Choose a safe place to exercise.
- If you have a health problem, see your doctor.



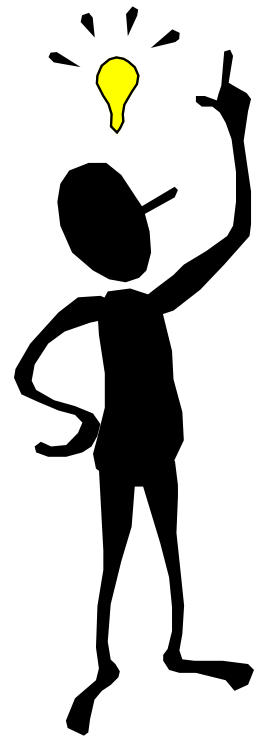
Make Activity Part of Your Life

- Plan your activity for the week.
- Find the time that works best for you.
- Choose activities you like that fit into your life.
- Be active with friends and family.
- Every bit of activity adds up—doing something is better than doing nothing.
- If you're just getting started, work your way up.



Activity: Brainstorming

- Name three reasons that being physically active is fun.
- Name three ways of adding physical activity into family's daily lives.
- Name three ways to free you and your family from watching so much TV.



Keep Track Each Week

My aerobic activities this week

My goal is to do aerobic activities for a total of _____ hours and _____ minutes this week.

What I did	Effort	When I did it and for how long							Total hours or minutes
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	

This is the total number of hours or minutes I did these activities this week: _____

20 Be Active Your Way: A Guide for Adults



My strengthening activities this week

My goal is to do strengthening activities for a total of _____ days this week.

What I did	When I did it							Total days
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	

This is the total number of days I did these activities this week: _____

Being Active for Life 21

Refer to back of section

Let's move!



10-minute Activity Break

Fitness Basics

Key Point Recap



- Choose moderate-intensity or vigorous-intensity activities, or a mix.
- Do at least 150 minutes each week of aerobic activity.
- Also do muscle strengthening and flexibility at least two days per week.
- Start slow and strive to double your weekly time for more health benefits.



Switch to
*How to Get Started
and Stay Active*
PowerPoint