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

USDA MyPyramid; Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans; American Heart Association; Canadian Society for Exercise Physiology
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.
<table>
<thead>
<tr>
<th>Strength Training Exercise</th>
<th>Major Muscle groups used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Curls</td>
<td>upper arms (biceps &amp; triceps)</td>
</tr>
<tr>
<td>Overhead Arm Raise</td>
<td>Deltoids (shoulder), triceps &amp; biceps</td>
</tr>
<tr>
<td>Front Arm Raise</td>
<td>Deltoids (shoulder) and Pectoralis (chest)</td>
</tr>
<tr>
<td>Side Arm Raise</td>
<td>Triceps, Deltoids (arms &amp; shoulders) and Obliques (side)</td>
</tr>
<tr>
<td>Seated row</td>
<td>Latissimus Dorsi, Erector Spinae (back), biceps and triceps (arms)</td>
</tr>
<tr>
<td>Back leg raise</td>
<td>Quadriceps, Hamstrings and Gastrocnemius (Thigh and calf)</td>
</tr>
<tr>
<td>Leg curls</td>
<td>Quadriceps, Hamstrings and Gastrocnemius (thigh and calf)</td>
</tr>
<tr>
<td>Side leg raise</td>
<td>Abductors ,Adductors (muscles to move away from &amp; toward the body) and Gluteus (buttocks)</td>
</tr>
</tbody>
</table>
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 reputations 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.

Refer to Exercise & Physical Activity Guide in back of section
Physical Activity Pyramid

**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
Frequency

How often you are physically active

Calories OUT: Activity Guidelines

Centers for Disease Control and Prevention; National Heart Lung and Blood Institute
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

**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

Focus on moderate- and vigorous-intensity activities
<table>
<thead>
<tr>
<th>MODERATE-INTENSITY ACTIVITY</th>
<th>Calories used in 1 hour*</th>
<th>Calories used in 30 minutes*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dancing</td>
<td>330</td>
<td>165</td>
</tr>
<tr>
<td>Bicycling (less than 10mph)</td>
<td>290</td>
<td>145</td>
</tr>
<tr>
<td>Walking (3½ mph)</td>
<td>280</td>
<td>140</td>
</tr>
<tr>
<td>Weight training</td>
<td>220</td>
<td>110</td>
</tr>
<tr>
<td>Stretching</td>
<td>180</td>
<td>90</td>
</tr>
</tbody>
</table>

*For a 154-pound man (5’10")

USDA MyPyramid
<table>
<thead>
<tr>
<th>VIGOROUS-INTENSITY ACTIVITY</th>
<th>Calories used in 1 hour*</th>
<th>Calories used in 30 minutes*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy yard work (chop wood)</td>
<td>440</td>
<td>220</td>
</tr>
<tr>
<td>Aerobics</td>
<td>480</td>
<td>240</td>
</tr>
<tr>
<td>Bicycling (more than 10mph)</td>
<td>590</td>
<td>295</td>
</tr>
<tr>
<td>Jogging (5 mph)</td>
<td>590</td>
<td>295</td>
</tr>
<tr>
<td>Swimming (slow freestyle laps)</td>
<td>510</td>
<td>255</td>
</tr>
<tr>
<td>Basketball</td>
<td>440</td>
<td>220</td>
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</tbody>
</table>

*For a 154-pound man (5’10“)
<table>
<thead>
<tr>
<th>DAILY LIVING ACTIVITY</th>
<th>Time &amp; Frequency</th>
<th>Pounds lost per year*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk briskly part of the way to/from work/home</td>
<td>10 min 5X/week</td>
<td>4</td>
</tr>
<tr>
<td>Use the stairs whenever possible</td>
<td>5 min 5X/week</td>
<td>2</td>
</tr>
<tr>
<td>Take a brisk walk during your lunch break</td>
<td>10 min 5X/week</td>
<td>4</td>
</tr>
<tr>
<td>Ride stationary bike while reading/listening to music</td>
<td>10 min 5X/week</td>
<td>5</td>
</tr>
<tr>
<td>Play actively with your children</td>
<td>15 min 7X/week</td>
<td>7</td>
</tr>
</tbody>
</table>

*For a 154-pound person

Fitting Fitness In
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.

<table>
<thead>
<tr>
<th>What I did</th>
<th>Effort</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Total hours or minutes</th>
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</table>

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

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

<table>
<thead>
<tr>
<th>What I did</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Total days</th>
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</table>

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

Refer to back of section
Let’s move!

10-minute Activity Break
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