Your Health Matters: Fitness for Life

5: How to Get Started and Stay Active
What do you think…

Why do people not exercise?
Myth #1 “Exercise takes too much time.”

Physical activity does take time, but there are ways to make it more manageable:

- Schedule activity time on your calendar like other important appointments.
- Start with 10-minute periods throughout each day.
- Plan activity for early in the morning before the rest of the day’s activities.
- Combine activity with something already part of your daily routine.
Myth #2 “Exercise makes you tired.”

False!

- Exercise gives you energy.
- Exercise helps you focus and manage stress.
- Exercise helps you sleep better.
Myth #3 “Older people need less exercise.”

False!

- Staying active is important throughout life.
- Regular physical activity helps you stay independent for longer.
Myth #4 “You have to be athletic to exercise.”

False!

- People of all types, shapes, sizes, and abilities can benefit from exercise.
Tips and Tools for Use in the Community
Getting Started

1) Check with your health care provider.

2) Choose activities you enjoy.

3) Begin slowly and set realistic goals.

“I will take a 10-minute walk, during lunch, 3 days a week.”

WellspanHealth Web site; Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans; American Heart Association
Getting Started

4) Record and reward your progress.

5) Get support from family and friends.

6) Plan for problems – indoor activity for bad weather days.
Start with Walking

It’s Easy
SIMPLE, SAFE, NO COST

It Works
BEST EXERCISE FOR HEART HEALTH

It Pays
LESS HEALTH CARE $,
LESS WORK TIME LOSS

Take the first step!

American Heart Association
How to start an exercise routine

Build Up Gradually

Week 1: 3 times a week, 15 minutes a day

Week 2: 3 times a week, 20 minutes a day

Week 3: 4 times a week, 25 minutes a day

Week 4: 5 times a week, 30 minutes a day

Goal:
Work at the Right Intensity

1) Know your target heart rate (see Pulse and Heart Rate handout)

2) Start slowly.

3) Gradually increase to moderate intensity.

4) Build up to a vigorous intensity.
Safety Tips

✓ Walk on smooth, soft surfaces in safe areas away from traffic.

✓ Take more time to warm up and cool down.

✓ Drink water every 15 minutes – even if you’re not thirsty.
Tips for long-term success

✓ Make the time.

✓ Dress for success.

✓ Keep reasonable expectations of yourself.

✓ Make it fun!

✓ Celebrate your success!
Reward yourself!

- New tennis shoes!
- Trip to the pool or beach!
- New outfit!
Create a Support Network

Get your family and friends involved.

Join an exercise group – make new friends.

Participate in a charity walk/run.
Staying active… *in daily life*

- Walk whenever you can.
- Drive less.
- Avoid long periods of inactivity.
- Stretch/bend every hour.
Staying active...at home

- Walk before/after meals.
- Exercise while watching TV.
- Mow with a push mower.
- Play with your kids/grandkids.
- Clean the house or wash the car.
- Plant a garden.
Staying active...at work

- Take the stairs.
- Walk around during breaks.
- Join an employee sports team.
- Stretch/bend every hour.
Staying active…*at play*

- Plan active family outings.
- Take dance, martial arts, yoga.
- Walk, run, or swim.
- Join an activity-focused church group.
Let’s move!

10-minute Activity Break
1. Together with your family, do a physical activity this weekend for one hour.

2. This week, pump up your workout! Add at least one vigorous-intensity activity to your routine.

3. Which moderate-intensity activities will you try this week?
   - Biking slowly
   - Dancing
   - Walking briskly
   - Water aerobics

4. Ready for more vigor?
   - Aerobic dancing
   - Jumping rope
   - Biking faster/on hills
   - Swimming laps
How to Get Started and Stay Active

Key Point Recap

- Choose activities you enjoy.
- Start slowly and build up to vigorous.
- Get family and friends involved.
- Be active every day – at home, at work, at play.
- Track and celebrate your success!
Your Health Matters…
Start being active today!
Switch to
*Conclusion*
PowerPoint