

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:

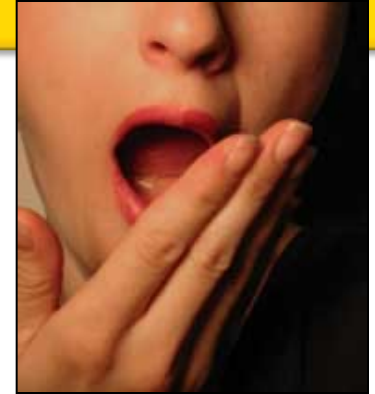
- Schedule activity time on your calendar like other important appointments.
- Start with 10-minute periods throughout each day.
- Plan activity for early in the morning before the rest of the day's activities.
- Combine activity with something already part of your daily routine.



Myth #2 “Exercise makes you tired.”

False!

- Exercise gives you energy.
- Exercise helps you focus and manage stress.
- Exercise helps you sleep better.

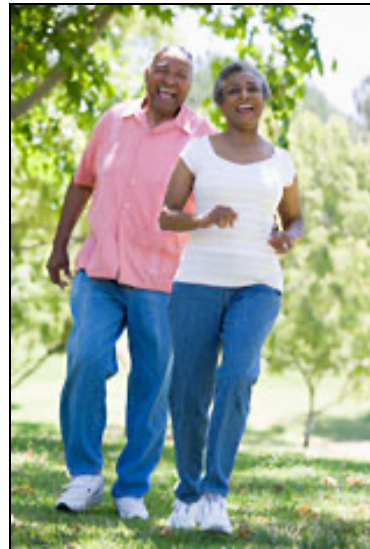


Myth #3 “Older people need less exercise.”

False!



- Staying active is important throughout life.
- Regular physical activity helps you stay independent for longer.



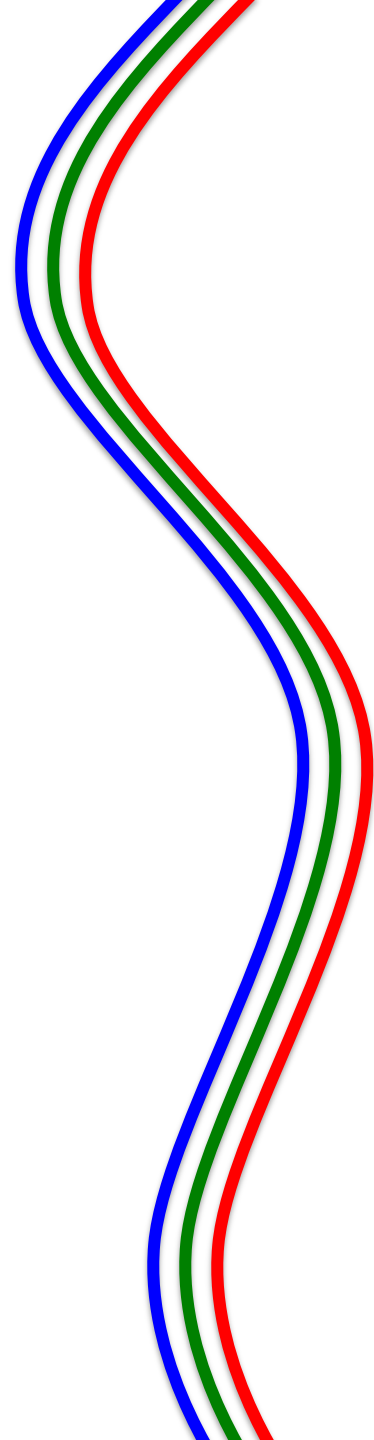
Myth #4 “You have to be athletic to exercise.”

False!

- People of all types, shapes, sizes, and abilities can benefit from exercise.



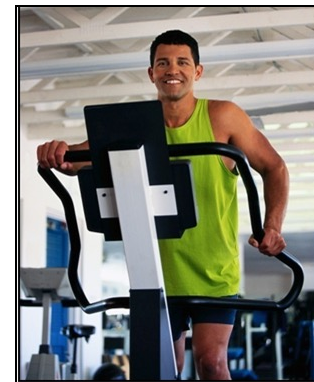
Tips and Tools for Use in the Community



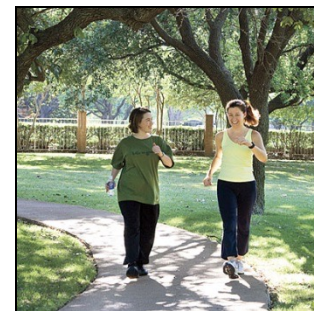


Getting Started

- 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.”





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Start with Walking

It's Easy

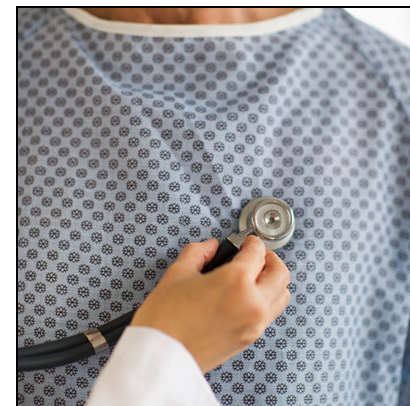
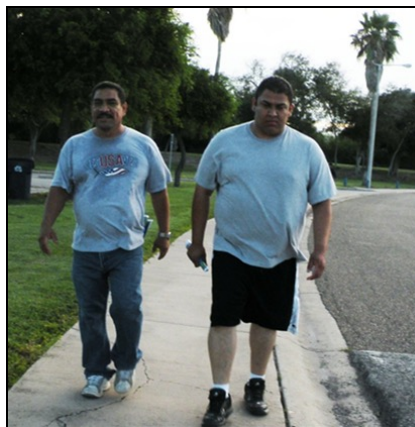
SIMPLE, SAFE, NO COST

It Works

BEST EXERCISE FOR HEART HEALTH

It Pays

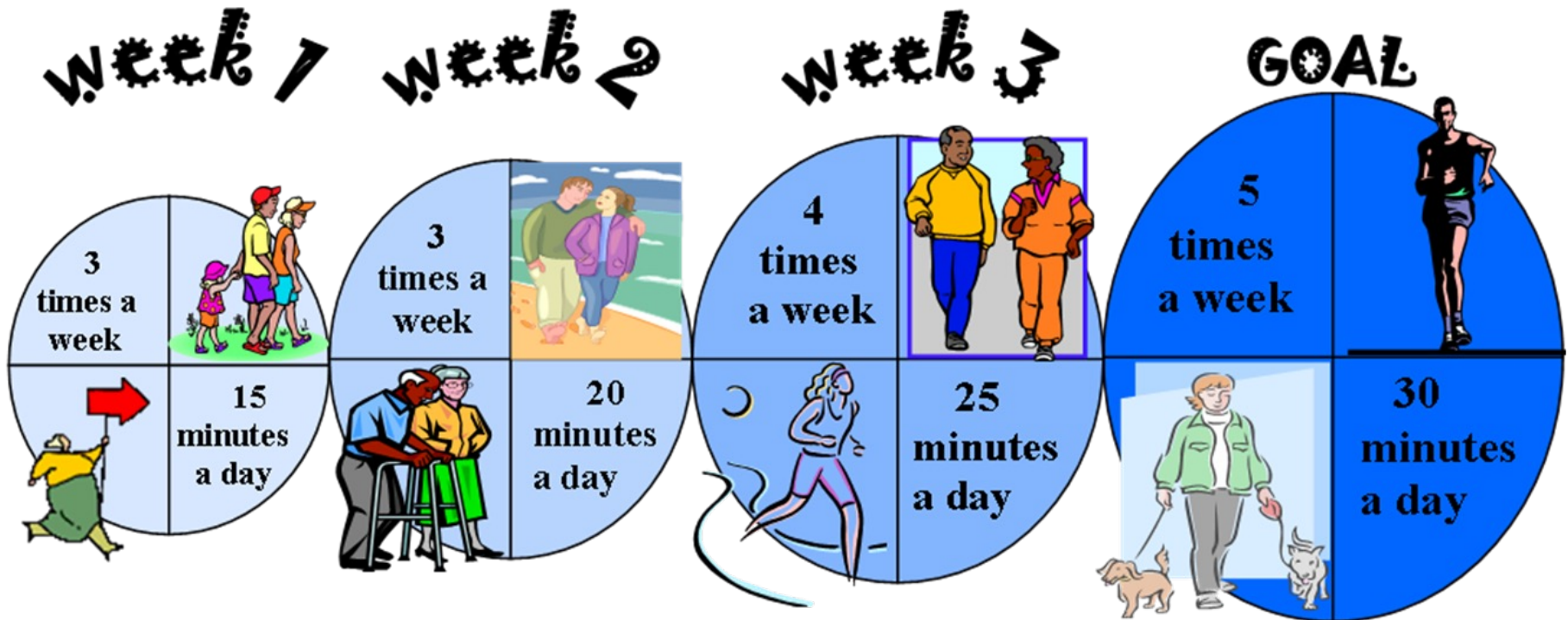
*LESS HEALTH CARE \$,
LESS WORK TIME LOSS*



Take the first step!

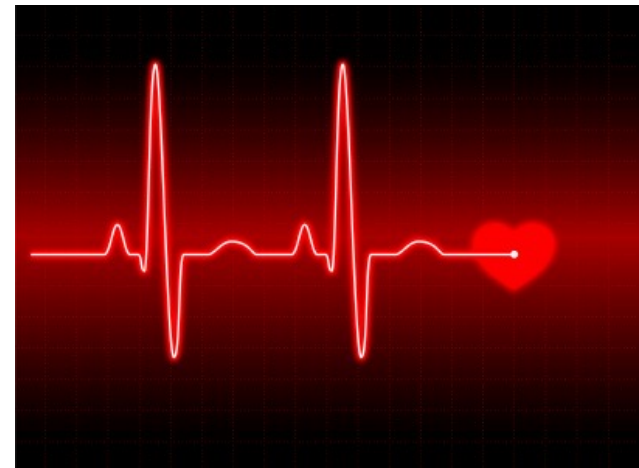
How to start an exercise routine

BUILD UP GRADUALLY



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.

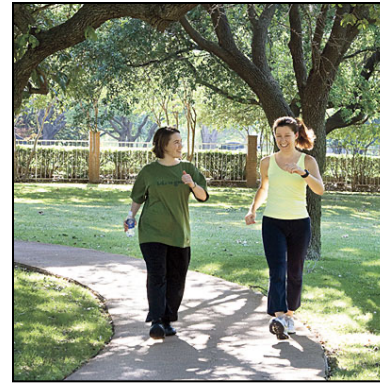
Join an exercise group – make new friends.

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.



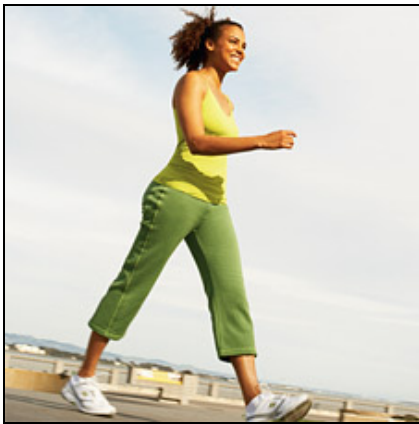
Staying active...*at home*

- 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