

# Your Health Matters: Fitness for Life



## 6: Conclusion

# Promoting Activity in Your Community

## ➤ Informational

- *Place motivational signs near elevators encouraging people to take the stairs.*
- *Participate in/host Health Fairs.*

## ➤ Behavioral & Social

- *Set up walking groups.*
- *Host community events.*



## ➤ Environmental & Policy

- *Implement an evidence-based campaign.*
- *Refer to Walkability and Bikeability Checklists in back of this section.*

# Community-wide changes can help people be more active.



## *Examples*

Free exercise classes

Free weight-loss challenges

Motivational signs by elevators and escalators  
to encourage people to use nearby stairs

Community events

Building trails or activity facilities

Reducing barriers – lower fees; extended hours



Walking programs, aerobic dance classes, Zumba, Biggest Loser competitions, and more at UTCO regional centers and various locations throughout UTCO communities.





**utmb** Health



 Catholic  
Charities  
of Corpus Christi



Tu Salud ¡Sí Cuenta!

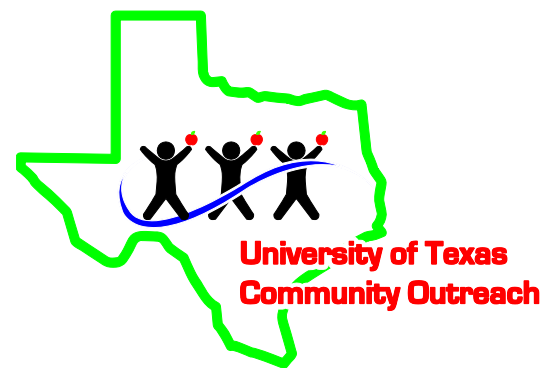
 **UTHealth** | School of Public Health  
Brownsville Regional Campus  
The University of Texas  
Health Science Center at Houston



 **MERCY**  
**MERCY MINISTRIES**  
OF LAREDO



**Proyecto Juan Diego**



# Impact of Community Health Worker Interaction

- ➔ Weight loss of 5 pounds or more in 1/3 of participants; thousands of pounds lost with Biggest Loser Challenges
- ➔ Improved blood glucose levels; less uncontrolled diabetes; better diabetes self management
- ➔ Increased weekly physical activity minutes
- ➔ Lowered total cholesterol

# Community Presentations



Teach Back Activity



# **Fitness for Life**

## ***Key Point Summary***





# Energy Balance



- Calories In vs. Calories Out
- IN: *food choices - variety, balance, moderation, nutrient density*
- OUT: *activity – “FITT”*
- Keep track to tip the scale



# Remember The “FITT” Principle

## Frequency

*How often you exercise*

## Intensity

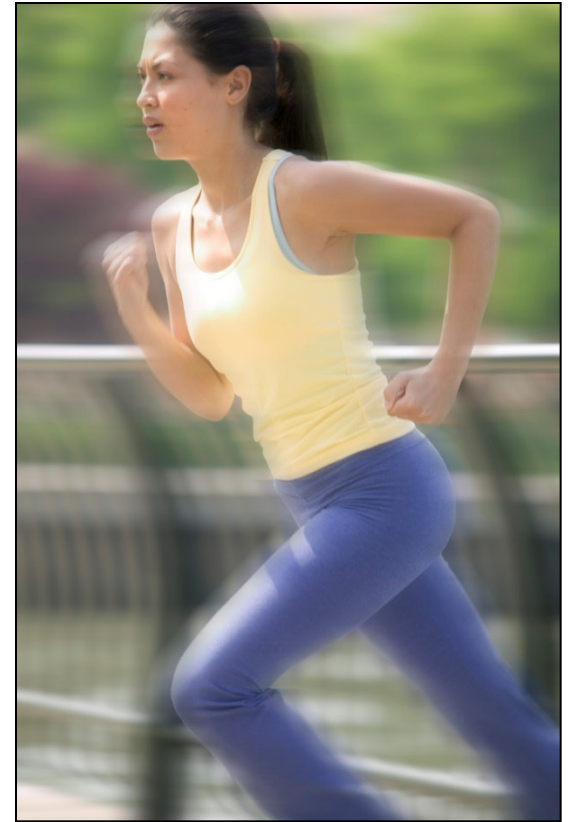
*Your level of exercise*

## Time

*How long you exercise*

## Type

*Aerobic activity or strength training*



# Fitness Basics



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



# How to Get Started and Stay Active



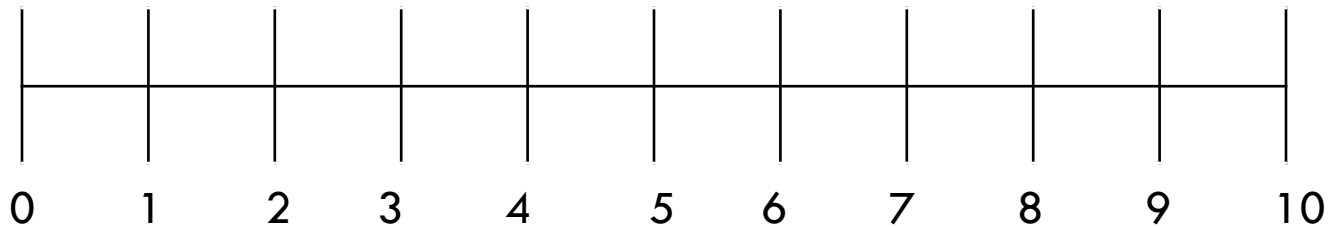
- Choose activities you enjoy.
- Start slowly and build up to vigorous-intensity.
- Get family and friends involved.
- Be active every day – at home, at work, at play.
- Track and celebrate your success!





“On a scale of 0-10, how confident do you feel that you could talk about physical activity with the community?”

## HOW CONFIDENT ARE YOU?



Not confident at all

Very confident

**Community Health Workers  
can help bring about change  
with health promotion.**

***Your Health Matters!***



# Knowledge Questionnaire



***Thank you!***