



PHYSICAL ACTIVITY



PHYSICAL ACTIVITY

- Physical activity is any body movement.
- There are different levels of physical activity.
 - Light Physical Activity
 - Moderate Physical Activity
 - Vigorous Physical Activity

LIGHT PHYSICAL ACTIVITY

- ❑ Walking normally; your heart beats normally
- ❑ Examples:
 - ❑ Slow walk
 - ❑ Gardening
 - ❑ House cleaning
 - ❑ Caring for children



MODERATE PHYSICAL ACTIVITY

- ❑ Walking quickly, when you feel your heart beat faster than normal and sweat
- ❑ You should be able to maintain a conversation while walking.
- ❑ Examples:
 - ❑ Walking quickly
 - ❑ Riding a bike
 - ❑ Dancing



VIGOROUS PHYSICAL ACTIVITY

- ❑ Walking at a fast pace, you should start to sweat and feel your heart beat strongly
- ❑ It will be difficult to carry on a conversation
- ❑ Examples:
 - ❑ Walking quickly & carrying weights
 - ❑ Aerobics, Zumba
 - ❑ Playing soccer



RECOMMENDATIONS



It is important to encourage young people to participate in varied physical activity that is appropriate to their age and that makes them happy.

RECOMMENDATIONS

All adults should be active. Some level of physical level is better than none, and adults who participate in any level of activity gain health benefits.



RECOMMENDATIONS



Even *older adults*
need to be
physically active!

BENEFITS

- Lower risk of:
 - Premature Death
 - Type 2 Diabetes
 - Colon Cancer
 - Breast Cancer
 - Arterial Hypertension
 - Heart disease
 - Stroke

BENEFITS

- Improve
 - ▣ Heart and lungs
 - ▣ Body strength
 - ▣ Ability to think and reason (for older adults)



BENEFITS



- Weight Loss
 - Especially when combined with a diet low in calories
- Prevention of Falls
- Reduce Stress
- Reduce Depression

REDUCE STRESS

“I think exercise is extremely important. Each time I feel stressed, I go to the exercise class and move. I leave feeling much better.”

-Rosaura Cedillo



MYTHS

The following statements are commonly believed to be true, but are actually false.

MYTH #1



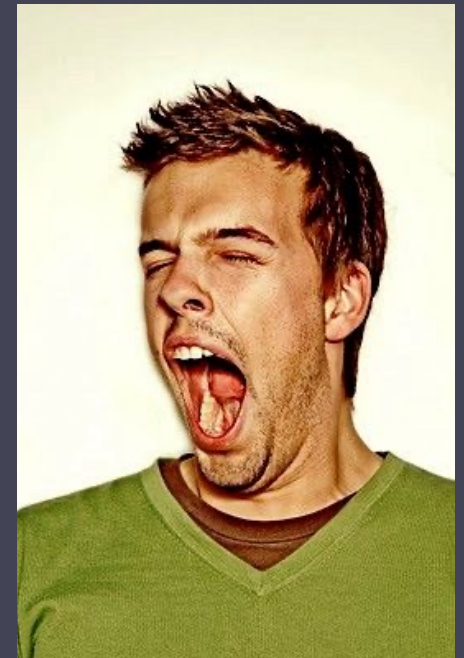
“Exercise takes too much time.”

MYTH #1: FALSE

- Physical activity does take time, but there are ways to do it that make it more manageable!
- Try to find 3 periods of 10 minutes each day for exercise.
- Take time to work out early in the morning before you start your activities.
- Combine physical activity with something that is already a part of your daily routine.

MYTH #2

“Exercise makes you tired.”



MYTH #2: FALSE

- ❑ When you first start physical activity on a regular schedule, it's likely that you will have more energy than before.
- ❑ Physical activity at a moderate or vigorous level done regularly can also help you reduce fatigue and manage stress.

MYTH #3



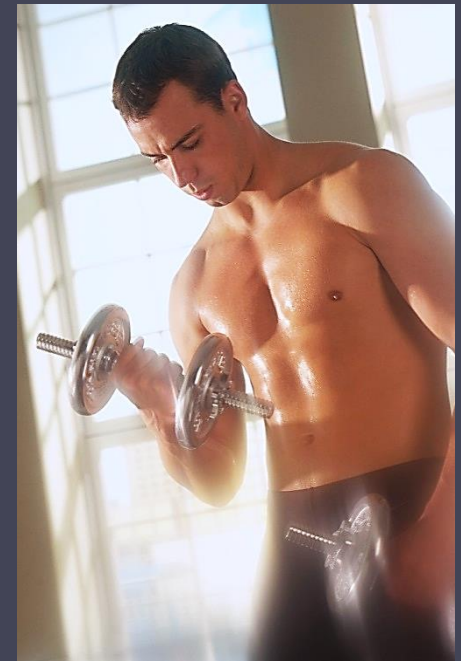
“As you get older,
less physical activity
is required.”

MYTH #3: FALSE

- ❑ Maintaining your body is important throughout your life.
- ❑ Look for a physical activity program that you can adapt to your level of ability and personal needs.
- ❑ Older people need exercise just as much as younger people.

MYTH #4

“You have to be athletic to exercise.”



MYTH #4: FALSE

- ❑ The majority of physical activity does not require you to be athletic.
 - ❑ Walk at a fast pace
 - ❑ Ride a bike
 - ❑ Dance
 - ❑ Zumba
 - ❑ Aerobics

HOW TO START

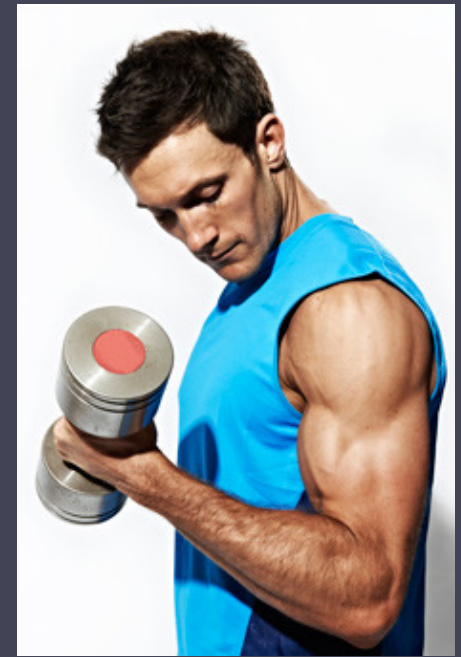
Plan your exercise routine carefully! Increase your amount of weekly exercise slowly until you reach your goal.

HOW TO START

Week 1	3 times a week 15 minutes per day
Week 2	3 times a week 20 minutes per day
Week 3	4 times a week 25 minutes per day

HOW TO START: GOAL

*5 times a week
30 minutes per day*



REMINDERS

- Remember the basics of a cardiovascular workout:
 - *Stretch* to prevent your body from getting hurt
 - *Warm up* before you start
 - *Keep hydrated* before, during and after exercising

WEEKLY SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
30 minutes dancing	30 minutes walking at a fast pace	30 minutes riding a bicycle	30 minutes walking at a fast pace	30 minutes dancing
Moderate activity level	Moderate activity level	Moderate activity level	Moderate activity level	Moderate activity level
165 calories burned	140 calories burned	145 calories burned	140 calories burned	165 calories burned

This is just an example of how you can burn many calories in a week.

BALANCE IS KEY

LOSE WEIGHT

You will lose weight when the calories you eat in food and drinks are *less than* those you burn or use.



- *Energy Consumed + Energy Used*

BALANCE IS KEY



MAINTAIN WEIGHT

Your weight will remain the same when the calories you eat in food and drinks are *equal* to those you burn or use.

Energy Consumed = Energy Used

BALANCE IS KEY

GAIN WEIGHT

You will gain weight when the calories you eat in food and drinks are *more than* those you burn or use.



+ Energy Consumed - Energy Used

IN PRACTICE

- If you burn about 3,500 calories from exercising *or* eliminate 3,500 calories from your diet, you lose 1 pound.



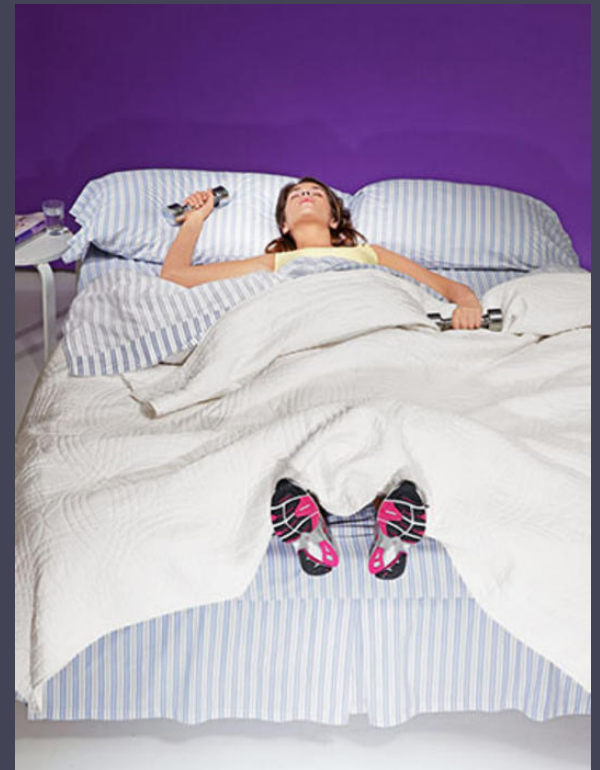
TIPS & TRICKS



Find your support system. It could be a friend, co-worker, neighbor or family member.

TIPS & TRICKS

Wake up 15 minutes earlier to squeeze in a quick workout. It gives you energy and perks up your mood!



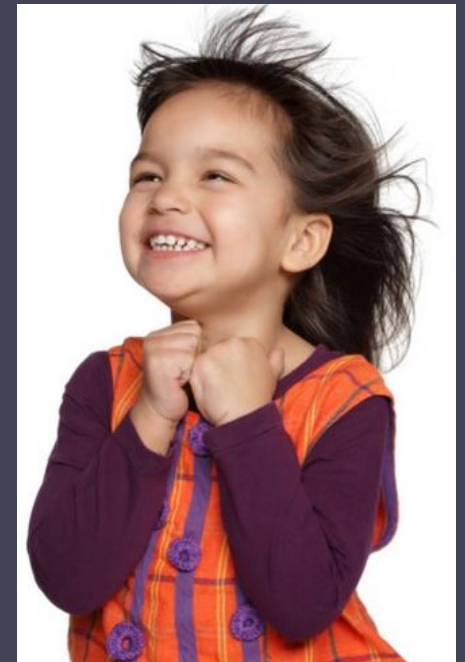
TIPS & TRICKS



Become an active traveler. Take the stairs! Find the longer route home or to your desk to burn off some extra calories.

TIPS & TRICKS

Reward yourself.



TAKE CONTROL!

Scenario:

Each time I get home from work, the first thing I do is turn on the television and sit on the sofa for a few hours.

Pamela Ramirez, Role Model

NEXT STEP



Start today because *Your Health Matters!*

THE PLAN

Disadvantages	Advantages

THE PLAN

- On a scale of 1-10, how confident are you that you can follow your plan?



Less
Important

Very
Important

MAKE A PLAN

**Setting goals is the key to success.
Write small, clear and realistic goals.**

What type of exercise will you do?

For how long?

How many times a week?

When will you start?

REFERENCES

- 2008 Physical Activity Guidelines for Americans
 - Be Active, Healthy and Happy!
 - U.S. Department of Health and Human Services
- Your Guide to Physical Activity and Your Heart
 - U.S. Department of Health and Human Services
 - National Heart, Lung, and Blood Institute