

The University of Texas Community Outreach Program
Community Health Worker Continuing Education

Your Health Matters: Fitness for Life

PARTICIPANT HANDBOOK



*Free and reproducible materials for Community Health Workers
to implement in local community education programs*



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Community Health Worker Continuing Education

Your Health Matters: Fitness for Life

Acknowledgements

The University of Texas School of Public Health – Brownsville

Dr. Belinda Reininger Lisa Mitchell-Bennett Laura Dirkse Vanessa Saldaña

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Dr. Nancy Crider Dr. Nancy Murray Jessica Uriarte
Dr. Linda Lloyd Rosalia Guerrero Caroline Vasquez

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Nathalie Sessions

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Sister Rosemary Welsh Martha Martinez Mirtha Trejo

Additional Content Advisors

Leticia Gomez with Migrant Health Promotion Tony Ramos with Borderland AHEC
Lizette Pacheco with Migrant Health Promotion Sydney Jones with UT Austin Public Health Internship

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Video Credits

Cast

Martie Di Gregorio Melissa Millan Dante Robledo
Chickie Samano Stephan Schull

With appearances by

Caelan and Malcolm Domic Rodriguez Mark Vasquez
Mitchell-Bennett

Scriptwriter

Jo Ann LeQuang

Camera/Lighting

Kurt Lang

Location Sound

Brian Albritton

Editor

Jeffrey Mills

Production Manager

Nathalie Sessions

Production Assistant

Sydney Jones

Executive Producer

Dr. Belinda Reininger

Executive Producer

Lisa Mitchell-Bennett

Producer/Director

Dan Sessions

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Camille Lightener Playhouse
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Your Health Matters: Fitness for Life Knowledge Questionnaire

Energy Balance

1. If my body burns OUT more calories than I put IN to my body, I will:
 - a. Lose weight.
 - b. Gain weight.
 - c. Maintain my weight.
 - d. I don't know.

2. When starting an exercise program, the following are important aspects:
 - a. Frequency.
 - b. Intensity.
 - c. Time.
 - d. Type.
 - e. All of the above.
 - f. I don't know.

3. To burn one pound of fat, a person has to burn _____ calories.
 - a. 100
 - b. 1500
 - c. 2500
 - d. 3500
 - e. I don't know.

Fitness Basics

4. The minimum amount of moderate physical activity an adult should do each week, in bouts of at least 10 minutes, is:
 - a. 60 minutes.
 - b. 75 minutes.
 - c. 150 minutes.
 - d. I don't know.

5. Muscle strength training should be done at least 2 days each week, the following is NOT an example of muscle strength training:
 - a. Push-ups.
 - b. Lifting Weights.
 - c. Running.
 - d. Yoga.
 - e. I don't know.

Why Fitness is Important

6. The more physical activity you do:
 - a. The fewer the health benefits, the better you feel.
 - b. The greater the health benefits, the better you feel.
 - c. The greater the health benefits, the worse you feel.
 - d. The fewer the health benefits, the worse you feel.
 - e. I don't know.
7. The minimum amount of physical activity a child should have daily or on most days, in bouts of at least 15 minutes, is:
 - a. 60 minutes.
 - b. 75 minutes.
 - c. 150 minutes.
 - d. I don't know.

How to Get Started and Stay Active

8. The following is a true statement:
 - a. Older people need less exercise.
 - b. Exercise makes you tired.
 - c. Exercise takes too much time.
 - d. You don't have to be athletic to exercise.
 - e. I don't know.
9. I can be active daily:
 - a. At home.
 - b. At work.
 - c. At play.
 - d. In my community.
 - e. All of the above.
 - f. I don't know.

Your Health Matters: Fitness for Life



1: Introduction

Acknowledgement

This curriculum was created by The University of Texas School of Public Health, Brownsville Regional Campus with partial funding from the University of Texas Community Outreach supported by the Texas Department of State Health Services (DSHS).



Knowledge Questionnaire



Fitness for Life Program Goals

Expand understanding about why physical activity is important for a healthy life.

Demonstrate how staying active helps reduce risk for chronic diseases.

Empower participants to get and stay active and counsel clients with activity planning strategies.

Provide a curriculum which gives Community Health Workers the knowledge and skills about exercise to impart to their communities.

This curriculum provides the physical activity component to compliment the *Your Health Matters!: Nutritious Eating* curriculum.



Fitness for Life Learning Objectives

- 1. Describe the obesity epidemic and its implications to health.
- 2. Describe how energy balance influences healthy weight maintenance or weight loss.
- 3. Be familiar with the "FITT" concept.
- 4. Give three examples of how to get and stay active.
- 5. Explain the benefits of exercise.
- 6. Plan ways to reduce screen time.



Fitness for Life Program Materials CD

PowerPoint Presentations, Handouts, Information Sheets, Activities, and Videos

INTRODUCTION

ENERGY BALANCE

THEORY AND TECHNIQUES FOR BEHAVIOR CHANGE

FITNESS BASICS

GETTING STARTED & STAYING ACTIVE

CONCLUSION

LET'S MOVE ACTIVITY BREAKS

APPENDICES

Glossary
Additional Resources
Handouts




So why are we here? ...

Obesity is an Epidemic

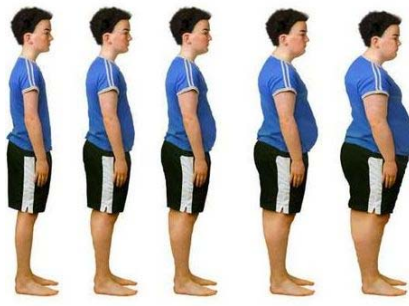
#1 health problem facing American children

A defining public health challenge for the next half-century

The most challenging public health problem ever faced



What is Obesity?



Centers for Disease Control and Prevention

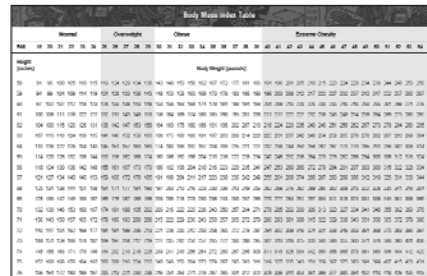
Obesity is not about appearance.

LARGE
FAT
overweight
HEAVY
BIG BONED
Unhealthy

Obesity is a medical diagnosis.

Adult Overweight & Obesity

Body Mass Index (BMI)
DEGREE OF BODY FAT BASED ON HEIGHT AND WEIGHT



For adults 20 years and older

Overweight
BMI of 25 to 29.9

Obese
BMI of 30+

Extremely Obese
BMI of 40+

Nutrition Through the Life Cycle, Brown 2008; National Heart Lung and Blood Institute-National Institutes of Health

Activity: Calculating Adult BMI

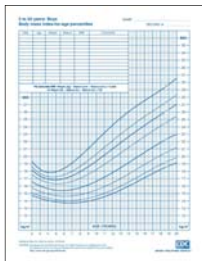
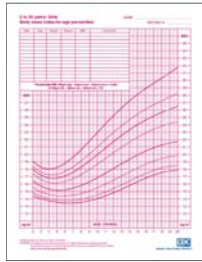
- Step 1: Find individual's height along left side of chart—use this chart to convert feet and inches to inches only.

Feet/inches	Inches	Feet/inches	Inches	Feet/inches	Inches	Feet/inches	Inches
4' 10"	58	5' 3"	63	5' 8"	68	6' 1"	73
4' 11"	59	5' 4"	64	5' 9"	69	6' 2"	74
5' 0"	60	5' 5"	65	5' 10"	70	6' 3"	75
5' 1"	61	5' 6"	66	5' 11"	71	6' 4"	76
5' 2"	62	5' 7"	67	6' 0"	72		

- Step 2: Follow height row over to the right until you see the individual's weight.
- Step 3: Follow this column up to find the individual's BMI.

Discussion: What do you think? How do you feel? How do people in the community feel when they are told they are obese?

Childhood Obesity BMI-for-age Growth Charts



For children
2 to 19 years

Overweight
BMI between
85th and 95th
percentile

Obese
BMI at or above
95th percentile

Measures are different for boys and girls by age. They are not the same as adults since children are still growing. Remember BMI is used by pediatricians to determine the health of a child, it is not based on appearance.

Centers for Disease Control and Prevention

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Why Do We Care?

Obesity is a major risk factor for:

- Cardiovascular disease
- High total cholesterol
- High blood pressure
- Type 2 diabetes
- Stroke
- Liver disease
- Gall bladder disease
- Certain cancers
- Osteoporosis
- Depression



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2 out of 3 Americans
are not active enough.

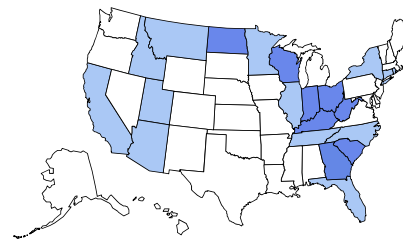


What's holding
us back?

Centers for Disease Control and Prevention: Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

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Obesity Trends Among U.S. Adults
BRFSS, 1985

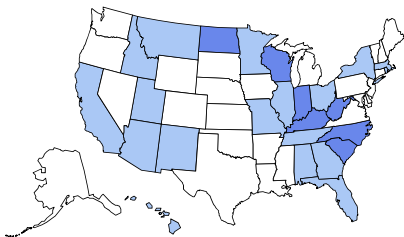


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Centers for Disease Control and Prevention

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Obesity Trends Among U.S. Adults
BRFSS, 1986

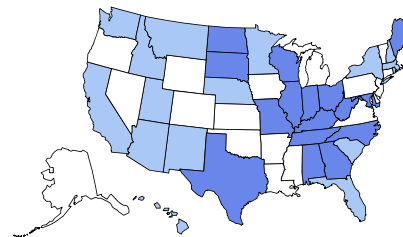


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Obesity Trends Among U.S. Adults
BRFSS, 1987



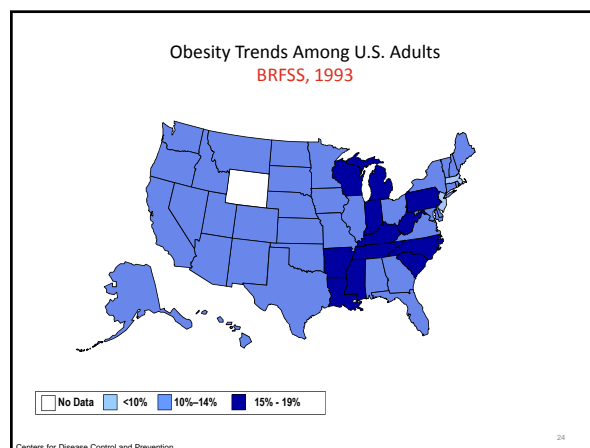
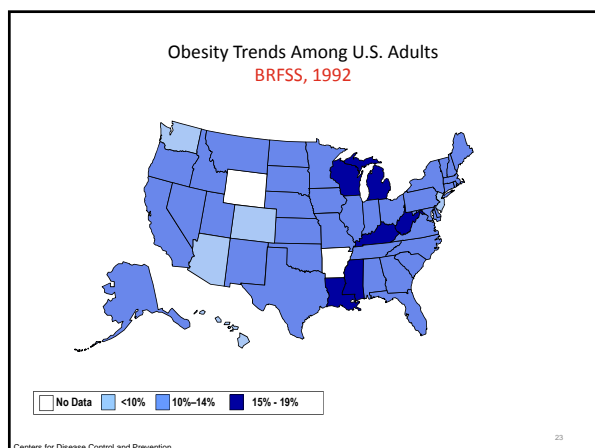
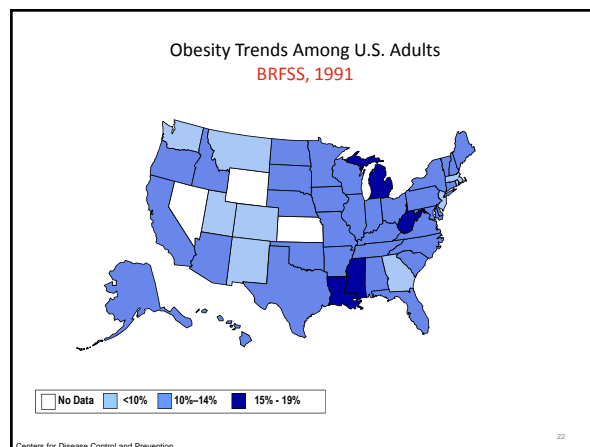
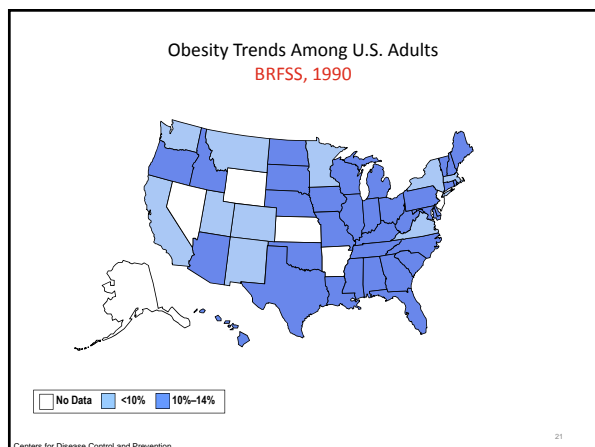
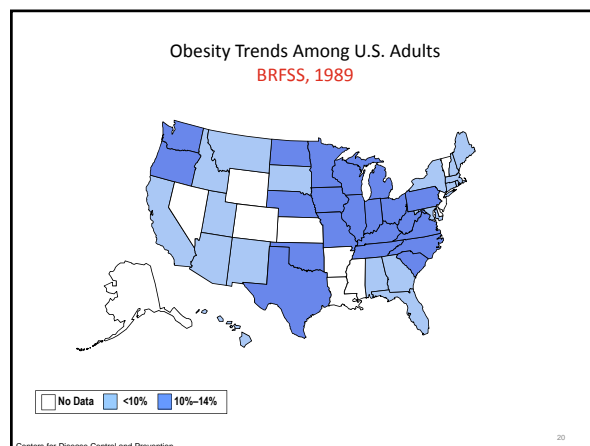
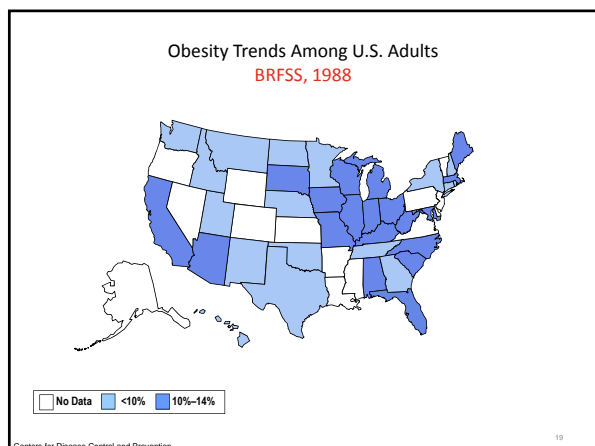
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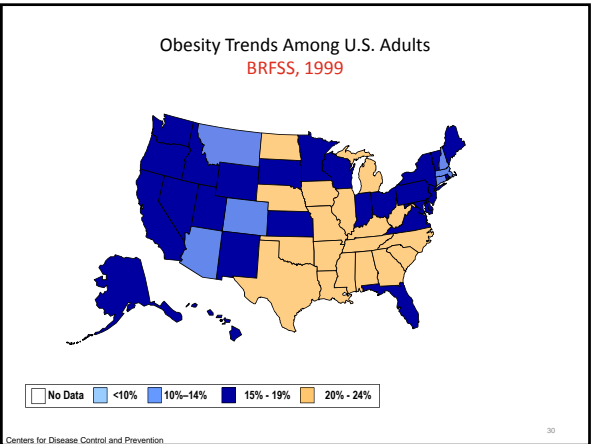
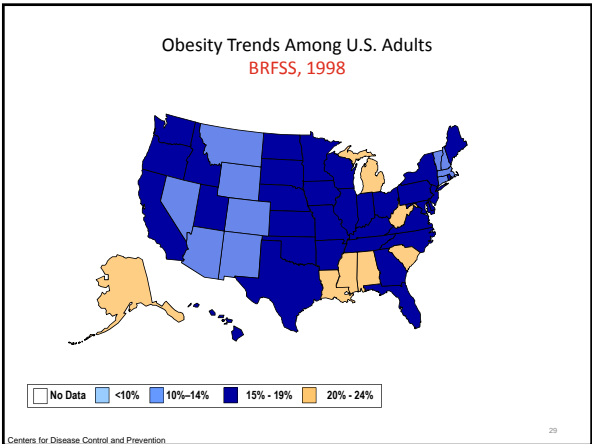
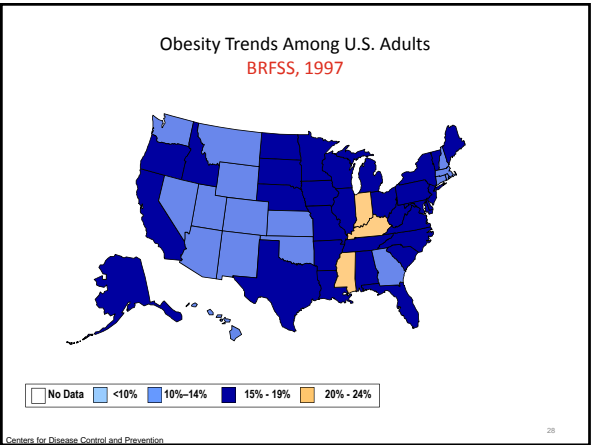
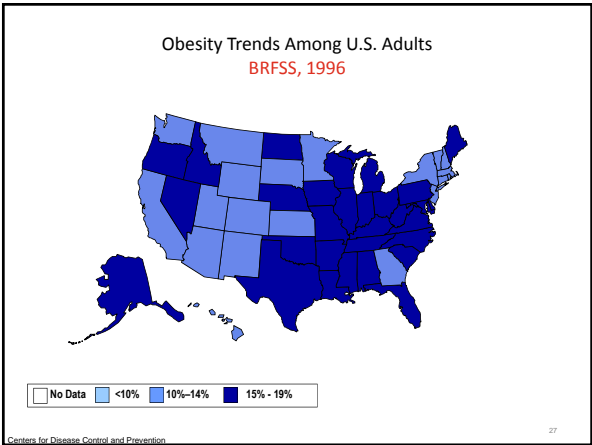
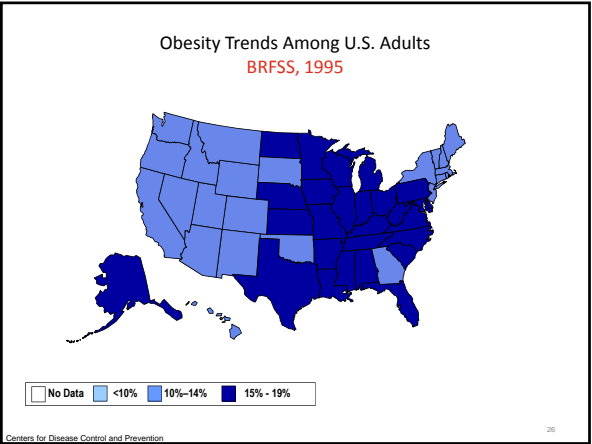
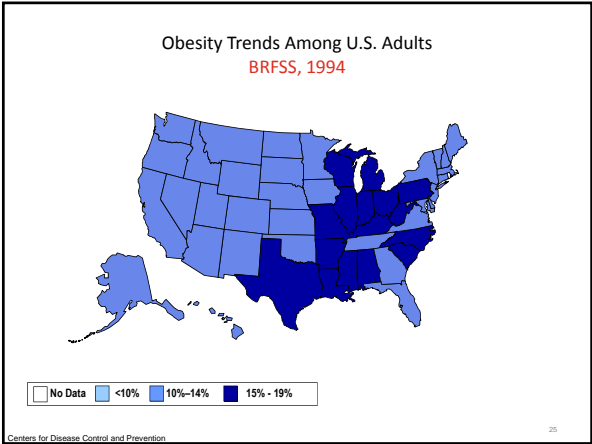
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Your Health Matters: Fitness for Life

Introduction

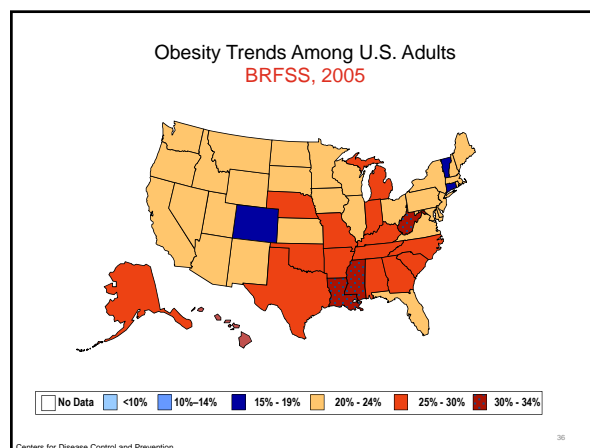
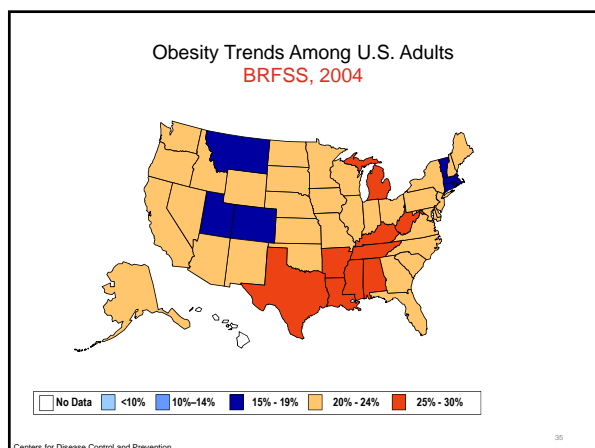
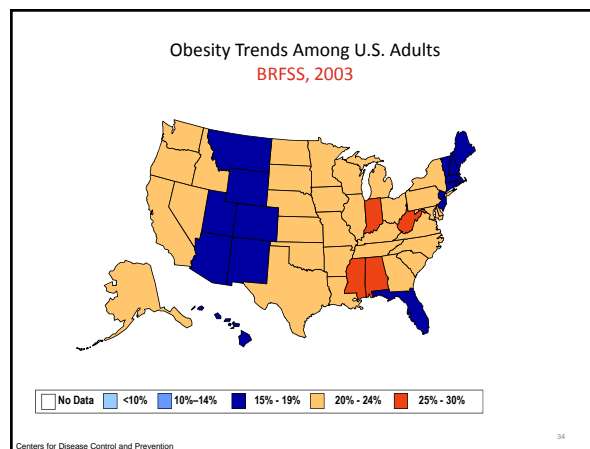
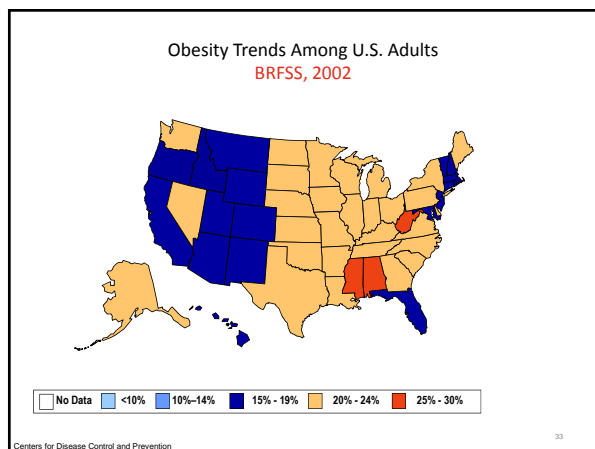
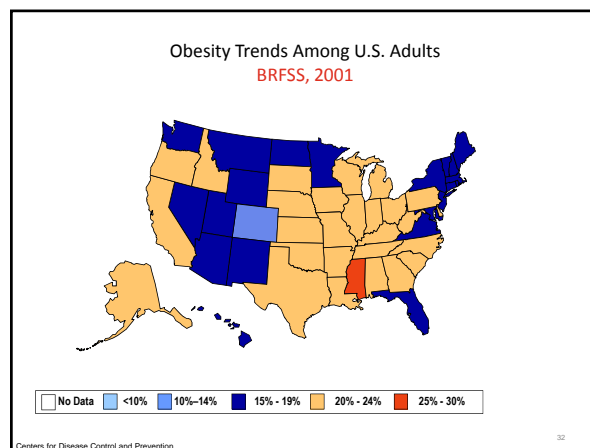
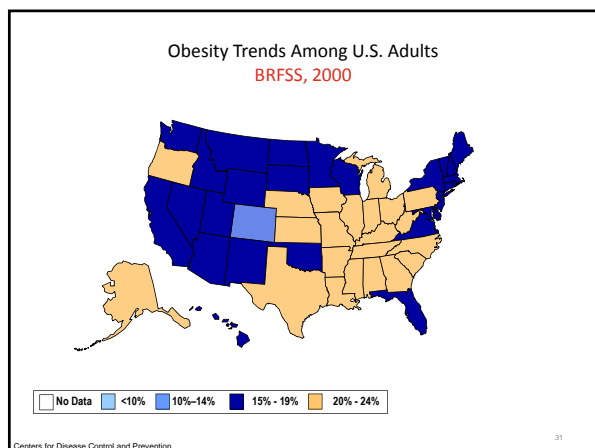


Your Health Matters: Fitness for Life
Introduction



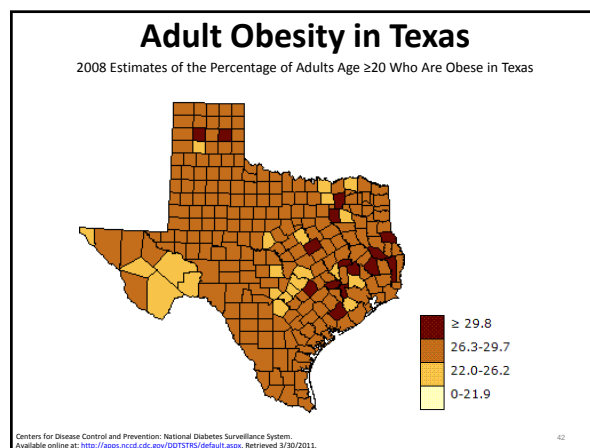
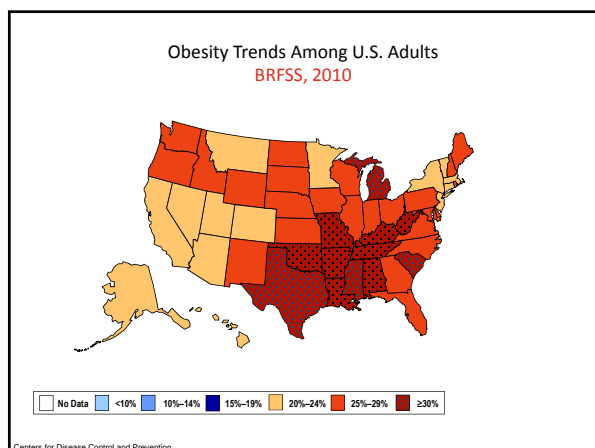
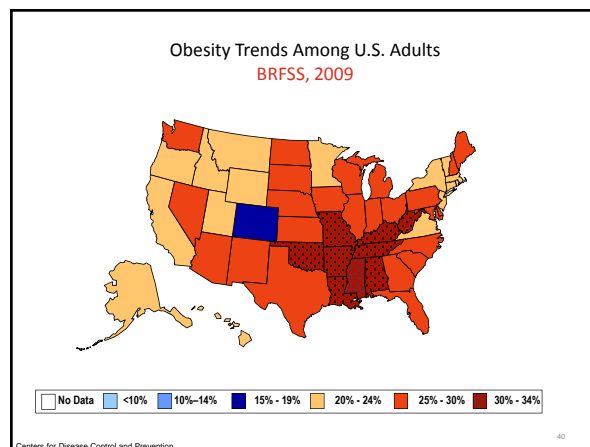
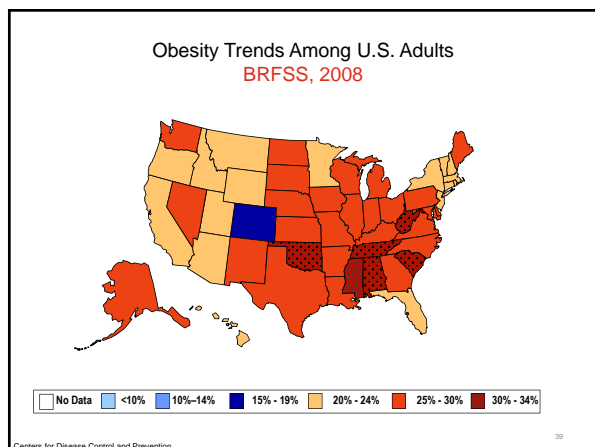
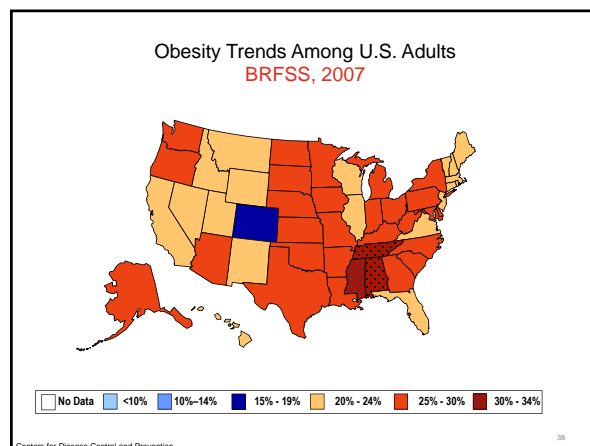
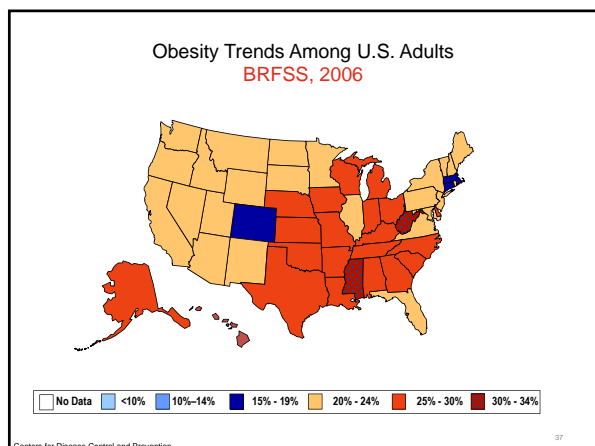
Your Health Matters: Fitness for Life

Introduction



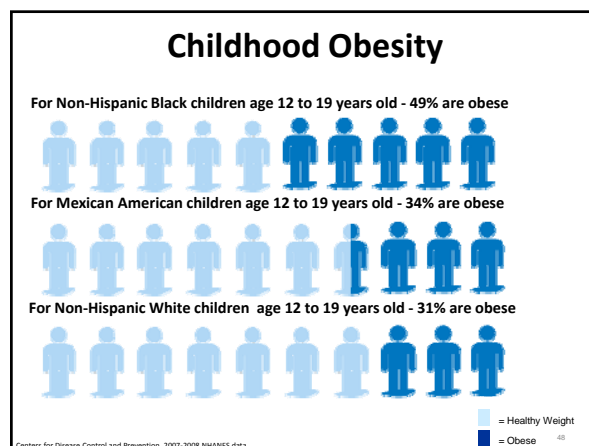
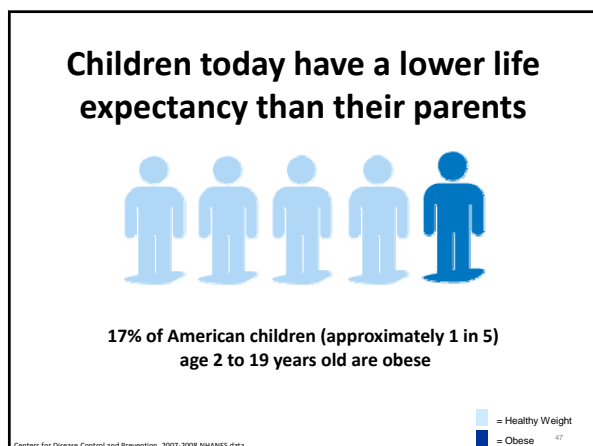
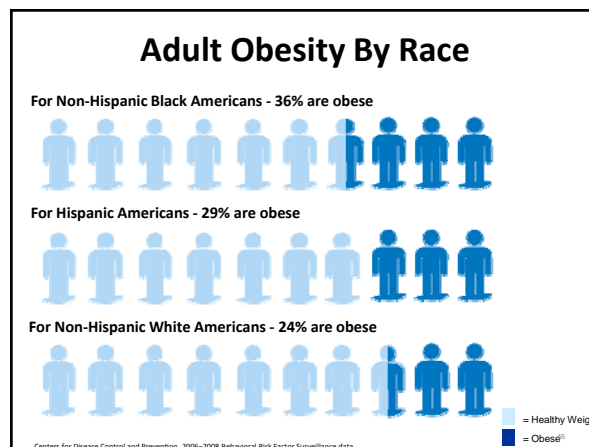
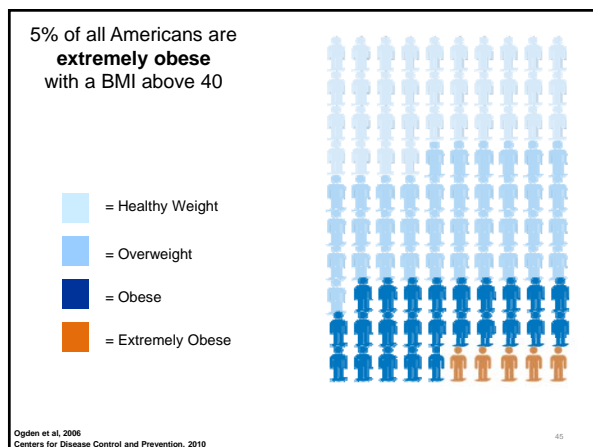
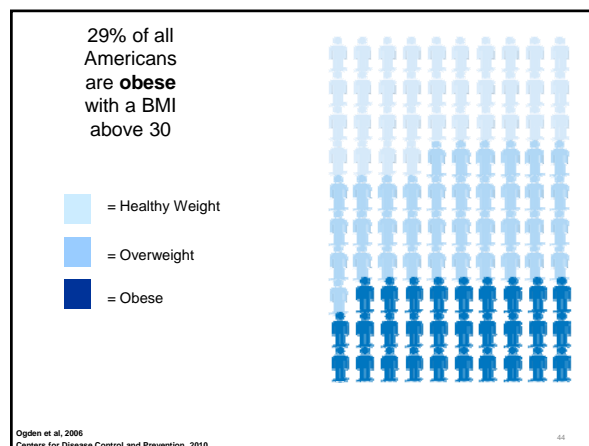
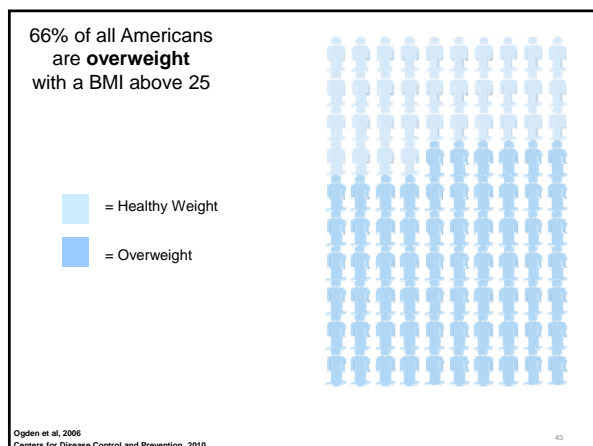
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Introduction



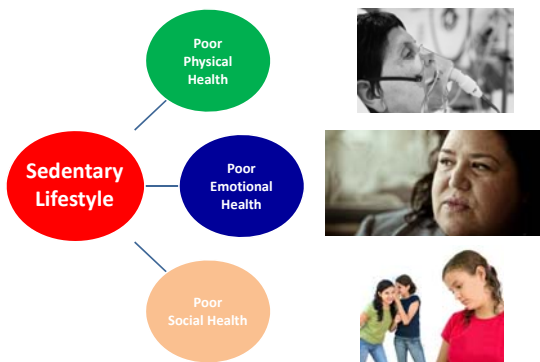
Your Health Matters: Fitness for Life

Introduction



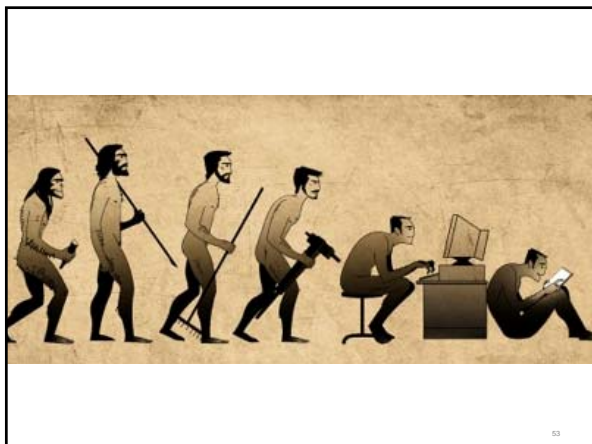
What are the health problems created by a sedentary lifestyle?

Consequences for Obese Individuals



Why are we so inactive?

Because we have designed activity out of our lifestyle.



How did we get here?

- The answer is simple:
 - We are eating more.
 - We are moving less.

Your Health Matters: Fitness for Life

Introduction

Toxic Environment:
Inexpensive unhealthy food available everywhere



Brownell, 1994 55

Toxic Environment: Conflicting Messages



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Toxic Environment: Screen Time
More time watching TV, computers, video games
Less time moving



American Pediatric Association; Brownell, 1994 57

Toxic Environment: Environmental Limitations
Traffic, sidewalks leading to nowhere, underused playgrounds




Centers for Disease Control and Prevention 58

Toxic Environment: Safety Concerns
No safe place to walk or play



Brownell, 1994 59

Toxic Environment:
Less Physical Education (P.E.) in Schools



Brownell, 1994; American Heart Association 60

Understanding Terms

- **Physical Activity** = bodily movement that expends energy
- **Exercise** = regular, planned, structured physical activity
- **Physical Fitness** = influenced by physical activity and exercise; consists of:

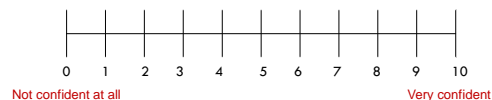
Body Composition
Muscular Strength
Muscular Endurance
Cardio Respiratory Endurance
Flexibility

Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1986). Physical Activity, Exercise, and Physical Fitness: Definitions and Distinctions for Health-Related Research. *Public Health Reports*, 101, 126-131.

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"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?



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Switch to
Energy Balance
PowerPoint

Body Mass Index Table

Normal							Overweight					Obese										Extreme Obesity																	
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54			
Height (inches)	Body Weight (pounds)																																						
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258			
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267			
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276			
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285			
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295			
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304			
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314			
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324			
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334			
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344			
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69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365			
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Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

Body Mass Index Table (BMI)

Height	Normal Weight						Overweight					Obesity										Extreme Obesity														
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
feet/ meters												Body Weight (pounds)																								
4'10" / 1.47	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
4'11" / 1.50	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
5'0" / 1.52	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
5'1" / 1.55	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
5'2" / 1.57	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
5'3" / 1.60	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
5'4" / 1.63	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
5'5" / 1.65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
5'6" / 1.68	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
5'7" / 1.70	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
5'8" / 1.73	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
5'9" / 1.75	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
5'10" / 1.78	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
5'11" / 1.80	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
6'0" / 1.83	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
6'1" / 1.85	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
6'2" / 1.88	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
6'3" / 1.91	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
6'4" / 1.93	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

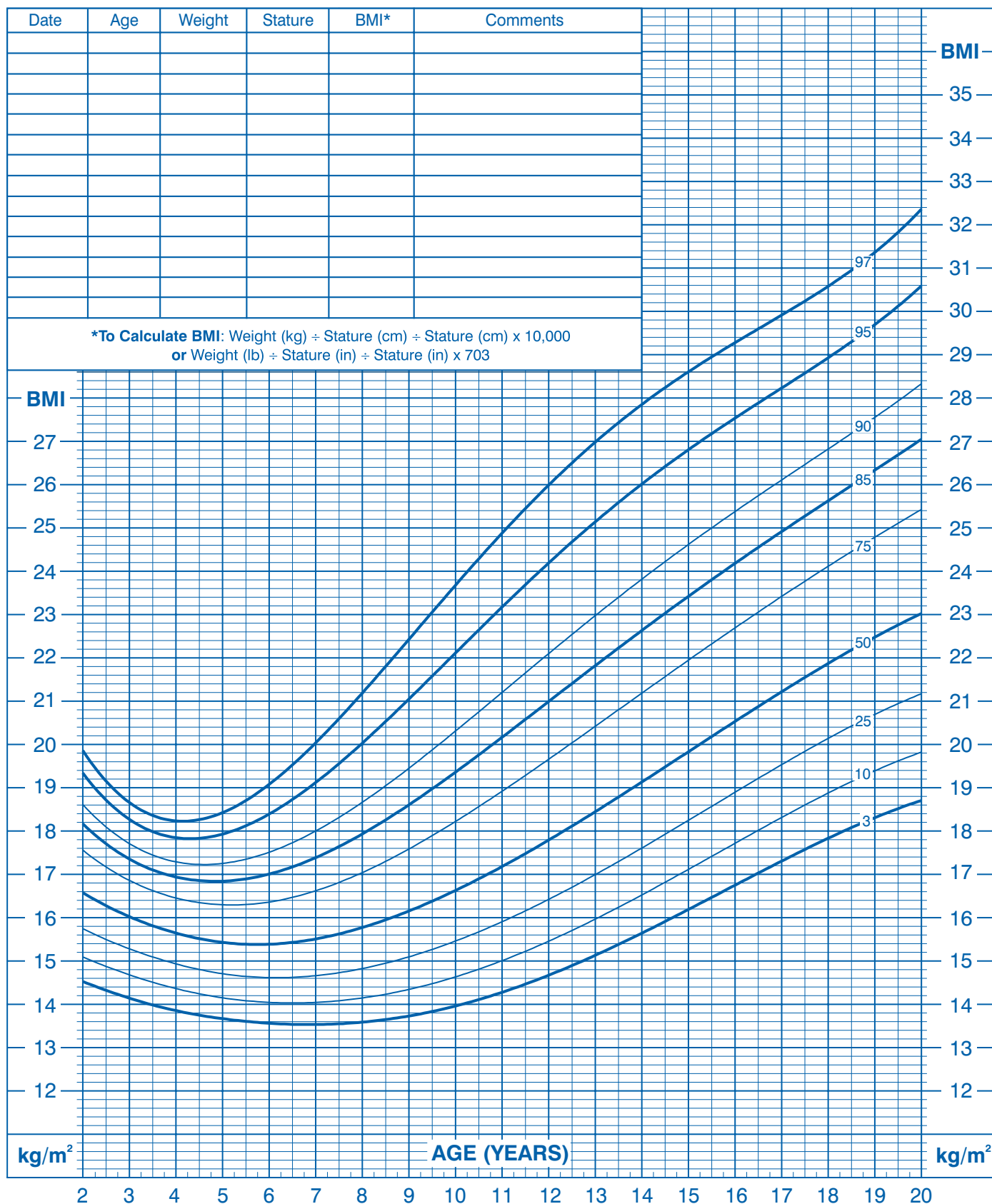
Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

2 to 20 years: Boys

Body mass index-for-age percentiles

NAME _____

RECORD # _____



Published May 30, 2000 (modified 10/16/00).

SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>

UTCO Your Health Matters: Fitness for Life Participant Handbook ~ June 2014



SAFER • HEALTHIER • PEOPLE™

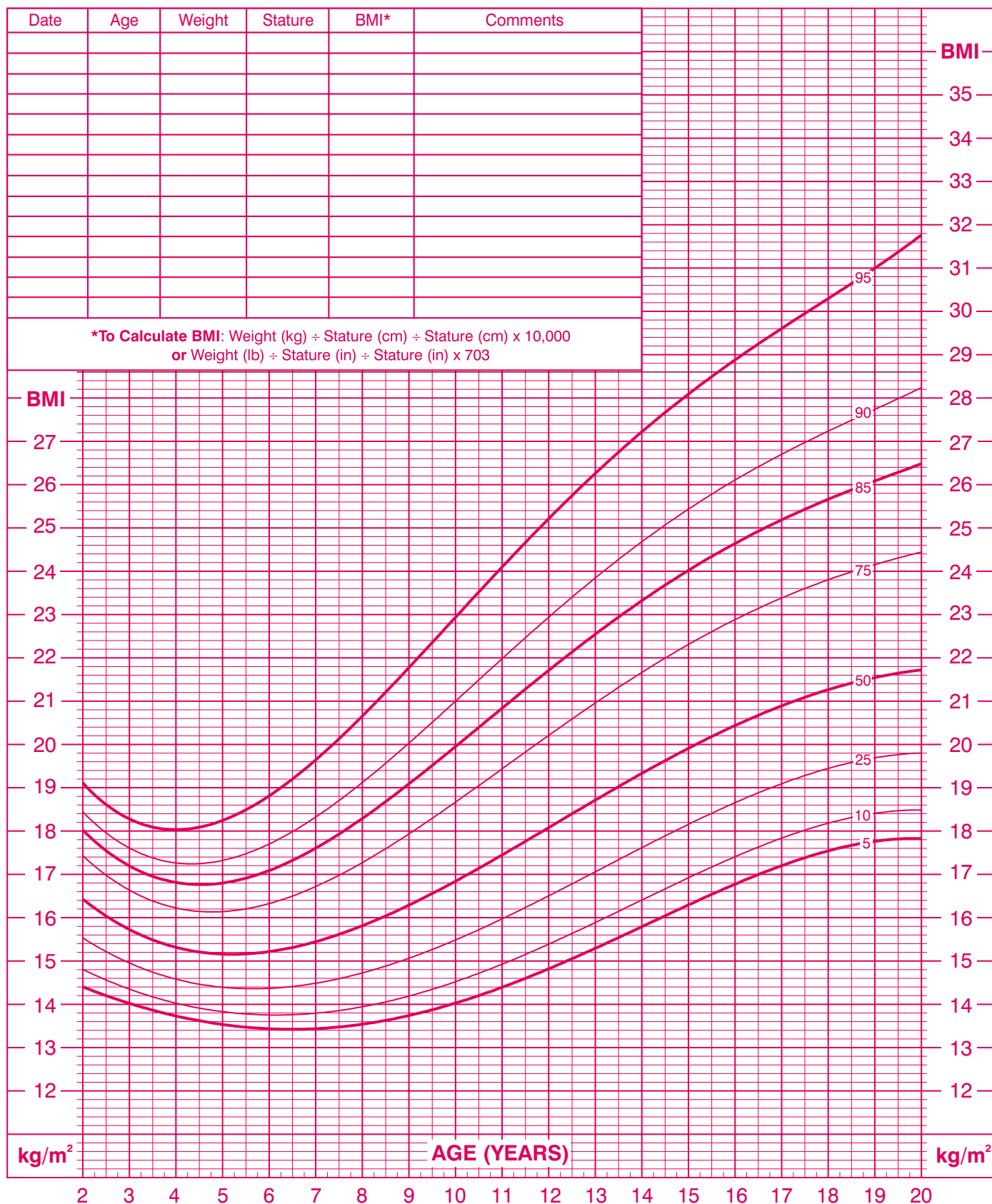
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2 to 20 years: Girls

Body mass index-for-age percentiles

NAME _____

RECORD # _____




Activity: Screen Time and Its Consequences

Screen Time Log

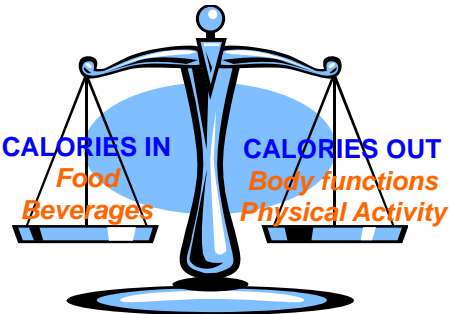
	Yesterday Time Spent (minutes)
TV	
Morning (before noon)	
Afternoon (noon-6:00)	
Evening (6:00-bedtime)	
Computer	
Morning (before noon)	
Afternoon (noon-6:00)	
Evening (6:00-bedtime)	
Phone Texting	
Morning (before noon)	
Afternoon (noon-6:00)	
Evening (6:00-bedtime)	
Video/Handheld Games	
Morning (before noon)	
Afternoon (noon-6:00)	
Evening (6:00-bedtime)	
Total Screen Time	
Physical Activity	
Morning (before noon)	
Afternoon (noon-6:00)	
Evening (6:00-bedtime)	
Total Physical Activity	

Your Health Matters: Fitness for Life



2: Energy Balance

Energy Balance



CALORIES IN
Food
Beverages


CALORIES OUT
Body functions
Physical Activity

Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute; National Institutes of Health

What is a calorie?

CALORIE = unit of energy supplied by food

Calorie Control helps with Energy Balance




How do you want to spend your calorie "budget"?


Centers for Disease Control and Prevention; American Dietetic Association

Calories, Energy Balance and Weight Control


Calories IN = Calories OUT
Energy Balance - maintain weight



Calories IN > Calories OUT over time
Out of balance - gain weight



Calories IN < Calories OUT over time
Out of balance - lose weight

Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute; National Institutes of Health

Calories IN to maintain weight is different for each person



Estimated calorie needs per day may range from 1,200 to 2,800 depending on sex, age, weight, height, activity level, health conditions and other factors.

Mapping Through the Life Cycle; Brown 2008; National Heart, Lung, and Blood Institute; National Institutes of Health

Calories IN to maintain weight: Different for each person



Example 1
Sedentary
45 year-old female
5'2" 147 pounds
BMI = 27.0 (overweight)

Calories needed per day: 1,800
to maintain current weight
(not to lose)

National Heart, Lung, and Blood Institute; National Institutes of Health

Calories IN to maintain weight:
Different for each person



Example 2
Moderately Active
16 year-old female
5'4" 128 pounds
BMI = 22

Calories needed per day: **2,000**
to maintain current weight

National Heart, Lung, and Blood Institute - National Institutes of Health

Calories IN to maintain weight:
Different for each person



Example 3
Moderately Active
65 year-old female
5'4" 155 pounds
BMI = 26.5 (**overweight**)

Calories needed per day: **1,800**
to maintain current weight
(not to lose weight!)



National Heart, Lung, and Blood Institute - National Institutes of Health

Calories OUT:
Healthy Weight Loss



100 extra calories/day = 10 pounds/year

➡ About 3,500 calories = 1 pound

➡ Healthy weight loss = 1-2 lbs/wk



9

Calories OUT:
Healthy Weight Loss



➡ Burn 3,500 to 7,000 cal/wk



Walk with your
kids to and
from school or
the bus stop.



Take a 10 minute
walk during a lunch
break at work.



Play outside
with your
family.

➡ You could lose 4 to 8 pounds per month

10

Calories IN:
Dietary Guidelines Key Points



Choose **MyPlate.gov**

Variety

Balance

Moderation

Nutrient Density

National Science Foundation Learning Inc. 2007

Calories IN:
Dietary Guidelines



Variety

Enjoy foods from all
food groups every day



National Science Foundation Learning Inc. 2007

Calories IN: Dietary Guidelines



Balance

*Eat the right amount
from each food group...
Watch portions!*

MyPlate: MyPlate.gov, © 2011 USDA

Calories IN: Dietary Guidelines



Moderation

*Eat mostly
fruits, vegetables,
and whole grains.
Limit fat and sugars.*



MyPlate: MyPlate.gov, © 2011 USDA

Calories IN: Dietary Guidelines



Nutrient Density

*Choose foods
rich in nutrients.
Avoid "empty calories."*

MyPlate: MyPlate.gov, © 2011 USDA

The Bottom Line...



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Energy Balance Key Point Recap



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



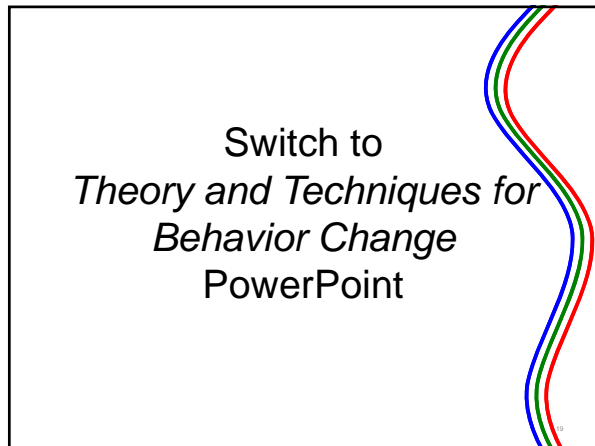
17

Let's move!

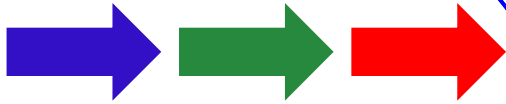


10-minute Activity Break

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Your Health Matters: Fitness for Life



3: Theory and Techniques for Behavior Change

Behavior Change

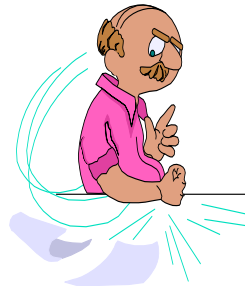
- People can change their behavior.
- People can change their behavior without the help of an intervention.
- BUT... interventions can help the change process begin sooner, happen more smoothly and be achieved longer.
- There are proven effective techniques that can assist in behavior change if applied correctly.

Transtheoretical Model

- 1) Describes behavior change as progression through stages.
- 2) Broad processes (and specific techniques) associated with behavior change.

* Theory at a Glance
<http://www.cancer.gov/cancertopics/cancerlibrary/theory.pdf>

Stages of Change



•Precontemplation

- Not thinking about change.
- May become angry if pushed about their behavior.
- Often characterized as resistant or unmotivated.

Stages of Change



•Contemplation

- Intends to change in the next six months.
- Thinking about change.
- Considering the pros and cons of changing (this can get them stuck in contemplation forever!).

Stages of Change



•Preparation

- Intending to make a change in the near future, usually within a month.
- Have a plan of action in mind.

Stages of Change



•Action

- There has been specific modification of behavior.
- They are “trying out” the new behavior.

7

Stages of Change



•Maintenance

- Working to prevent relapse.
- Change in behavior has lasted from 6 months to 5 years (depends on the behavior).

8

Relapse

- Some individuals start the cycle again, although not always back at the first stage.
- For example, an individual may stop wanting to perform the “new” behavior, and go back to contemplation or preparation.
- May be attributed to low motivation and/or use of an inappropriate strategy for change.

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Stages of Change

- Going through the stages is not a linear process! One can cycle through the stages over and over again.



10

Techniques for Enhance Motivation for Behavior Change

- These techniques align with a counseling approach called motivational interviewing.
- The techniques alone are not motivational interviewing but can be helpful in supporting behavior change.
- Motivational interviewing is a client-centered counseling style that enhances motivation for change by helping the client clarify and resolve ambivalence about behavior change.
- The goal of motivational interviewing is to create and amplify discrepancy between present behavior and broader goals. In other words, create cognitive dissonance between where one is and where one wants to be.

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"Change Talk"

- Communicates respect for participants.
- People are more likely to discuss change when asked vs. being lectured at.
- Engages individuals in their own change process.
- Shown to be effective for helping people move through stages of change with difficult behaviors.



12

Components of Motivational Strategies

- Affirm
- Reflect
- Summarize

Tools built into Outreach Modules

- We use easy tools to connect with audiences:
 - Decisional Balance
 - Importance, Confidence, & Readiness Rulers
 - Make a Plan
 - Role Modeling

Decisional Balance

What are the...

Disadvantages	Advantages

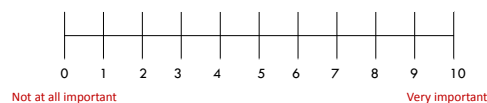
of being physically active for 30 minutes most days of the week?

15

Importance Ruler

On a scale of 0-10, how important is it for you to do 30 minutes of physical activity most days of the week?

HOW IMPORTANT IS IT?

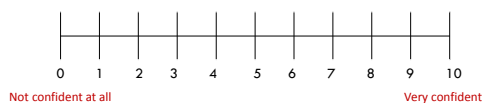


16

Confidence Ruler

“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?

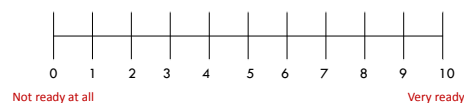


17

Readiness Ruler

“On a scale of 0-10, how ready are you to start being physically active?”

HOW READY ARE YOU?



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Make a plan!

Setting goals is the key to success.
Write in sensible, clear and possible to manage goals.

What type of exercise will you do?

For how long?

How many times a week?

When will you start?

STAGES OF CHANGE ACTIVITY

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- I don't have time. My family is my priority. I never finish what I have to do at home, in the kitchen, or with kids and their homework. After working all day, in the office and at home, I just want to go to bed without thinking about exercising.

Precontemplation

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- Three months ago I started walking in the evenings. At first I just did one lap around my neighborhood but now I walk at least 45 minutes most days. I feel great, I have more energy and I've lost 10 pounds.

Action

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- The doctor told me I have to lose weight to better maintain my diabetes. I'm ready to start. My plan is to go to aerobic classes at church. I haven't started but I did buy tennis shoes and next week I'm going to the classes with my neighbor.

Preparation

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- I'm a single mom with 3 small children. How am I going to go to run at the gym? Who is going to care for my kids? I would like to exercise because I know it's important for my health, but I don't know how I'm going to have the chance.

Contemplation

24

- I have been walking with a close friend each morning for 3 years. After the kids leave for school we walk in the neighborhood. This has helped me so much with depression and has given me more energy and I sleep better.

Maintenance

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Switch to *Fitness Basics* PowerPoint

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Processes of Change

Process	Description	Techniques
Consciousness Raising (Helpful to move people from Precontemplation to contemplation)	Finding and learning new facts, ideas and tips that support healthy change and increase feelings of susceptibility and seriousness of unhealthy behavior	<ul style="list-style-type: none"> •Presentations, brochures and feedback that are personalized and confront unhealthy behavior •Media campaigns
Dramatic Relief (Helpful to move people from Precontemplation to contemplation)	Observing and emotionally reacting to a dramatization or story about issues relative to behavior	<ul style="list-style-type: none"> •Television spots •Testimonials •Role model stories
Environmental Reevaluation (Helpful to move people from Precontemplation to contemplation)	Increasing concern about the effects of the old behavior on the social or physical environment.	<ul style="list-style-type: none"> •Family interventions •Documentaries showing negative impact of unhealthy behavior

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Processes of Change, Cont'd

Process	Description	Techniques
Self-Reevaluation (Helpful to move people from contemplation to preparation)	Personal reflection about how adopting the "new" behavior would improve one's self image and holding on to the "old" behavior is harmful to one's self-image	<ul style="list-style-type: none"> •Values clarification •Mental imagery •Seeing Healthy role models
Self-liberation (Helpful to move people from preparation to action)	Statements to oneself that change can happen; firm commitment to change	<ul style="list-style-type: none"> •Skills training •Coping strategies •Resolutions •Contracts •Offering multiple choices for change
Reinforcement Management (Helpful to move people from action to maintenance)	Control of reinforcements; increasing rewards for healthy behavior and decreasing rewards for unhealthy behavior	<ul style="list-style-type: none"> •Rewards or incentives •Vicarious reinforcement (seeing others rewarded) •Contracts with reinforcement •Group recognition

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Processes of Change, Cont'd

Process	Definition	Techniques
Helping Relationships (Helpful to move people from action to maintenance)	Person's perception that there are people who will emotionally and socially support them with behavior change	<ul style="list-style-type: none"> •Emotional support (support groups, individual counseling) •Social support (buddy groups, family involvement, recognition)
Counter Conditioning (Helpful to move people from action to maintenance)	Substituting healthier behaviors for the unhealthy behavior. e.g., taking a walk instead of eating, chewing gum instead of smoking.	<ul style="list-style-type: none"> •Relaxation training •Assertiveness training •Positive self-statements
Stimulus Control	Manipulating the environment to remove cues for unhealthy behavior and adds cues for healthy behavior e.g., remove candy and have vegetables prepared to eat;	<ul style="list-style-type: none"> •Avoid certain places •Environmental / policy change •Self-help groups •Create highly visible cues for healthy behavior e.g. leave tennis shoes in car

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Processes of Change, Cont'd

Process	Description	Techniques
Social Liberation (Helpful in all stages)	Realizing that the social norms are changing in the direction of supporting the healthy behavior	<ul style="list-style-type: none"> •Policy changes •Environmental changes •Awareness activities

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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







USDA MyPyramid: Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

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





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

Risks of inactivity

- Premature death
- Heart disease
- Type 2 diabetes
- High blood pressure
- High cholesterol
- Stroke
- Obesity
- Certain cancers
- Osteoporosis
- Depression
- Anxiety



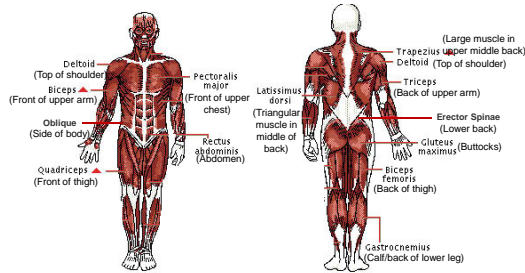


Centers for Disease Control and Prevention; Canadian Society for Exercise Physiology; American Cancer Society

Your Health Matters: Fitness for Life

Fitness Basics

The major muscle groups are used in physical fitness whether it be for muscular strength, muscular endurance, Cardio-Respiratory Endurance, or Flexibility.



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Strength Training Exercise	Major Muscle groups used
Arm Curls	upper arms (biceps & triceps)
Overhead Arm Raise	Deltoids (shoulder), triceps & biceps
Front Arm Raise	Deltoids (shoulder) and Pectoralis (chest)
Side Arm Raise	Triceps, Deltoids (arms & shoulders) and Obliques (side)
Seated row	Latissimus Dorsi, Erector Spinae (back), biceps and triceps (arms)
Back leg raise	Quadriceps, Hamstrings and Gastrocnemius (Thigh and calf)
Leg curls	Quadriceps, Hamstrings and Gastrocnemius (thigh and calf)
Side leg raise	Abductors ,Adductors (muscles to move away from & toward the body) and Gluteus (buttocks)

8

Three types of exercise are:

- Weight-bearing
- Resistance
- Flexibility



Web MD.com

9

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.

Web MD.com

10

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.

Web MD.com

11

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

Web MD.com

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Sample Strength Training routine

- Warm up
 - 5-10 minutes walk briskly, stretch muscles
- Strength training exercises
 - Complete 1-2 sets of 10-12 repetitions 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



Calories OUT: Activity Guidelines

“FITT”

Frequency

Intensity

Time

Type



Calories OUT: Activity Guidelines


Frequency

How often you are physically active




Your Health Matters: Fitness for Life

Fitness Basics



Calories OUT: Activity Guidelines



Intensity

Your level of physical activity

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

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



Active Your Way, U.S. Department of Health and Human Services 2009, Activity Guidelines for Americans

MODERATE-INTENSITY ACTIVITY	Calories used in 1 hour*	Calories used in 30 minutes*
Dancing	330	165
Bicycling (less than 10mph)	290	145
Walking (3½ mph)	280	140
Weight training	220	110
Stretching	180	90



*For a 154-pound man (5'10")
USDA MyPyramid

VIGOROUS-INTENSITY ACTIVITY	Calories used in 1 hour*	Calories used in 30 minutes*
Heavy yard work (chop wood)	440	220
Aerobics	480	240
Bicycling (more than 10mph)	590	295
Jogging (5 mph)	590	295
Swimming (slow freestyle laps)	510	255
Basketball	440	220





*For a 154-pound man (5'10")
USDA MyPyramid


DAILY LIVING ACTIVITY	Time & Frequency	Pounds lost per year*
Walk briskly part of the way to/from work/home	10 min 5X/week	4
Use the stairs whenever possible	5 min 5X/week	2
Take a brisk walk during your lunch break	10 min 5X/week	4
Ride stationary bike while reading/listening to music	10 min 5X/week	5
Play actively with your children	15 min 7X/week	7

*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

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

Your Health Matters: Fitness for Life

Fitness Basics

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



Centers for Disease Control and Prevention

Guidelines for important health benefits

*Children need age-appropriate activity
at least 60 minutes per day*



26

National Association for Sports and Physical Education; Centers for Disease Control and Prevention



Calories OUT: Activity Guidelines

Type
aerobic or
strength training



27

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

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!

Be Active Your Way. U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans; Centers for Disease Control and Prevention; National Heart Lung and Blood Institute; American Cancer Society

How much activity do you need?

For general health, adults need strengthening 2 days a week.

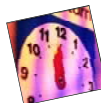
MUSCLE STRENGTH TRAINING

- 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



Be Active Your Way. U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans; Centers for Disease Control and Prevention; National Heart Lung and Blood Institute; Craft & Exercise Guide; National Institute on Aging

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.



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Be Active Your Way. U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

Your Health Matters: Fitness for Life

Fitness Basics

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.



Be Active Your Way. U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

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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.



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Keep Track Each Week



Refer to back of section

Be Active Your Way. U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

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Let's move!



10-minute Activity Break

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Fitness Basics Key Point Recap

- 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.



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Switch to
*How to Get Started
and Stay Active*
PowerPoint

Your Everyday Guide

from the National Institute on Aging

Exercise & Physical Activity

4

sample exercises



endurance



make it rewarding

Regular endurance exercise has helped Tom stay healthy after major heart surgery:

“At age 45 I had quadruple bypass surgery. I was shocked because I was so young. Those months after my surgery are a blur to me now. After several months of cardiac rehab, I knew my heart health was in my hands. So, now I run regularly at my neighborhood YMCA — around the track in nice weather and on the treadmill during the winter. I admit I was nervous at first to push myself. I worried I might do more harm than good. But, it’s been 12 years and I feel great! This year, I will celebrate my daughter’s graduation from college, continue to root for the Aggies, and maybe even teach my wife to play golf. I believe exercise has made all of that possible for me.”

How to Improve Your Endurance

Endurance exercises are activities — walking, jogging, swimming, raking, sweeping, dancing, playing tennis — that increase your heart rate and breathing for an extended period of time. They will make it easier for you to walk farther, faster, or uphill. They also should make everyday activities such as gardening, shopping, or playing a sport easier.

How Much, How Often

Refer to your starting goals, and build up your endurance gradually. If you haven't been active for a long time, it's especially important to work your way up over time. It may take a while to go from a longstanding inactive lifestyle to doing some of the activities in this section. For example, start out with 5 or 10 minutes at a time, and then build up to at least 30 minutes of moderate-intensity endurance activity. Doing less than 10 minutes at a time won't give you the desired heart and lung benefits.

Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best. Remember, though, that these are goals, not rules. Some people will be able to do more.

Counting Your Steps



Step counters can help you keep track of your endurance activity, set goals, and measure progress. Most inactive people get fewer than 5,000 steps a day, and some very inactive people get only 2,000 steps a day.

Wear the step counter for a few days to see how you're doing. You can use the **Endurance Daily Record** on page 105 to record your steps. If you get:

- Fewer than 5,000 steps a day, gradually try to add 3,000 to 4,000 more steps a day.
- About 8,000 steps a day, you're probably meeting the recommended activity target.
- 10,000 or more steps a day, you can be confident that you're getting an adequate amount of endurance activity.
- 10,000 steps a day comfortably, try for 15,000 steps a day, which would put you in the high-activity group.



**QUICK TIP**

Some people are afraid to exercise after a heart attack. But regular physical activity can help reduce your chances of having another heart attack.

If you've had a heart attack, talk with your doctor to be sure you're following a safe, effective physical activity program. Ask about cardiac rehab programs, which include exercise, education, and counseling to help you return to an active life.

Making It REAL!

Walking 2 miles a day at the mall will help you keep up with your grandchildren during a trip to the park.

Others, however, may not be able to exercise for 30 minutes at a time. It's important to set realistic goals based on your own health and abilities.

Safety

Listen to your body. Is the activity making you feel unwell or too tired? Endurance activities should not make you breathe so hard that you can't talk. They should not cause dizziness, chest pain or pressure, or a feeling like heartburn.

Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.

As you get older, you may not feel thirsty even though your body needs fluids. Be sure to drink liquids when doing any activity that makes you sweat. By the time you notice you are thirsty, you probably are already low on fluid. This guideline is important year round, but it's especially important in hot weather. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising. For example, people with congestive heart failure or kidney disease may need to limit fluids.

Older adults can be affected by heat and cold more than others. In extreme cases, too much heat can cause heat stroke, and very cold temperatures can lead to a dangerous drop in body temperature. If you are going to be outdoors, dress in layers so you can add or remove clothes as needed. When it's not possible to be outdoors, you may want to try indoor activities:

- If you have stairs at home, go up and down the steps a few times in a row.
- Walk at the mall or grocery store.
- Go for a swim at your local fitness or recreation center.

Whatever activity you choose, stay safe. To prevent injuries, be sure to use safety equipment. For example, wear a helmet when bicycling. When you're walking, watch out for low-hanging branches and uneven sidewalks. Walk during the day or in well-lit areas at night, and be aware of your surroundings. Ask someone to go with you. Wear the proper shoes (see page 22).

**GO HERE FOR MORE INFO**

For more about drinking enough fluids, see page 97.

Progressing

When you're ready to do more, build up the amount of time you spend doing endurance activities first, then build up the difficulty of your activities. For example, gradually increase your time to 30 minutes over several days to weeks (or even months, depending on your condition) by walking longer distances. Then walk more briskly or up steeper hills. See page 13 for more examples of physical activities that build endurance. To record your activities, use the **Endurance Daily Record** on page 105.



Ways to Gauge Your Effort

The amount of effort you need to do an activity will depend on your starting point, including your fitness level, how strong you are, and how active you've been. For example, walking a mile in 15 minutes will be a lot easier for someone who does it every day compared with someone who has never done it. You can use these informal guidelines to estimate how much effort you are putting into your endurance activities:

- Brisk walking is an example of moderate activity, while jogging is a vigorous activity.
- Talking is easy during moderate activity. During vigorous activity, talking is difficult.
- If you tend to sweat, you probably won't sweat during light activity (except on hot days). You will sweat during vigorous or sustained moderate activity. Remember to drink fluids even if you don't sweat.

One doctor who specializes in exercise for older adults tells her patients the following about how hard they should work during endurance activities: "If you can't talk while you're exercising, it's too difficult. If you can sing a song, it's too easy!"



strength



make it affordable

Exercising at home is just one way to be active. We feature it because most older people can do it, but you also might try Bonita's example:

"I'm 69 and live on my Social Security income. My kids try to spoil me, but I'd rather do things on my own as much as possible. When looking for a fitness center where I could use strength-building equipment, I bargained the owner down to a monthly fee that I could afford. I started with 1-pound weights and gradually moved on to heavier weights. I also added stretching to my routine. I've always been active, but never as much as I am now. Joining the fitness center has done me a world of good. The owner of my club holds me up as an example, and my family is so proud of me."

How to Improve Your Strength

Even very small changes in muscle strength can make a real difference in function, especially in people who have already lost a lot of muscle. An increase in muscle that you can't even see can make it easier to do everyday things like get up from a chair, climb stairs, carry groceries, open jars, and even play with your grandchildren. Lower-body strength exercises also will improve your balance.

About Strength Exercises

To do most of the strength exercises in this book, you need to lift or push weights. You can use weights, resistance bands, or common objects from your home. Or, you can use the strength-training equipment at a fitness center or gym. Start with light weights and gradually increase the amount of weight you use.

How Much, How Often

Try to do strength exercises for all of your major muscle groups on **2 or more days per week for 30-minute sessions each**, but don't exercise the same muscle group on any 2 days in a row. (Use the **Weekly Exercise and Physical Activity Plan** on page 104.)

- Depending on your condition, you might need to start out using 1- or 2-pound weights, or no weight at all. Your body needs to get used to strength exercises.
- Use a light weight the first week, then gradually add more weight. Starting out with weights that are too heavy can cause injuries.



**QUICK TIP**

A repetition, or rep, is one complete movement of an exercise, and a set is one group of reps. In this guide, a set of strength exercises is 10 to 15 repetitions. You can use the **Strength and Balance Daily Record** on page 106 to keep track of the number of strength exercises you do.

Making It REAL!

Want to be able to lift your carry-on bag into the overhead bin of the airplane or get in and out of the car more easily? Keep doing those strength exercises, and you'll get there.

- Gradually add more weight in order to benefit from strength exercises. You need to challenge your muscles to get the most benefit from strength exercises. (The Progressing section on page 43 will tell you how.)
- It should feel somewhere between hard and very hard for you to lift or push the weight. It shouldn't feel very, very hard. If you can't lift or push a weight 8 times in a row, it's too heavy for you. Reduce the amount of weight.
- Take 3 seconds to lift or push a weight into place, hold the position for 1 second, and take another 3 seconds to return to your starting position. Don't let the weight drop; returning it slowly is very important.
- Try to do 10 to 15 repetitions for each exercise. Think of this as a goal. If you can't do that many at first, do as many as you can. You may be able to build up to this goal over time.
- Don't hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. This is especially true for people with heart disease.
- Breathe regularly. Breathe in slowly through your nose and breathe out slowly through your mouth. If this is not comfortable or possible, breathe in and out through either your nose or mouth.
- Breathe out as you lift or push, and breathe in as you relax. For example, if you're doing leg lifts, breathe out as you lift your leg, and breathe in as you lower it. This may not feel natural at first, and you probably will have to think about it for a while as you do it.
- Proper form and safety go hand-in-hand. For some exercises, you may want to start alternating arms and work your way up to using both arms at the same time. If it is difficult for you to hold hand weights, try using wrist weights.
- To prevent injury, don't jerk or thrust weights into position. Use smooth, steady movements.
- Avoid "locking" your arm and leg joints in a tightly straightened position. To straighten your knees, tighten your thigh muscles. This will lift your kneecaps and protect them.

Safety

- Talk with your doctor if you are unsure about doing a particular exercise. For example, if you've had hip or back surgery, talk about which exercises might be best for you.

- For many of the sample exercises in this guide, you will need to use a chair. Choose a sturdy chair that is stable enough to support your weight when seated or when holding on during the exercise.
- Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first. After doing these exercises for a few weeks, you will probably not be sore after your workout.



Progressing

Muscle strength is progressive over time. Gradually increase the amount of weight you use to build strength. When you can do 2 sets of 10 to 15 repetitions easily, increase the amount of weight at your next session.

Here's an example of how to progress gradually: Start out with a weight that you can lift only 8 times. Keep using that weight until you become strong enough to lift it easily 10 to 15 times. When you can do 2 sets of 10 to 15 repetitions easily, add more weight so that, again, you can lift it only 8 times. Keep repeating until you reach your goal, and then maintain that level as long as you can.

**FOR HOUSEHOLD
HANDWEIGHTS**
See page 45



QUICK TIP

Challenge yourself, but listen to your body, and use common sense when you exercise.



If you feel sick or have pain during or after exercise, you're doing too much.



Exhaustion, sore joints, and painful muscle pulling mean you're overdoing it. None of the exercises should cause severe pain.

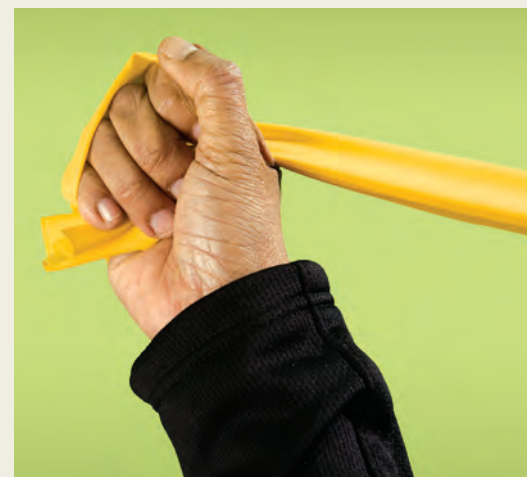
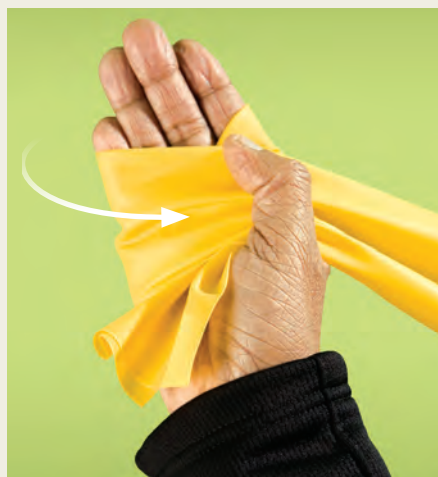


Over-exercising can cause injury, which may lead to quitting altogether. A steady rate of progress is the best approach.

Working with a Resistance Band

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights.

Wrapping a resistance band



1. Lay the band flat in your hand with the end toward your pinky finger.
2. Wrap the long end of the band around the back of your hand.
3. Grasp firmly.

TIP

If you are a beginner, try exercising without the band until you are comfortable, then add the band. Choose a light band if you are just starting to exercise, and move on to a stronger band when you can do 2 sets of 10 to 15 repetitions easily. Hold on to the band tightly (some bands have handles), or wrap it around your hand or foot to keep it from slipping and causing possible injury. Do the exercises in a slow, controlled manner, and don't let the band snap back.

Working with Weights

You don't have to go out and buy weights for strength exercises. Find something you can hold on to easily. For example, you can make your own weights from unbreakable household items:

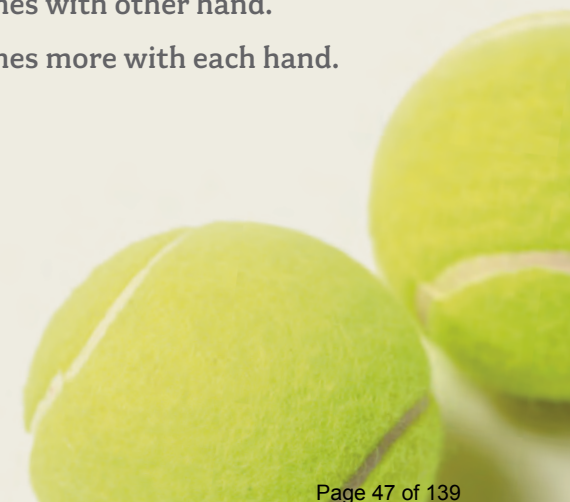
- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.



Hand Grip

This simple exercise should help if you have trouble picking things up or holding on to them. It also will help you open things like that pickle jar more easily. You can even do this exercise while reading or watching TV.

1. Hold a tennis ball or other small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10-15 times.
5. Repeat 10-15 times with other hand.
6. Repeat 10-15 times more with each hand.



Wrist Curl

This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10-15 times.
5. Repeat with other hand 10-15 times.
6. Repeat 10-15 more times with each hand.



This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

Overhead Arm Raise

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



Front Arm Raise

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



This exercise will strengthen your shoulders and make lifting groceries easier.

Side Arm Raise

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



Arm Curl

After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



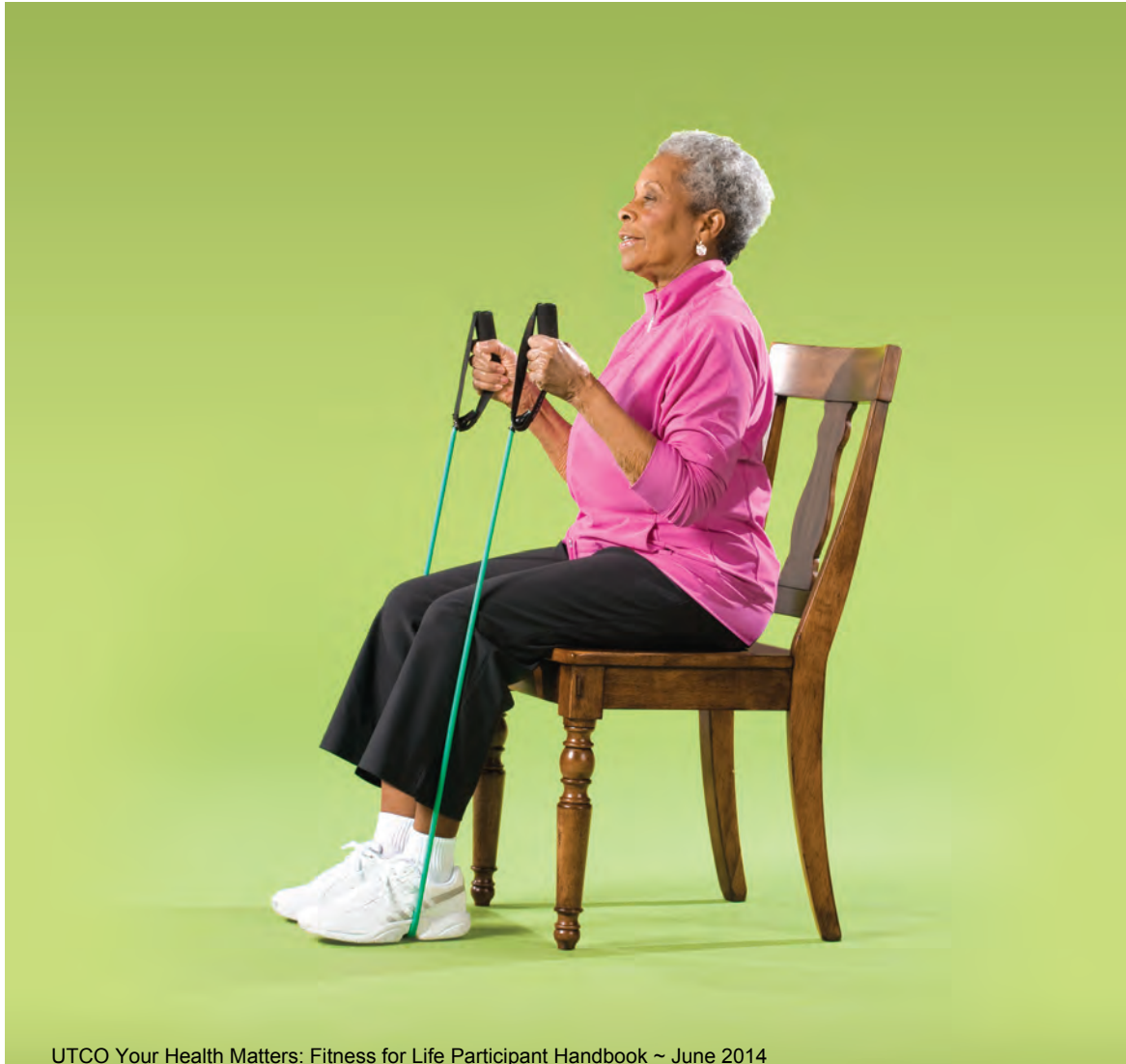
This variation of the **Arm Curl** uses a resistance band instead of weights. (See **Working with a Resistance Band** on page 44.)

Arm Curl with Resistance Band

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier strength band.



Seated Row with Resistance Band

This exercise to strengthen upper back, shoulder, and neck muscles should make everyday activities such as raking and vacuuming easier. (See **Working with a Resistance Band** on page 44.)

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for 1 second.
6. Breathe in as you slowly return your hands to the starting position.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier strength band.



These push-ups will strengthen your arms, shoulders, and chest.
Try this exercise during a TV commercial break.

Wall Push-Up



1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breathe out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

Elbow Extension

This exercise will strengthen your upper arms. If your shoulders aren't flexible enough to do this exercise, try the **Chair Dip** on page 55.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
4. Support this arm below elbow with other hand. Breathe in slowly.
5. Slowly bend raised arm at elbow and bring weight toward shoulder.
6. Hold position for 1 second.
7. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow.
8. Repeat 10-15 times.
9. Repeat 10-15 times with other arm.
10. Repeat 10-15 more times with each arm.

TIP

If it's difficult for you to hold hand weights, try using wrist weights.



This pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.

Chair Dip

1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
2. Lean slightly forward; keep your back and shoulders straight.
3. Grasp arms of chair with your hands next to you. Breathe in slowly.
4. Breathe out and use your arms to push your body slowly off the chair.
5. Hold position for 1 second.
6. Breathe in as you slowly lower yourself back down.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.



Back Leg Raise

This exercise strengthens your buttocks and lower back. For an added challenge, you can modify the exercise to improve your balance. (See **Progressing to Improve Balance** on page 68.)

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

TIP

As you progress, you may want to add ankle weights.



This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can modify the exercise to improve your balance. (See **Progressing to Improve Balance** on page 68.)

Side Leg Raise

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

TIP

As you progress, you may want to add ankle weights.



Knee Curl

1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

TIP

As you progress, you may want to add ankle weights.

Walking and climbing stairs are easier when you do both the **Knee Curl** and **Leg Straightening** exercises. For an added challenge, you can modify the exercise to improve your balance. (See **Progressing to Improve Balance** on page 68.)



This exercise strengthens your thighs and may reduce symptoms of arthritis of the knee.

Leg Straightening

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

TIP

As you progress, you may want to add ankle weights.



Chair Stand

This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car. If you have knee or back problems, talk with your doctor before trying this exercise.

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.





People with back problems should start the exercise from the sitting upright position.



Toe Stand

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10-15 times.
6. Rest; then repeat 10-15 more times.

TIP

As you progress, try doing the exercise standing on one leg at a time for a total of 10-15 times on each leg.

This exercise will help make walking easier by strengthening your calves and ankles. For an added challenge, you can modify the exercise to improve your balance. (See **Progressing to Improve Balance** on page 68.)



balance



make it a habit

Lian, age 68, has found that regular tai chi classes have improved her balance and flexibility:

“Early every morning, I join a group of my neighbors, and we practice tai chi for about an hour. We start out with a gentle warm-up and breathing exercises. Then our teacher shows us how to do certain poses and leads us step by step through the slow, flowing movements. We end with cooling down exercises. This exercise routine has boosted my confidence and reduced my fear of falling. It also keeps my arthritis under control.”



Making It REAL!

You're walking in the neighborhood and you hear a bicycle bell behind you. Knowing you can turn around quickly and move out of the way without losing your balance is a great feeling!

How to Improve Your Balance

Each year, more than 1.6 million older Americans go to the emergency room because of fall-related injuries. A simple fall can cause a serious fracture of the arm, hand, ankle, or hip. Balance exercises can help you prevent falls and avoid the disability that may result from falling.

How Much, How Often

You can do the balance exercises in this section as often as you like. They overlap with the lower-body strength exercises, which also can improve your balance. Do the strength exercises 2 or more days per week, but not on any 2 days in a row.

Safety

- Have a sturdy chair or a person nearby to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about doing a particular exercise.

Progressing

These exercises can improve your balance even more if you modify them as you progress. Start by holding on to a sturdy chair for support. To challenge yourself, try holding on to the chair with only one hand; then with time, you can try holding on with only one finger, then no hands. If you are steady on your feet, try doing the exercise with your eyes closed. (See **Progressing to Improve Balance** on page 68.) You can use the **Strength and Balance Daily Record** on page 106 to keep track of your balance exercises.

Anytime, Anywhere Balance Exercises

You can do exercises to improve your balance almost anytime, anywhere, and as often as you like, as long as you have something sturdy nearby to hold on to if you become unsteady. In the beginning, using a chair or the wall for support will help you work on your balance safely.

You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance. (See **Progressing to Improve Balance** on page 68.)

Stand on One Foot

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.



Heel-to-Toe Walk

Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toes of your other foot.
4. Repeat for 20 steps.

TIP

If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.



Good balance helps you walk safely and avoid tripping and falling over objects in your way.

Balance Walk

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.



As you progress, try looking from side to side as you walk, but skip this step if you have inner ear problems.



Progressing to Improve Balance

The exercises in this guide — especially those to strengthen your legs and ankles — can help improve your balance. As you progress, try adding the challenges shown below to help even more. For example, start by holding on to a sturdy chair with both hands for support. To challenge yourself further, try holding on to the chair with only one hand. As you feel steady, try using just one finger to balance you. Then, try balancing without holding on. When you are steady on your feet, try doing the exercises with your eyes closed. You can use these modifications with the following exercises:

Back Leg Raise (page 56)
Side Leg Raise (page 57)
Knee Curl (page 58)
Toe Stand (page 62)



flexibility



make it happen

Grace, age 66, has found that stretching exercises have become an important addition to her new exercise routine:

“I grew up on a farm and continued farming after I married. So, I was used to hard work and plenty of physical activity. When my son and his family took over running the farm, I needed to start a new exercise routine. Now, I begin most mornings with a walk and stretches. Good thing, too! The stretching keeps me limber, and the walking gives me plenty of stamina to keep up with my seven grandchildren. Exercise helps me stay active in their lives, and that makes it all worthwhile.”

Making It REAL!

How easy is it for you to turn around and look behind you before backing out of a parking space? What about bending down to tie your shoes? Flexibility exercises will help you do both more easily!



How to Improve Your Flexibility

Stretching, or flexibility, exercises are an important part of your physical activity program. They give you more freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching objects on a shelf. Stretching exercises can improve your flexibility but will not improve your endurance or strength.

How Much, How Often

- Do each stretching exercise 3 to 5 times at each session.
- Slowly stretch into the desired position, as far as possible without pain, and hold the stretch for 10 to 30 seconds. Relax, breathe, then repeat, trying to stretch farther.

Safety

- Talk with your doctor if you are unsure about a particular exercise. For example, if you've had hip or back surgery, talk with your doctor before doing lower-body exercises.
- Always warm up before stretching exercises. Stretch after endurance or strength exercises. If you are doing only stretching exercises, warm up with a few

minutes of easy walking first. Stretching your muscles before they are warmed up may result in injury.

- Always remember to breathe normally while holding a stretch.
- Stretching may feel slightly uncomfortable; for example, a mild pulling feeling is normal.
- You are stretching too far if you feel sharp or stabbing pain, or joint pain — while doing the stretch or even the next day. Reduce the stretch so that it doesn't hurt.
- Never “bounce” into a stretch. Make slow, steady movements instead. Jerking into position can cause muscles to tighten, possibly causing injury.
- Avoid “locking” your joints. Straighten your arms and legs when you stretch them, but don't hold them tightly in a straight position. Your joints should always be slightly bent while stretching.

Progressing

You can progress in your stretching exercises. For example, as you become more flexible, try reaching farther, but not so far that it hurts. You can use the **Flexibility Daily Record** on page 107 to keep track of your flexibility exercises.

Neck

This easy stretch can help relieve tension in your neck. Try to stretch after strength training and during any activity that makes you feel stiff, such as sitting at a desk.

1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a comfortable position.
4. Hold the position for 10-30 seconds.
5. Turn your head to the left and hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.



Shoulder

This exercise to stretch your shoulder muscles will help improve your posture.

1. Stand back against a wall, feet shoulder-width apart and arms at shoulder height.
2. Bend your elbows so your fingertips point toward the ceiling and touch the wall behind you. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel sharp pain.
3. Hold position for 10-30 seconds.
4. Let your arms slowly roll forward, remaining bent at the elbows, to point toward the floor and touch the wall again, if possible. Stop when you feel a stretch or slight discomfort.
5. Hold position for 10-30 seconds.
6. Alternate pointing above head, then toward hips.
7. Repeat at least 3-5 times.



This exercise to increase flexibility in your shoulders and upper arms will help make it easier to reach for your seatbelt. **If you have shoulder problems, talk with your doctor before trying this stretch.**

Shoulder and Upper Arm

1. Stand with feet shoulder-width apart.
2. Hold one end of a towel in your right hand.
3. Raise and bend your right arm to drape the towel down your back. Keep your right arm in this position and continue holding on to the towel.
4. Reach behind your lower back and grasp the towel with your left hand.
5. To stretch your right shoulder, pull the towel down with your left hand. Stop when you feel a stretch or slight discomfort in your right shoulder.
6. Repeat at least 3-5 times.
7. Reverse positions, and repeat at least 3-5 times.



Upper Body

This exercise increases the flexibility of your arms, chest, and shoulders, and will help you reach items on the upper shelves of your closet or kitchen cabinet.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head.
4. Hold your arms overhead for about 10-30 seconds.
5. Slowly walk your hands back down.
6. Repeat at least 3-5 times.

TIP

As you progress, the goal is to reach higher.



Chest

This exercise, which stretches the chest muscles, is also good for your posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.



Back 1

This exercise is for your back muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit securely toward the front of a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Slowly bend forward from your hips. Keep your back and neck straight.
3. Slightly relax your neck and lower your chin. Slowly bend farther forward and slide your hands down your legs toward your shins. Stop when you feel a stretch or slight discomfort.
4. Hold for 10-30 seconds.
5. Straighten up slowly all the way to the starting position.
6. Repeat at least 3-5 times.

TIP

As you progress, bend as far forward as you can and eventually touch your heels.



Back 2

This exercise will help you do activities that require you to twist or turn to look behind you, such as backing out of a parking space or swinging a golf club. **If you've had hip or back surgery, talk with your doctor before trying this stretch.**

1. Sit up toward the front of a sturdy chair with armrests. Stay as straight as possible. Keep your feet flat on the floor, shoulder-width apart.
2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh. Twist farther, if possible.
3. Hold the position for 10-30 seconds.
4. Slowly return to face forward.
5. Repeat on the right side.
6. Repeat at least 3-5 more times.



As you progress, try lifting your left arm and resting it comfortably on the back of the chair. Hold on to the left armrest with your right arm. Repeat on right side.



Upper Back

This exercise is good for your shoulders and upper-back muscles.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Hold arms in front of you at shoulder height with palms facing outward.
3. Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort.
4. Hold position for 10-30 seconds.
5. Sit back up.
6. Repeat at least 3-5 times.

TIP

As you progress, cross your arms and interlace fingers.



This exercise stretches your ankle muscles. You can stretch both ankles at once or one at a time.

Ankle

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10-30 seconds.
5. Bend ankles to point toes away from you and hold for 10-30 seconds.
6. Repeat at least 3-5 times.



About Floor Exercises

To Get Down on the Floor:

1. Stand facing the seat of a sturdy chair.
2. Put your hands on the seat, and lower yourself down on one knee.
3. Bring the other knee down.
4. Put your left hand on the floor. Leaning on your hand, slowly bring your left hip to the floor. Put your right hand on the floor next to your left hand to steady yourself, if needed.
5. You should now be sitting with your weight on your left hip.
6. Straighten your legs.
7. Bend your left elbow until your weight is resting on it. Using your right hand as needed for support, straighten your left arm. You should now be lying on your left side.
8. Roll onto your back.

TIP

You don't have to use your left side. You can use your right side, if you prefer.



TIP

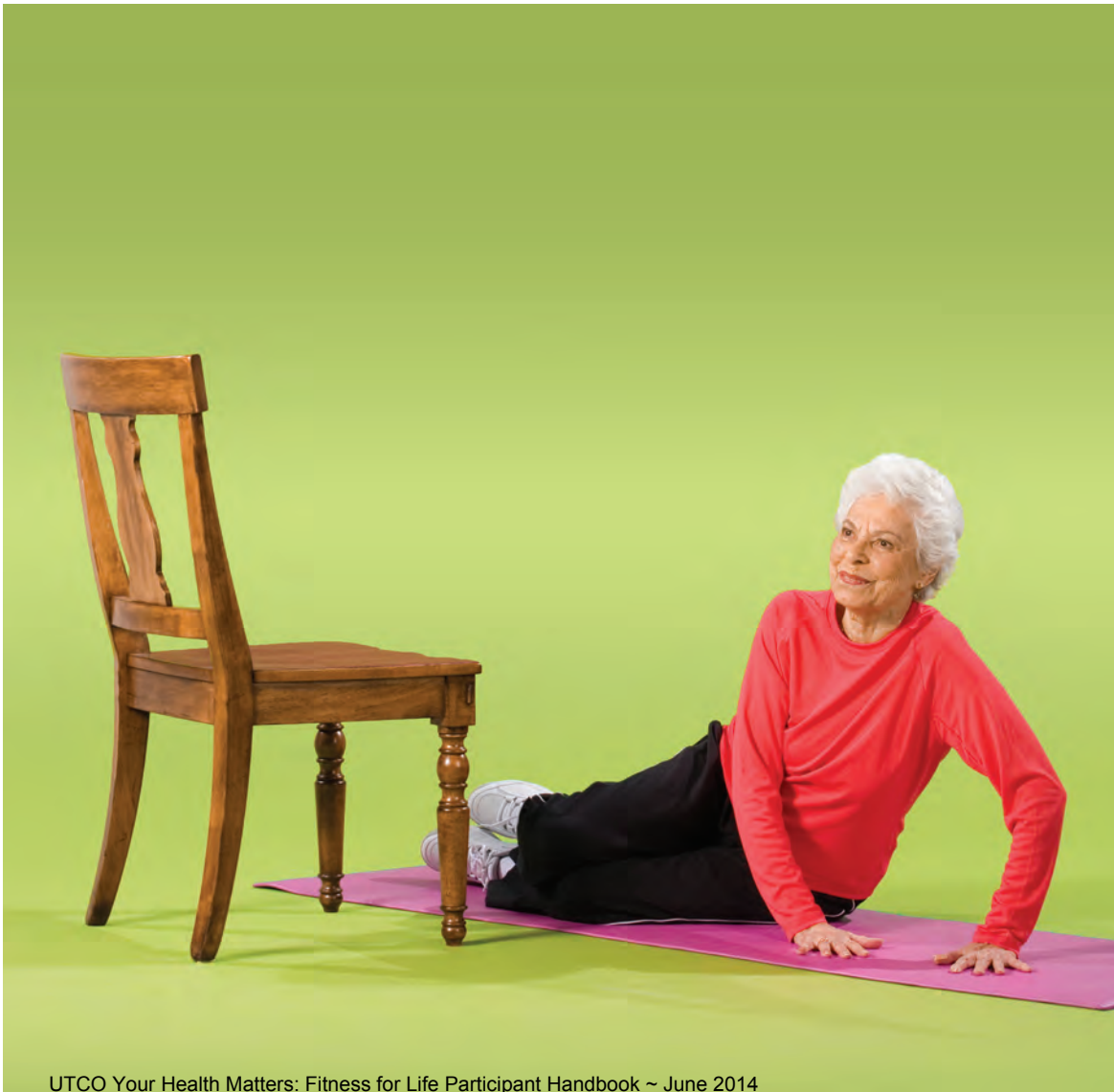
If you have trouble getting down on or up from the floor by yourself, try using the buddy system. Find someone who will be able to help you. Knowing how to use a chair to get down on the floor and get back up again also may be helpful. **If you've had hip or back surgery, talk with your doctor before using the following method.**

To Get Up from the Floor:

1. Roll onto your left side.
2. Place your right hand on the floor at about the level of your ribs and use it to push your shoulders off the floor. Use your left hand to help lift you up, as needed.
3. You should now be sitting with your weight on your left hip.
4. Roll forward, onto your knees, leaning on your hands for support.
5. Reach up and lean your hands on the seat of a sturdy chair.
6. Lift one of your knees so that one leg is bent, foot flat on the floor.
7. Leaning your hands on the seat of the chair for support, rise from this position.

TIP

You don't have to use your left side. You can use your right side, if you prefer.



Back of Leg Floor

1. Lie on your back with left knee bent and left foot flat on the floor.
2. Raise right leg, keeping knee slightly bent.
3. Reach up and grasp right leg with both hands. Keep head and shoulders flat on the floor.
4. Gently pull right leg toward your body until you feel a stretch in the back of your leg.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with left leg.

This exercise stretches the muscles in the back of your legs. If you've had hip or back surgery, talk with your doctor before trying this stretch. (See About Floor Exercises on page 80.)



Here's another exercise that stretches the muscles in the back of your legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

Back of Leg

1. Sit sideways on a bench or other hard surface, such as two chairs placed together.
2. Keeping back straight, stretch one leg out on the bench, toes pointing up.
3. Keep other foot flat on the floor.
4. If you feel a stretch at this point, hold position for 10-30 seconds.
5. If you don't feel a stretch, lean forward from hips (not waist) until you feel stretching in the leg on the bench.
6. Hold position for 10-30 seconds.
7. Repeat at least 3-5 times.
8. Repeat at least 3-5 times with your other leg.



Thigh Floor

This exercise stretches your thigh muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch. If you have trouble getting down on the floor or back up again, try the Thigh Standing stretch. (See About Floor Exercises on page 80.)

1. Lie on your side with legs straight and knees together.
2. Rest your head on your arm.
3. Bend top knee and reach back and grab the top of your foot. If you can't reach your foot, loop a resistance band, belt, or towel over your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with your other leg.



Here's another exercise that stretches your thigh muscles.
If you've had hip or back surgery, talk with your doctor before trying this stretch.

Thigh Standing

1. Stand behind a sturdy chair with your feet shoulder-width apart and your knees straight, but not locked.
2. Hold on to the chair for balance with your right hand.
3. Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with your right leg.



Hip

This exercise will stretch your hip and inner thigh muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch. (See About Floor Exercises on page 80.)

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both shoulders on the floor throughout the stretch.
2. Slowly lower one knee as far as you comfortably can. Keep your feet close together and try not to move the other leg.
3. Hold position for 10-30 seconds.
4. Bring knee back up slowly.
5. Repeat at least 3-5 times.
6. Repeat at least 3-5 times with your other leg.



This exercise stretches the muscles of your lower back. If you've had hip or back surgery, talk with your doctor before trying this stretch. (See About Floor Exercises on page 80.)

Lower Back

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.



Calf

Because many people have tight calf muscles, it's important to stretch them.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Step forward with right leg and bend right knee. Keeping both feet flat on the floor, bend left knee slightly until you feel a stretch in your left calf muscle. It shouldn't feel uncomfortable. If you don't feel a stretch, bend your right knee until you do.
4. Hold position for 10-30 seconds, and then return to starting position.
5. Repeat with left leg.
6. Continue alternating legs for at least 3-5 times on each leg.



This is a good over-all stretch that's fun to do with a partner. It stretches your shoulders, arms, back, and legs. **If you've had hip or back surgery, talk with your doctor before trying this stretch.** (See **Working with a Resistance Band** on page 44 and **About Floor Exercises** on page 80.)

Buddy Stretch

1. Sit on the floor facing your buddy and place your feet against your partner's feet.
2. Both of you should grab one end of a resistance band or towel. Depending on each person's flexibility, you may need to loop two bands or towels together.
3. Slowly pull the band or towel so that your buddy bends forward and you lean backward.
4. Hold position for 10-30 seconds.
5. Slowly return to starting position.
6. Now it's your buddy's turn to pull the band or towel so that you bend forward and your buddy leans backward. Hold for 10-30 seconds, and then return to starting position.
7. Repeat at least 3-5 times.

TIP

As you progress, try holding the band so that your hands are closer to your buddy's, or try using a heavier strength band. Some people may be able to do the stretch by reaching out and holding hands during the stretch.



Energy Out: Different Ways to Burn Calories



Activity	Calories Burned*
Sedentary Activities	
Sitting	40
Watching television	35
Playing Cards	60
Napping	20
Light Activities	
Fishing (sitting)	85
Frisbee	105
Grocery shopping	120
Housecleaning (light)	120
Playing catch	85
Weight lifting (light)	105
Walking the dog	105
Moderate Activities	
Aerobics (low impact)	170
Biking slowly	220
Canoeing	200
Catch & throw sports (softball, volleyball)	175
Construction (outside, remodeling)	180
Dancing (ballroom, line)	185
General gardening (raking, trimming shrubs)	150
Golf (push cart or carry clubs)	120
Kickball	200
Mowing the lawn (push mower)	160
Ping Pong	135
Rollerblading/skating	240
Shooting baskets	160
Swimming (not laps)	210
Tennis (doubles)	170
Walking briskly	150
Water Aerobics	145
Wrestling	210
Yoga	180
Vigorous Activities	
Basketball	280
Biking quickly (>10 mph or on hills)	350
Dancing (fast)	230
Hiking uphill (with backpack)	240
Hockey	280
Jogging, running	335
Jumping rope	340
Martial arts (karate)	220
Rowing	360
Soccer	235
Swimming quickly, laps	300
Tennis (singles)	275

Remember!

- During moderate activity, you should be able to talk but not sing. However, during vigorous activity, you should be able to say only a few words without pausing to catch your breath.
- The calories that you burn will depend on how hard you work, your level of physical fitness, and your weight.
- Pick an activity that you enjoy, and invite friends and family to join you – you will motivate each other.
- Start slow, and then build up to increase your activity by doing it more often or for a longer period of time!

In addition to aerobic, calorie-burning exercises, strengthening and flexibility exercises are recommended twice each week. Here are some ideas:

Strengthening

- Heavy gardening (digging, shoveling)
- Lifting weights (use common items like canned goods or)
- Push-ups on the floor or against the wall
- Sit-ups
- Chair exercises
- Leg lifts

Flexibility

- Yoga
- Pilates
- Stretching

Quick Tips to Fit More Activity into Your Daily Life

- Clean the house or wash the car by hand
- Walk, skate or cycle more and drive less
- Do stretches, exercises or pedal a stationary bike while watching television
- Mow the lawn with a push mower
- Replace a coffee break with a 10-minute walk
- Get off the bus one stop early and walk the rest of the way

Information Sources:
 NutriStrategy Calories Burned During Exercise, Activities, Sports and Work from *Medicine and Science in Sports and Exercise* (Journal of the American College of Sports Medicine)
 Web site: www.nutristrategy.com/caloriesburned.htm
 Calorie Control Council: Healthy Eating and Exercise for Life Calorie Calculator Web site: www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving
 Melinda Bell, Tiffany Sellers, Joan G. Fischer, Department of Foods and Nutrition, The University of Georgia, Athens, GA, 2006, <http://www.livewellagewell.info/study/materials.htm>.

*Calories Burned for 30 Minutes of activity by a 150 lb Person



Activity Log

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

	Activity	Number of Minutes	Ways to Increase Activity
Weekday 1			

Total Minutes _____

Weekday 2			

Total Minutes _____

Weekend			

Total Minutes _____



Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and renew them regularly.

Short-term Goals

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1.

2.

3.

Long-term Goals

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

1.

2.

3.



Weekly Exercise and Physical Activity Plan

Use this form to make your own exercise and physical activity plan — one you think you really can manage. Update your plan as you progress. Aim for moderate-intensity endurance activities on most or all days of the week. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week, but don't exercise the same muscle group 2 days in a row.** For example, do upper-body strength exercises on Monday, Wednesday, and Friday and lower-body strength exercises on Tuesday, Thursday, and Saturday. Or, you can do strength exercises of all of your muscle groups every other day. Don't forget to include balance and flexibility exercises.

Week of _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance							
Upper-Body Strength							
Lower-Body Strength							
Balance							
Flexibility							



Endurance Daily Record

You can use these forms to record your endurance activities. **Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.**

Week of _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance Activity							
How Long Did You Do It?							

Week of _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of Steps							



Strength and Balance Daily Record

You can use this form to keep track of the strength exercises you do each day. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week for 30-minute sessions each, but don't exercise the same muscle group on any 2 days in a row.** Record the number of repetitions and the amount of weight you use.

Week of _____		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps
Upper-Body	Hand Grip														
	Wrist Curl														
	Overhead Arm Raise														
	Front Arm Raise														
	Side Arm Raise														
	Arm Curl														
	Seated Row														
	Wall Push-Up														
	Elbow Extension														
Chair Dip															
Lower-Body	Back Leg Raise														
	Side Leg Raise														
	Knee Curl														
	Leg Straightening														
	Chair Stand														
	Toe Stand														



Flexibility Daily Record

You can use this form to keep track of your flexibility exercises. Record the number of repetitions you do.

Week of _____		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upper-Body	Neck							
	Shoulder							
	Shoulder/Upper Arm							
	Upper Body							
	Chest							
	Back 1							
	Back 2							
	Upper Back							
Lower-Body	Ankle							
	Back of Leg							
	Thigh							
	Hip							
	Lower Back							
	Calf							
	Buddy Stretch							

My Physical Activity Diary Day _____



Day of week	Time of Day	Description of Activity (Type and Intensity Level)	Duration


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:

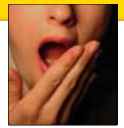
- Schedule activity time on your calendar like other important appointments.
- Start with 10-minute periods throughout each day.
- Plan activity for early in the morning before the rest of the day's activities.
- Combine activity with something already part of your daily routine.




Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

Myth #2 "Exercise makes you tired."

False!



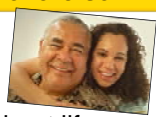
- Exercise gives you energy.
- Exercise helps you focus and manage stress.
- Exercise helps you sleep better.





Fitting Fitness Inc.

Myth #3 "Older people need less exercise."

False!



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



American Heart Association; American Cancer Society

Myth #4 "You have to be athletic to exercise."

False!



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



Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans



Getting Started

- 1) Check with your health care provider.
- 2) Choose activities you enjoy.
- 3) Begin slowly and set realistic goals.

SET GOALS
"I will take a 10-minute walk, during lunch, 3 days a week."

WellpointHealth 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.

WellpointHealth Web site: Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

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	week 2	week 3	GOAL
3 times a week	3 times a week	4 times a week	5 times a week
15 minutes a day	20 minutes a day	25 minutes a day	30 minutes a day

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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.

Centers for Disease Control and Prevention: Disease Prevention Guidelines for Americans

Safety Tips

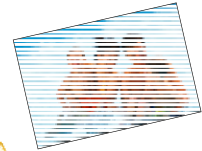
- ✓ Walk on smooth, soft surfaces in safe areas away from traffic.
- ✓ Take more time to warm up and cool down.
- ✓ Drink water every 15 minutes – even if you're not thirsty.



13

Tips for long-term success

- ✓ Make the time.
- ✓ Dress for success.
- ✓ Keep reasonable expectations of yourself.
- ✓ Make it fun!
- ✓ Celebrate your success!



14

Reward yourself!

- ❖ New tennis shoes!
- ❖ Trip to the pool or beach!
- ❖ New outfit!



15

Create a Support Network

- Get your family and friends involved.**
- Join an exercise group – make new friends.**
- Participate in a charity walk/run.**



16

Staying active...in daily life

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



17

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.



18

Staying active...*at work*

- Take the stairs.
- Walk around during breaks.
- Join an employee sports team.
- Stretch/bend every hour.

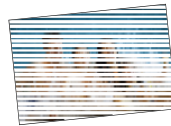


USDA, McQuinn, American Heart Association, Centers for Disease Control and Prevention

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Staying active...*at play*

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



USDA, McQuinn, American Heart Association

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Let's move!



10-minute Activity Break

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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

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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!

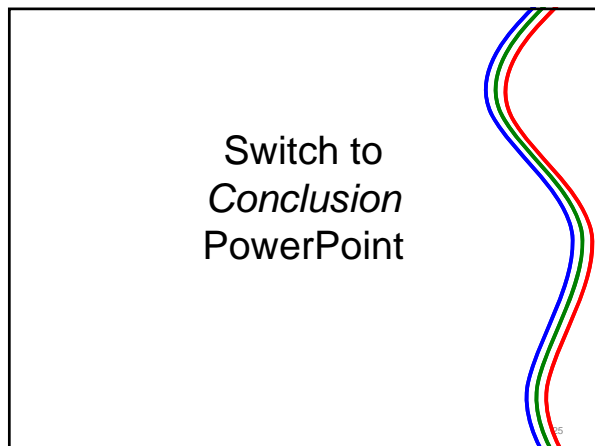


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Your Health Matters... Start being active today!

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Activity: Pulse and Target Heart Rate

ACTIVITY POINT	BEATS COUNTED IN 15 SECONDS	MULTIPLIED BY 4	TOTAL
Example: Resting	17	17×4	68
Resting (yours)			
Immediately after exercising			
50-60 seconds after exercising			



People who exercise regularly often have very low resting heart rates because their hearts are stronger and pump more blood each time they contract. During exercise, these healthy hearts quickly soar to within target range. Also, the better shape your heart is in, the faster your heart rate will return to normal. To have a healthy heart, it is important to do some kind of physical activity that puts your heart into its target range for at least 60 minutes of moderate activity every day. Do you have a healthy heart?

1. The maximum heart rate is the highest your pulse rate can get. To calculate your maximum heart rate, use this formula:

$$220 - \text{Your Age} = \text{Maximum Heart Rate}$$

Example: a 35-year-old's maximum heart rate is 185 beats per minute.

2. Now calculate your maximum heart rate and write it below.

Your Age	Your Maximum Heart Rate

3. Target heart rate is defined as the heart rate range that should be maintained during aerobic exercise for 20 minutes for optimal cardiovascular fitness.

Target Heart Rate is also called the Target Heart Rate Zone.

To exercise safely and receive the maximum cardiovascular benefits when you exercise, you should try to keep your pulse rate within the target heart rate zone. To determine this zone, use your predicted maximum heart rate.

Target Heart Rate is represented in units called bpm: beats per minute.

Target Heart Rate Zone Formula

$$\begin{aligned}\text{Lower Limit} &= \text{Maximum Heart Rate} \times 50\% (0.5) \\ \text{Upper Limit} &= \text{Maximum Heart Rate} \times 85\% (0.85)\end{aligned}$$

Example for 35-year-old:

$$\text{Lower Limit} = 185 \times 50\% = 93 \text{ bpm}$$

$$\text{Upper Limit} = 185 \times 85\% = 157 \text{ bpm}$$

4. Calculate your target heart rate zone and fill in the chart below.

Your Age	Your Lower Limit	Your Upper Limit	Your Maximum Heart Rate
<i>Example: 35</i>	<i>93 bpm</i>	<i>157 bpm</i>	<i>185</i>

5. After calculating the numbers check to see if they are correct on the chart below:

Age (years)	Target Heart Rate for:		Maximum Heart Rate (bpm)
	Moderate-Intensity (bpm)	Vigorous-Intensity (bpm)	
	(50-70%)	(70-85%)	
20-24	100-140	140-170	200
25-29	98-137	137-166	195
30-34	95-133	133-162	190
35-39	93-130	130-157	185
40-44	90-126	126-153	180
45-49	88-123	123-149	175
50-54	85-119	119-145	170
55-59	83-116	116-140	165
60-64	80-112	112-136	160
65-69	78-109	109-132	155
70-74	75-105	105-128	150
75-79	73-102	102-123	145
80-84	70-98	98-119	140
85+	68-95	95-115	135



Physical
activity will
add years
to your life,
and life to
your years.





Small
steps
make big
differences.



Conclusion: Maintaining a Healthy Weight for Life

Small steps can help your family get on the road to maintaining a healthy weight. Choose a different tip each week for you and your family to try. See if you can add to the list. Here are a few tips:



Incorporated physical activity into daily life

- When safe, get off the bus one stop early and walk the rest of the way
- Walk instead of driving to the store, or walk your children to school
- If you drive to the store, park at the far end of the parking lot
- Take the stairs instead of the escalator or elevator
- Go for a family walk after dinner each night
- Walk briskly around the soccer or baseball field while the kids play sports
- Go bowling or dancing or dance at home instead of going to the movies
- Take a 10-minute walk during your lunch or coffee break
- Take the TV out of the bedrooms and dining room
- Instead of watching TV, play catch, tag or garden
- If you watch TV, stretch or do exercises while you watch -- have a family competition to see who can do the most push-ups during a commercial break
- Get up to change the TV channel instead of using the remote
- Celebrate special occasions actively: go swimming or take a nature walk



Do 2 hours and 30 minutes of moderate to vigorous activity each week

- Be active at times in the day when you feel most alert and ready to move
- Start slow, then build up to your goals by increasing how long (time) or how often (frequency) you exercise
- Set specific, attainable goals like "walk 10 minutes at lunch 3 days a week"
- Try out a new activity each week to find those you enjoy most and keep your routine interesting
- Do each activity for at least 10 minutes at a time
- Listen to music while you exercise to keep you moving
- Join a yoga, aerobics or dance class near your home and walk to class
- Join an office sports team, and encourage your kids to join school teams



Do strengthening and flexibility exercises twice a week

- Stretch, do sit-ups or lift light weights while you watch TV
- Use cans of vegetables or soup or water bottles as weights at home
- Play "Simon Says" with your kids – try to do the movements with weights and they do it without



Create a support network

- Get your family involved – you'll encourage each other to keep it up!
- Invite friends or coworkers to exercise with you instead of meeting to eat
- Join an exercise group near your home or work site
- Participate as a team with friends or coworkers for a charity walk or run

Track your progress

- Keep a log -- seeing how far you've gone will make you feel good about your success and help you decide where you can make changes to meet your goals
- Create a family activity calendar to plan and schedule active time




Reward yourself

- Choose non-food rewards, such as a new pair of running shoes or a tennis racket
- Take the kids to the pool or take a trip to the lake instead of using TV as a reward
- Treat yourself to a new inexpensive outfit when you achieve a fitness goal

Don't forget to eat healthy, nutritious foods to supply your body with the energy you need to stay active!

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.



Task Force on Community Preventive Services. (2012). Recommendations to Increase Physical Activity in Communities. *Am J Prev Med*, 22 (4S), 67-72.

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.



Smith et al., Texas Public Health Association, April 2014



Smith et al., Texas Public Health Association, April 2014



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

Smith et al., Texas Public Health Association, April 2014

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



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

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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

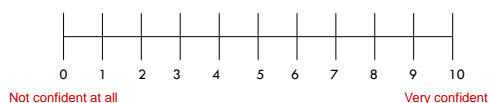


- Choose activities you enjoy.
- Start slowly and build up to vigorous-intensity.
- Get family and friends involved.
- Be active every day – at home, at work, at play.
- Track and celebrate your success!



"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?



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

Your Health Matters!



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Knowledge Questionnaire



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Thank you!

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Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go. The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall. After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.

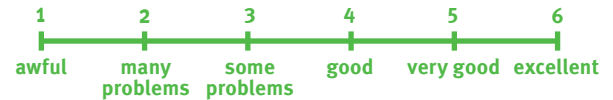


Take a walk and use this checklist to rate your neighborhood's walkability.

How walkable is your community?

Location of walk

Rating Scale:



1. Did you have room to walk?

- ☐ Yes ☐ Some problems:
- ☐ Sidewalks or paths started and stopped
 - ☐ Sidewalks were broken or cracked
 - ☐ Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - ☐ No sidewalks, paths, or shoulders
 - ☐ Too much traffic
 - ☐ Something else _____

Rating: (circle one)
1 2 3 4 5 6

Locations of problems:

4. Was it easy to follow safety rules? Could you and your child...

- ☐ Yes ☐ No
- ☐ Yes ☐ No Cross at crosswalks or where you could see and be seen by drivers?
- ☐ Yes ☐ No Stop and look left, right and then left again before crossing streets?
- ☐ Yes ☐ No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- ☐ Yes ☐ No Cross with the light?

Rating: (circle one)
1 2 3 4 5 6

Locations of problems:

2. Was it easy to cross streets?

- ☐ Yes ☐ Some problems:
- ☐ Road was too wide
 - ☐ Traffic signals made us wait too long or did not give us enough time to cross
 - ☐ Needed striped crosswalks or traffic signals
 - ☐ Parked cars blocked our view of traffic
 - ☐ Trees or plants blocked our view of traffic
 - ☐ Needed curb ramps or ramps needed repair
 - ☐ Something else _____

Rating: (circle one)
1 2 3 4 5 6

Locations of problems:

5. Was your walk pleasant?

- ☐ Yes ☐ Some problems:
- ☐ Needed more grass, flowers, or trees
 - ☐ Scary dogs
 - ☐ Scary people
 - ☐ Not well lighted
 - ☐ Dirty, lots of litter or trash
 - ☐ Dirty air due to automobile exhaust
 - ☐ Something else _____

Rating: (circle one)
1 2 3 4 5 6

Locations of problems:

3. Did drivers behave well?

- ☐ Yes ☐ Some problems: Drivers ...
- ☐ Backed out of driveways without looking
 - ☐ Did not yield to people crossing the street
 - ☐ Turned into people crossing the street
 - ☐ Drove too fastp
 - ☐ Sped up to make it through traffic lights or drove through traffic lights?
 - ☐ Something else _____

Rating: (circle one)
1 2 3 4 5 6

Locations of problems:

How does your neighborhood stack up? Add up your ratings and decide.

1. _____	26-30	Celebrate! You have a great neighborhood for walking.
2. _____	21-25	Celebrate a little. Your neighborhood is pretty good.
3. _____	16-20	Okay, but it needs work.
4. _____	11-15	It needs lots of work. You deserve better than that.
5. _____	5-10	It's a disaster for walking!
Total: _____		

Now that you've identified the problems,
go to the next page to find out how to fix them.

Now that you know the problems, you can find the answers.

Improving your community's score

1. Did you have room to walk?

Sidewalks or paths started and stopped
Sidewalks broken or cracked
Sidewalks blocked
No sidewalks, paths or shoulders
Too much traffic

What you and your child can do immediately

- pick another route for now
- tell local traffic engineering or public works department about specific problems and provide a copy of the checklist

What you and your community can do with more time

- speak up at board meetings
- write or petition city for walkways and gather neighborhood signatures
- make media aware of problem
- work with a local transportation engineer to develop a plan for a safe walking route

2. Was it easy to cross streets?

Road too wide
Traffic signals made us wait too long or did not give us enough time to cross
Crosswalks/traffic signals needed
View of traffic blocked by parked cars, trees, or plants
Needed curb ramps or ramps needed repair

- pick another route for now
- share problems and checklist with local traffic engineering or public works department
- trim your trees or bushes that block the street and ask your neighbors to do the same
- leave nice notes on problem cars asking owners not to park there

- push for crosswalks/signals/ parking changes/curb ramps at city meetings
- report to traffic engineer where parked cars are safety hazards
- report illegally parked cars to the police
- request that the public works department trim trees or plants
- make media aware of problem

3. Did drivers behave well?

Backed without looking
Did not yield
Turned into walkers
Drove too fast
Sped up to make traffic lights or drove through red lights

- pick another route for now
- set an example: slow down and be considerate of others
- encourage your neighbors to do the same
- report unsafe driving to the police

- petition for more enforcement
- request protected turns
- ask city planners and traffic engineers for traffic calming ideas
- ask schools about getting crossing guards at key locations
- organize a neighborhood speed watch program

4. Could you follow safety rules?

Cross at crosswalks or where you could see and be seen
Stop and look left, right, left before crossing
Walk on sidewalks or shoulders facing traffic
Cross with the light

- educate yourself and your child about safe walking
- organize parents in your neighborhood to walk children to school

- encourage schools to teach walking safely
- help schools start safe walking programs
- encourage corporate support for flex schedules so parents can walk children to school

5. Was your walk pleasant?

Needs grass, flowers, trees
Scary dogs
Scary people
Not well lit
Dirty, litter
Lots of traffic

- point out areas to avoid to your child; agree on safe routes
- ask neighbors to keep dogs leashed or fenced
- report scary dogs to the animal control department
- report scary people to the police
- report lighting needs to the police or appropriate public works department
- take a walk with a trash bag
- plant trees, flowers in your yard
- select alternative route with less traffic

- request increased police enforcement
- start a crime watch program in your neighborhood
- organize a community clean-up day
- sponsor a neighborhood beautification or tree-planting day
- begin an adopt-a-street program
- initiate support to provide routes with less traffic to schools in your community (reduced traffic during am and pm school commute times)

A Quick Health Check

Could not go as far or as fast as we wanted
Were tired, short of breath or had sore feet or muscles
Was the sun really hot?
Was it hot and hazy?

- start with short walks and work up to 30 minutes of walking most days
- invite a friend or child along
- walk along shaded routes where possible
- use sunscreen of SPF 15 or higher, wear a hat and sunglasses
- try not to walk during the hottest time of day

- get media to do a story about the health benefits of walking
- call parks and recreation department about community walks
- encourage corporate support for employee walking programs
- plant shade trees along routes
- have a sun safety seminar for kids
- have kids learn about upstate NY's weather days and the Air Quality Index (AQI)

Need some guidance? These resources might help...

Great Resources

WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)

UNC Highway Safety Research Center
Chapel Hill, NC
www.pedbikeinfo.org
www.walkinginfo.org

National Center for Safe Routes to School

Chapel Hill, NC
www.saferoutesinfo.org

For More Information about Who Can Help Address Community Problems

www.walkinginfo.org/problems/help.cfm

State Bicycle & Pedestrian Coordinators

<http://www.walkinginfo.org/assistance/contacts.cfm>

FEDERAL POLICY, GUIDANCE AND FUNDING SOURCES FOR WALKING FACILITIES

Federal Highway Administration

Bicycle and Pedestrian Program
Office of Natural and Human Environment
Washington, DC
www.fhwa.dot.gov/environment/bikeped/index.htm

PEDESTRIAN SAFETY

Federal Highway Administration

Pedestrian and Bicycle Safety Team
Office Of Safety
Washington, DC
http://safety.fhwa.dot.gov/ped_bike/

National Highway Traffic Safety Administration

Traffic Safety Programs
Washington, DC
www.nhtsa.dot.gov/people/injury/pedbimot/pedSAFE

SIDEWALK ACCESSIBILITY INFORMATION

US Access Board

Washington, DC
Phone: (800) 872-2253;
(800) 993-2822 (TTY)
www.access-board.gov

Bikeability Checklist

How bikeable is your community?

Riding a bike is fun!

Bicycling is a great way to get around and to get your daily dose of physical activity. It's good for the environment, and it can save you money. No wonder many communities are encouraging people to ride their bikes more often!

Can you get to where you want to go by bike?

Some communities are more bikeable than others: how does yours rate? Read over the questions in this checklist and then take a ride in your community, perhaps to the local shops, to visit a friend, or even to work. See if you can get where you want to go by bicycle, even if you are just riding around the neighborhood to get some exercise.

At the end of your ride, answer each question and, based on your opinion, circle an overall rating for each question. You can also note any problems you encountered by checking the appropriate box(es). Be sure to make a careful note of any specific locations that need improvement.

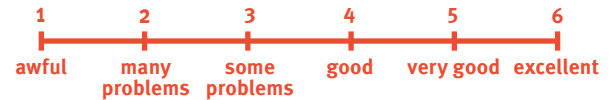
Add up the numbers to see how you rated your ride. Then, turn to the pages that show you how to begin to improve those areas where you gave your community a low score. Before you ride, make sure your bike is in good working order, put on a helmet, and be sure you can manage the ride



Go for a ride and use this checklist to rate your neighborhood's bikeability.

How bikeable is your community?

Location of bike ride (be specific): Rating Scale:



1. Did you have a place to bicycle safely?

a) On the road, sharing the road with motor vehicles?

- ☐ Yes ☐ Some problems (please note locations):
- ☐ No space for bicyclists to ride
 - ☐ Bicycle lane or paved shoulder disappeared
 - ☐ Heavy and/or fast-moving traffic
 - ☐ Too many trucks or buses
 - ☐ No space for bicyclists on bridges or in tunnels
 - ☐ Poorly lighted roadways

Other problems:

2. How was the surface that you rode on?

- ☐ Good ☐ Some problems, the road or path had:
- ☐ Potholes
 - ☐ Cracked or broken pavement
 - ☐ Debris (e.g. broken glass, sand, gravel, etc.)
 - ☐ Dangerous drain grates, utility covers, or metal plates
 - ☐ Uneven surface or gaps
 - ☐ Slippery surfaces when wet (e.g. bridge decks, construction plates, road markings)
 - ☐ Bumpy or angled railroad tracks
 - ☐ Rumble strips

Other problems:

Overall Surface Rating: (circle one)

1 2 3 4 5 6

b) On an off-road path or trail, where motor vehicles were not allowed?

- ☐ Yes ☐ Some problems:
- ☐ Path ended abruptly
 - ☐ Path didn't go where I wanted to go
 - ☐ Path intersected with roads that were difficult to cross
 - ☐ Path was crowded
 - ☐ Path was unsafe because of sharp turns or dangerous downhill
 - ☐ Path was uncomfortable because of too many hills
 - ☐ Path was poorly lighted

Other problems:

3. How were the intersections you rode through?

- ☐ Good ☐ Some problems:
- ☐ Had to wait too long to cross intersection
 - ☐ Couldn't see crossing traffic
 - ☐ Signal didn't give me enough time to cross the road
 - ☐ Signal didn't change for a bicycle
 - ☐ Unsure where or how to ride through intersection

Other problems:

Overall "Safe Place To Ride" Rating: (circle one)

1 2 3 4 5 6

Overall Intersection Rating: (circle one)

1 2 3 4 5 6

Continue the checklist on the next page...

4. Did drivers behave well?

- ☐ Good ☐ Some problems, drivers:
- ☐ Drove too fast
 - ☐ Passed me too close
 - ☐ Did not signal
 - ☐ Harassed me
 - ☐ Cut me off
 - ☐ Ran red lights or stop sign

Other problems:

Overall Driver Rating: (circle one)

1 2 3 4 5 6

5. Was it easy for you to use your bike?

- ☐ Good ☐ Some problems:
- ☐ No maps, signs, or road markings to help me find my way
 - ☐ No safe or secure place to leave my bicycle at my destination
 - ☐ No way to take my bicycle with me on the bus or train
 - ☐ Scary dogs
 - ☐ Hard to find a direct route I liked
 - ☐ Route was too hilly

Other problems:

Overall Intersection Rating: (circle one)

1 2 3 4 5 6

6. What did you do to make your ride safer?

Your behavior contributes to the bikeability of your community. Check all that apply:

- ☐ Wore a bicycle helmet
- ☐ Obeyed traffic signal and signs
- ☐ Rode in a straight line (didn't weave)
- ☐ Signaled my turns
- ☐ Rode with (not against) traffic
- ☐ Used lights, if riding at night
- ☐ Wore reflective and/or retroreflective materials and bright clothing
- ☐ Was courteous to other travelers (motorist, skaters, pedestrians, etc.)

7. Tell us a little about yourself.

In good weather months, about how many days a month do you ride your bike?

- ☐ Never
- ☐ Occasionally (one or two)
- ☐ Frequently (5-10)
- ☐ Most (more than 15)
- ☐ Every day

Which of these phrases best describes you?

- ☐ An advanced, confident rider who is comfortable riding in most traffic situations
- ☐ An intermediate rider who is not really comfortable riding in most traffic situations
- ☐ A beginner rider who prefers to stick to the bike path or trail

How does your community rate?

Add up your ratings and decide.

(Questions 6 and 7 do not contribute to your community's score)

- | | | |
|----------|--------------|--|
| 1. _____ | 26-30 | Celebrate! You live in a bicycle-friendly community. |
| 2. _____ | 21-25 | Your community is pretty good, but there's always room for improvement. |
| 3. _____ | 16-20 | Conditions for riding are okay, but not ideal. Plenty of opportunity for improvements. |
| 4. _____ | 11-15 | Conditions are poor and you deserve better than this! Call the mayor and the newspaper right away. |
| 5. _____ | 5-10 | Oh dear. Consider wearing body armor and Christmas tree lights before venturing out again. |

Did you find something that needs to be changed?

On the next page, you'll find suggestions for improving the bikeability of your community based on the problems you identified. Take a look at both the short- and long-term solutions and commit to seeing at least one of each through to the end. If you don't, then who will?

During your bike ride, how did you feel physically? Could you go as far or as fast as you wanted to? Were you short of breath, tired, or were your muscles sore? The next page also has some suggestions to improve the enjoyment of your ride.

Bicycling, whether for transportation or recreation, is a great way to get 30 minutes of physical activity into your day. Riding, just like any other activity, should be something you enjoy doing. The more you enjoy it, the more likely you'll stick with it. Choose routes that match your skill level and physical activities. If a route is too long or hilly, find a new one. Start slowly and work up to your potential.

Now that you know the problems, you can find the answers.

Improving your community's score

1. Did you have a place to bicycle safely?

What you and your child can do immediately

What you and your community can do with more time

a) On the road?

No space for bicyclists to ride (e.g. no bike lane or shoulder; narrow lanes)

Bicycle lane or paved shoulder disappeared

Heavy and/or fast-moving traffic

Too many trucks or buses

No space for bicyclists on bridges or in tunnels

Poorly lighted roadways

- pick another route for now
- tell local transportation engineers or public works department about specific problems; provide a copy of your checklist
- find a class to boost your confidence about riding in traffic

- participate in local planning meetings
- encourage your community to adopt a plan to improve conditions, including a network of bike lanes on major roads
- ask your public works department to consider "Share the Road" signs at specific locations
- ask your state department of transportation to include paved shoulders on all their rural highways
- establish or join a local bicycle advocacy group

b) On an off-road path or trail?

Path ended abruptly

Path didn't go where I wanted to go

Path intersected with roads that were difficult to cross

Path was crowded

Path was unsafe because of sharp turns or dangerous downhills

Path was uncomfortable because of too many hills

Path was poorly lighted

- slow down and take care when using the path
- find an on-street route
- use the path at less crowded times
- tell the trail manager or agency about specific problems

- ask the trail manager or agency to improve directional and warning signs
- petition your local transportation agency to improve path/roadway crossings
- ask for more trails in your community
- establish or join a "Friends of the Trail" advocacy group

2. How was the surface you rode on?

Potholes

Cracked or broken pavement

Debris (e.g. broken glass, sand, gravel, etc.)

Dangerous drain grates, utility covers, or metal plates

Uneven surface or gaps

Slippery surfaces when wet (e.g. bridge decks, construction plates, road markings)

Bumpy or angled railroad tracks

Rumble strips

- report problems immediately to public works department or appropriate agency
- keep your eye on the road/path
- pick another route until the problem is fixed (and check to see that the problems are fixed)
- organize a community effort to clean up the path

- participate in local planning meetings
- encourage your community to adopt a plan to improve conditions, including a network of bike lanes on major roads
- ask your public works department to consider "Share the Road" signs at specific locations
- ask your state department of transportation to include paved shoulders on all their rural highways
- establish or join a local bicycle advocacy group

3. How were the intersections you rode through?

Had to wait too long to cross intersection

Couldn't see crossing traffic

Signal didn't give me enough time to cross the road

The signal didn't change for a bicycle

Unsure where or how to ride through intersection

- pick another route for now
- tell local transportation engineers or public works department about specific problems
- take a class to improve your riding confidence and skills

- ask the public works department to look at the timing of the specific traffic signals
- ask the public works department to install loop-detectors that detect bicyclists
- suggest improvements to sightlines that include cutting back vegetation; building out the path crossing; and moving parked cars that obstruct your view
- organize community-wide, on-bike training on how to safely ride through intersections

Improving your community's score

(continued)

4. Did drivers behave well?	What you and your child can do immediately	What you and your community can do with more time
<p>Drivers:</p> <p>Drove too fast</p> <p>Passed me too close</p> <p>Did not signal</p> <p>Harassed me</p> <p>Cut me off</p> <p>Ran red lights or stop signs</p>	<ul style="list-style-type: none"> • report unsafe drivers to the police • set an example by riding responsibly; obey traffic laws; don't antagonize drivers • always expect the unexpected • work with your community to raise awareness to share the road 	<ul style="list-style-type: none"> • ask the police department to enforce speed limits and safe driving • encourage your department of motor vehicles to include "Share the Road" messages in driver tests and correspondence with drivers • ask city planners and traffic engineers for traffic calming ideas • encourage your community to use cameras to catch speeders and red light runners
5. Was it easy for you to use your bike?		
<p>No maps, signs, or road markings to help me find my way</p> <p>No safe or secure place to leave my bicycle at my destination</p> <p>No way to take my bicycle with me on the bus or train</p> <p>Scary dogs</p> <p>Hard to find a direct route I liked</p> <p>Route was too hilly</p>	<ul style="list-style-type: none"> • plan your route ahead of time • find somewhere close by to lock your bike; never leave it unlocked • report scary dogs to the animal control department • learn to use all of your gears! 	<ul style="list-style-type: none"> • ask your community to publish a local bike map • ask your public works department to install bike parking racks at key destinations; work with them to identify locations • petition your transit agency to install bike racks on all their buses • plan your local route network to minimize the impact of steep hills • establish or join a bicycle user group (BUG) at your workplace
6. What did you do to make your ride safer?		
<p>Wore a bicycle helmet</p> <p>Obedied traffic signals and signs</p> <p>Rode in a straight line (didn't weave)</p> <p>Signaled my turns</p> <p>Rode with (not against) traffic</p> <p>Used lights, if riding at night</p> <p>Wore reflective materials and bright clothing</p> <p>Was courteous to other travelers (motorists, skaters, pedestrians, etc.)</p>	<ul style="list-style-type: none"> • go to your local bike shop and buy a helmet; get lights and reflectors if you are expecting to ride at night • always follow the rules of the road and set a good example • take a class to improve your riding skills and knowledge 	<ul style="list-style-type: none"> • ask the police to enforce bicycle laws • encourage your school or youth agencies to teach bicycle safety (on-bike) • start or join a local bicycle club • become a bicycle safety instructor

Need some guidance? These resources might help...

Great Resources

BICYCLING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)

UNC Highway Safety Research Center
Chapel Hill, NC
<http://www.pedbikeinfo.org>
<http://www.bikinginfo.org>

National Center for Safe Routes to School (NCSRTS)

UNC Highway Safety Research Center
Chapel Hill, NC
<http://www.saferoutesinfo.org>

STREET DESIGN AND BICYCLE FACILITIES

American Association of State Highway and Transportation Officials (AASHTO)

Washington, D.C.
<http://www.aashto.org>

Institute of Transportation Engineers (ITE)

Washington, D.C.
<http://www.ite.org>

Association of Pedestrian and Bicycle Professionals (APBP)

Cedarburg, WI
<http://www.apbp.org>

Federal Highway Administration (FHWA)

Bicycle and Pedestrian Program
Office of Natural and Human Environment
Washington, DC
<http://www.fhwa.dot.gov/environment/bikeped/index.htm>

PATHS AND TRAILS

Rails to Trails Conservancy

Washington, DC
<http://www.railtrails.org>

National Park Service (NPS)

Washington, DC
<http://www.nps.gov/index.htm>



Pedestrian and Bicycle
Information Center



U.S. Department of Transportation
**Federal Highway
Administration**



U.S. Department of Transportation
**National Highway Traffic Safety
Administration**

EDUCATION AND SAFETY

National Highway Traffic Safety Administration (NHTSA)

Bicycle Safety Program, Office of Safety Programs
Washington, DC
<http://www.nhtsa.gov/portal/site/nhtsa/menuitem.810acae50c651189ca8e410dbao46ao/>

Federal Highway Administration (FHWA)

Pedestrian and Bicycle Safety Team, Office of Safety
Washington, DC
http://safety.fhwa.dot.gov/ped_bike/

SafeKids World-wide

Washington, D.C.
<http://www.safekids.org>

HEALTH

Centers for Disease Control and Prevention (CDC)

Division of Nutrition and Physical Activity
Atlanta, GA
<http://www.dcd.gov/nccdphp/dnpa>

Centers for Disease Control and Prevention (CDC)

Childhood Injury Prevention
Atlanta, GA
<http://www.dcd.gov/ncipc>

ADVOCACY GROUPS

Alliance for Biking and Walking

<http://www.peoplepoweredmovement.org>

League of American Bicyclists (LAB)

<http://www.bikeleague.org>

National Center for Bicycling and Walking (NCBW)

<http://www.bikewalk.org>

FUNDING SOURCES

Transportation Enhancement Activities:

<http://www.fhwa.dot.gov/environment/te/>

Safe Routes to School Program:

<http://safety.fhwa.dot.gov/saferoutes/>

Recreational Trails Program:

<http://www.fhwa.dot.gov/environment/recretrails/>

National Scenic Byways Program:

<http://www.bywayonline.org/>

Federal Lands Highway Program:

<http://flh.fhwa.dot.gov/>

Glossary of Terms: Fitness for Life

AEROBIC EXERCISE	Exercise that involves or improves oxygen consumption by the body and usually lasts over an extended period of time. Examples include cycling, jogging, speed walking, etc.
ANAEROBIC EXERCISE	Anaerobic means "without air" or "without oxygen." Anaerobic exercise is a short lasting, high intensity activity, where the demand for oxygen from the exercise exceeds the oxygen supply. Examples include heavy weight lifting, sprints, jumping rope, etc.
BODY COMPOSITION	The amount of fat vs. lean muscle tissue in the human body. This is commonly expressed as a percentage of a person's total weight.
BODY MASS INDEX (BMI)	A number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.
BORG RATING OF PERCEIVED EXERTION (BORG SCALE)	A simple method of rating perceived exertion (RPE) on a scale of 1 to 15 and can be used by coaches to gauge an athlete's level of intensity in training and competition.
CARDIOVASCULAR	Of, relating to, or involving the heart and the blood vessels.
CARDIORESPIRATORY ENDURANCE	The ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity
EXERCISE	Exercise is physical activity that is structured, planned, and regular. It involves repetitive bodily movement done to improve or maintain one or more of the components of physical fitness—cardiorespiratory endurance (aerobic fitness), muscular strength, muscular endurance, flexibility, and body composition.
FLEXIBILITY	The range of motion around a joint.
FREQUENCY	How often one exercises.
INTENSITY	The level of physical exertion during exercise.
MAXIMUM HEART RATE	The highest number of times your heart can contract in one minute, or the heart rate that a person could achieve during maximal physical exertion.
MET	The standard metabolic equivalent, or MET, level. This unit is used to estimate the amount of oxygen used by the body during physical activity.
MODERATE-INTENSITY PHYSICAL ACTIVITY	Moderate-intensity physical activity refers to a level of effort in which a person should experience: Some increase in breathing or heart rate a "perceived exertion" of 11 to 14 on the Borg scale 3 to 6 metabolic equivalents (METs); or any activity that burns 3.5 to 7 Calories per minute (kcal/min)
MUSCULAR ENDURANCE	The ability of the muscle to continue to perform without fatigue.
MUSCULAR STRENGTH	The ability of the muscle to exert force during an activity.
PHYSICAL ACTIVITY	Bodily movement that expends energy; unstructured activity.

PHYSICAL FITNESS	A set of attributes that people have or achieve that relates to the ability to perform physical activity. Fitness is influenced by physical activity and exercise and consists of five areas: body composition, muscular strength, muscular endurance, cardio respiratory endurance and flexibility.
RESTING HEART RATE	This is a person's heart rate at rest. The best time to find out your resting heart rate is in the morning, after a good night's sleep, and before you get out of bed.
STRETCHING	To extend (oneself or one's limbs), to lengthen. Developing a healthy range of flexibility (through stretching) allows an individual to move with greater extent of motion.
TARGET HEART RATE	A desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout.
TIME	The duration of exercise.
TYPE	The type of exercise you are performing (aerobic, strength training, etc.).
VIGOROUS-INTENSITY PHYSICAL ACTIVITY	Vigorous-intensity physical activity may be intense enough to represent a substantial challenge to an individual and refers to a level of effort in which a person should experience*: large increase in breathing or heart rate (conversation is difficult or "broken") a "perceived exertion" of 15-17 or greater on the Borg scale; greater than 6 metabolic equivalents (METs); or any activity that burns more than 7 kcal/ min
WARM UP	To prepare for an athletic event (whether a game or a workout session) by exercising, stretching, or practicing for a short time beforehand.

*Measuring Physical Activity Intensity – Examples. Physical Activity for Everyone. Centers for Disease Control and Prevention web site: www.cdc.gov/nccdphp/dnpa/physical/measuring/examples.htm

Sources:

Adapted with permission from the HEADS UP project © 2008 University of Texas Health Science Center at Houston
 Edited by Michael Michael C. Meyers, PhD, FACSM, West Texas A&M University
 Edited by Nancy Murray, DrPH, Nathalie Sessions, and Katherine Skala, The University of Texas Health Science Center at Houston
 Physical Activity for Everyone. Centers for Disease Control and Prevention web site:
www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/index.htm
 Physical Activity for Everyone Glossary of Terms. Centers for Disease Control and Prevention web site:
www.cdc.gov/nccdphp/dnpa/physical/everyone/glossary/index.htm
 Physical Activity for Children: A Statement of Guidelines for Children Ages 5 - 12, 2nd Edition. National Association for Sport and Physical Education Web Site: www.aahperd.org/naspe/template.cfm?template=ns_children.html
www.dictionary.com
 Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1985). Physical Activity, Exercise, and Physical Fitness: Definitions and Distinctions for Health-Related Research. *Public Health Reports*, 126-131.

Physical Activity Additional Resources

Internet sites are provided for convenience and are not necessarily intended as an endorsement.

The University of Texas School of Public Health Brownsville Regional Campus

<http://www.sph.uth.tmc.edu/brownsville/>

Project Web Sites

HEADS UP www.sph.uth.tmc.edu/headsup

CATCH Middle School www.sph.uth.tmc.edu/catch/CATCH_MiddleSchool.htm

Science Institutions/Organizations

The University of Texas Health Science Center at Houston www.uthouston.edu

Science Education Partnership Award (SEPA) www.ncrrsepa.org

National Center for Research Resources (NCRR) www.ncrr.nih.gov

National Institutes of Health (NIH) Office of Science Education science-education.nih.gov

Centers for Disease Control & Prevention—Information on physical activity

www.cdc.gov/nccdphp/dnpa/physical/index.htm

Physical Activity-Related Resources in English

The President's Council on Physical Fitness and Sports www.fitness.gov

Information about beginning physical activity for individuals who are obese

www.niddk.nih.gov/health/nutrit/activeeatany/active.html

VERB™ *It's what you do* online activities created by U.S. Department of Health and Human Services
Centers for Disease Control and Prevention www.verbnow.com

Vibrant Aging Program – Sample Exercise Demonstrations

www.strongwomen.com/vibrantage/

Exercise is Medicine – Keys to Exercise Video Series

<http://www.exerciseismedicine.org/keys.htm>

American Alliance for Health, Physical Activity, Recreation, and Dance (AAHPERD) www.aahperd.org/

Education World—Physical Education db.education-world.com/perl/browse?cat_id=1525

Kathy Schrock's Guide for Educators—Physical Education

<http://school.discovery.com/schrockguide/health/fitness.html>

PE Central www.pecentral.org/

PEC State, National, and District PE Associations www.pecentral.org/professional/associations.html

PE Links 4 U www.pelinks4u.org/

NutriStrategy Calories Burned During Exercise, Activities, Sports and Work from

Medicine and Science in Sports and Exercise (Journal of the American College of Sports Medicine)

<http://www.nutristrategy.com/caloriesburned.htm>

Calorie Control Council: Healthy Eating and Exercise for Life Calorie Calculator.

<http://www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving>

We Can! Ways to Enhance Children's Activity and Nutrition - Get Active

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-active/index.htm>

Be Active Your Way Guide for Adults

<http://www.health.gov/paguidelines/adultguide/default.aspx#toc>

Physical Activity Additional Resources

Internet sites are provided for convenience and are not necessarily intended as an endorsement.

Physical Activity-Related Resources in Spanish

Let's Move! <http://www.letsmove.gov/en-espanol>

Centers for Disease Control and Prevention—Physical Activity
http://www.cdc.gov/spanish/hojas/actividad_fisica.html

MedlinePlus <http://www.nlm.nih.gov/medlineplus/spanish/exerciseandphysicalfitness.html>

VERB™ *It's what you do* Activities in Spanish created by the U.S. Department of Health and Human Services <http://www.cdc.gov/spanish/VERB/Default.htm>

Calorie Control Council: Healthy eating and physical activity for life
<http://www.caloriecontrol.org/articles-and-video/en-espanol>

¡Podemos! We Can! Ways to Enhance Children's Activity and Nutrition
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/espanol/index.htm>

Estimated Calorie Requirements

(In Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity^a

This chart shows how many calories are recommended for both males and females in all age groups. The energy requirements also are broken down into levels of activity from sedentary to active. This should give you a sense of how many calories, ENERGY IN, your family members need.

Estimate Calorie Requirements				
Estimated amounts of calories needed to maintain energy balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.				
Gender	Activity Level ^{b,c,d}			
	Age (years)	Sedentary ^b	Moderately Active ^c	Active ^d
Child	2–3	1,000	1,000–1,400 ^e	1,000–1,400 ^e
Female	4–8	1,200	1,400–1,600	1,400–1,800
	9–13	1,600	1,600–2,000	1,800–2,200
	14–18	1,800	2,000	2,400
	19–30	2,000	2,000–2,200	2,400
	31–50	1,800	2,000	2,200
	51+	1,600	1,800	2,000–2,200
Male	4–8	1,400	1,400–1,600	1,600–2,000
	9–13	1,800	1,800–2,200	2,000–2,600
	14–18	2,200	2,400–2,800	2,800–3,200
	19–30	2,400	2,600–2,800	3,000
	31–50	2,200	2,400–2,600	2,800–3,000
	51+	2,000	2,200–2,400	2,400–2,800
<p>^a These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. “Reference size,” as determined by IOM, is based on median height and weight for ages up to age 18 years of age and median height and weight for that height to give a BMI of 21.5 for adult females and 22.5 for adult males.</p> <p>^b Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.</p> <p>^c Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.</p> <p>^d Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.</p> <p>^e The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.</p>				

Source: HHS/USDA Dietary Guidelines for Americans, 2005

The U.S. Department of Health and Human Services recommends the following physical activity guidelines for adults:

Participate in moderate-intensity cardio physical activity on 3-5 days for a minimum of 150 minutes each week

Or

Participate in vigorous-intensity cardio physical activity on 3-5 days for a minimum of 75 minutes each week

And

Perform 8-10 strength-training exercises, 8-12 repetitions of each exercise twice each week.

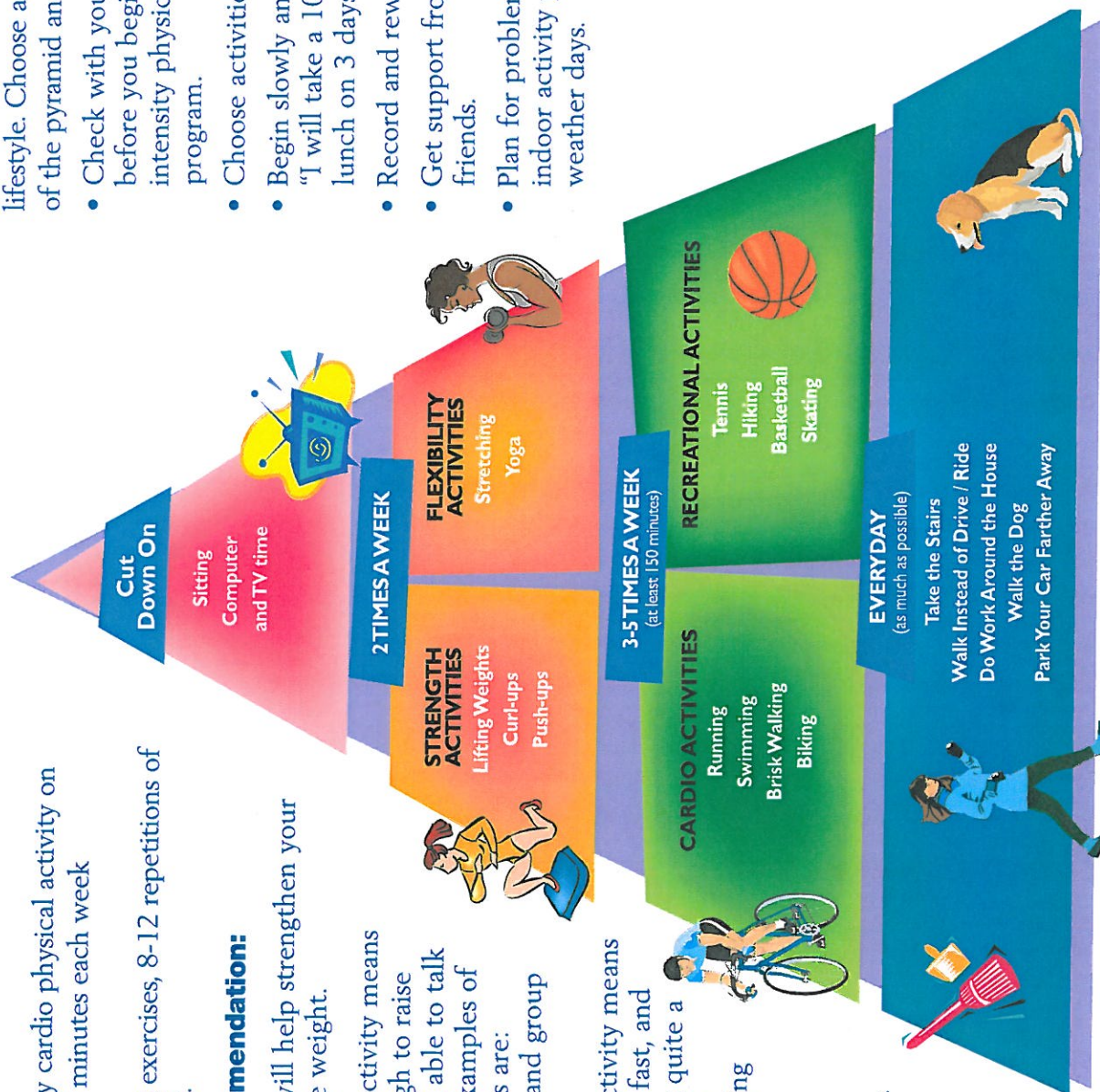
Understanding the recommendation:

- Cardio or aerobic activity will help strengthen your heart and lungs and manage weight.
- Moderate-intensity cardio activity means you are working hard enough to raise your heart rate, but are still able to talk while doing the activity. Examples of moderate-intensity activities are: walking, biking, swimming and group aerobics.

- Vigorous-intensity cardio activity means you are breathing hard and fast, and your heart rate has gone up quite a bit. Examples of vigorous-intensity activities are: jogging and swimming laps.

- Strength training helps to strengthen muscles and maintain lean muscle tissue. Examples of strength training activities are: lifting weights, using resistance bands, curl-ups and push-ups.

- The activity pyramid is a guide that adults may use to plan for an active lifestyle. Choose activities from all levels of the pyramid and consider these tips:
- Check with your health care provider before you begin a moderate-intensity physical activity program.
 - Choose activities that you will enjoy.
 - Begin slowly and set a realistic goal – “I will take a 10 minute walk during lunch on 3 days each week.”
 - Record and reward your progress.
 - Get support from family and friends.
 - Plan for problems – have an indoor activity plan for bad weather days.



Adapted from Park Nicollet HealthSource

2008 Physical Activity Guidelines for Americans

Be Active Your Way: A Fact Sheet for Adults



Finding out what kind and how much physical activity you need

How do I do it?

It's your choice. Pick an activity that's easy to fit into your life. Do at least 10 minutes of physical activity at a time. Choose **aerobic** activities that work for you. These make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit. Also, do **strengthening** activities which make your muscles do more work than usual.

Why should I be physically active?

Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

How many times a week should I be physically active?

It is up to you, but it is better to spread your activity throughout the week and to be active at least 3 days a week.

How do I build up more physical activity?

Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.

How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do **both** aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!

Aerobic Activities

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

- Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.
- Do at least 10 minutes at a time.
- You can combine moderate and vigorous activities.

Muscle Strengthening Activities

Do these at least **2 days** a week.

- Include all the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
- Exercises for each muscle group should be repeated 8 to 12 times per session.



How can I tell an activity at a moderate level from a vigorous one?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for **10 minutes or more** at a time.

Moderate Activities

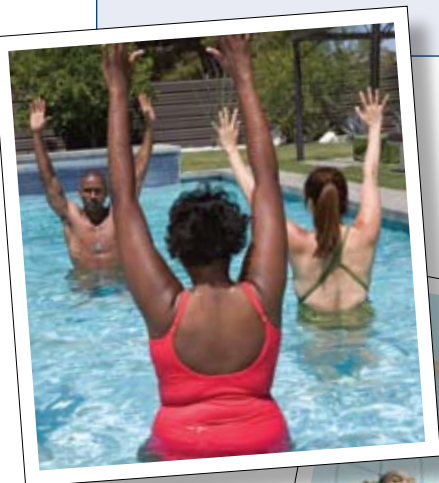
(I can talk while I do them, but I can't sing.)

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers—also called ergometers
- Walking briskly
- Water aerobics

Vigorous Activities

(I can only say a few words without stopping to catch my breath.)

- Aerobic dance
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)



For more information, visit www.healthfinder.gov/getactive

Be active **your way** by choosing activities you enjoy!

My aerobic activities this week

My goal is to do aerobic activities for a total of _____ hours and _____ minutes this week.

What I did	Effort	When I did it and for how long							
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total hours or minutes
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.

What I did	When I did it							Total days
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
This is the total number of days I did these activities this week:								

FITTING FITNESS IN

Even When You're Pressed for Time

Special thanks

to those who

participated in

the development

of this booklet.



AMERICAN COLLEGE OF SPORTS MEDICINE

KRISTINE CLARK
PhD, RD

Pennsylvania State University
University Park, PA

RICHARD ISRAEL
EdD

East Carolina University
Greenville, NC

W. LARRY KENNEY
PhD*

Pennsylvania State University
University Park, PA

*ACSM Project Coordinator

GIJS van OORT
PhD

The WellBridge Company
Deerfield, IL

For information on ACSM's
Fit Society™ contact:
ACSM's *Fit Society*™
P.O. Box 1440
Indianapolis, IN 46206-1440
317/637-9200 (ext. 127)



SHAPE UP AMERICA!

BARBARA J. MOORE
PhD

Bethesda, MD

For further information about
Shape Up America!

Please write or Fax:

Dr. Barbara J. Moore
President

Shape Up America!

6707 Democracy Blvd.

Suite 306

Bethesda, MD 20817

Fax: 301/493-9504

www.shapeup.org



**THE AMERICAN ACADEMY
OF FAMILY PHYSICIANS
FOUNDATION HAS FAVORABLY
REVIEWED THIS MATERIAL
THROUGH 2004. FAVORABLE
REVIEW MEANS THAT MEDICAL
INFORMATION IS ACCURATE,
BUT DOES NOT IMPLY
ENDORSEMENT OF ANY
CONCLUSIONS PRESENTED.**

For additional information contact:
American Academy of
Family Physicians Foundation
8880 Ward Parkway
Kansas City, MO 64114-0418

American Heart
Association 
*Fighting Heart Disease
and Stroke*

For more information contact:
American Heart Association
1-800/AHA-USA-1

*You're juggling reports,
deadlines and meetings, and
busy 25 hours a day, trying to fit
in everything, including time with
friends and family. You'd like to exercise
to get in shape and improve your health,
but don't know how to begin or find the time.*

To get you started, the American College of Sports

Medicine, Shape Up America!, the American

Heart Association and the National Cattlemen's

Beef Association have created this guide.

Fitting Fitness In Even When You're

Pressed for Time will show you how to weave

exercise into your busy schedule, and gradually

build up to 30 minutes of activity on

most days of the week. So, if you're interested

in a regular exercise program that

won't slow you down, read on...

PAGE **4** *The Top Reasons To Get Active*

PAGE **6** *Get Started With Everyday Activities*

PAGE **8** *Tips For Workday Workouts*

PAGE **10** *Build Muscle Endurance*

PAGE **12** *Fit In Stretches*

PAGE **14** *Take Your Workout On The Road*

PAGE **15** *Stay Motivated*

PAGE **16** *Healthful Eating On The Run*

*"Why is
physical activity
important
to you?"*

"I like to exercise because it helps me remember to take care of myself. I also find that exercise is a problem solver. For example, when I swim I'm able to sort through my problems and come out feeling refreshed and more able to cope with daily stresses."

SALES REPRESENTATIVE
New Orleans, LA

"Physical activity is important to me because when you look good, you feel good. For me, exercise is a win/win situation without any real negatives."

SECRETARY
Washington, DC

"Physical activity helps me stay healthy and keep my weight down."

EDITOR
Nashville, TN



Did you know that regular physical activity can improve your mental health and outlook on life? Just take a look.

Regular physical activity can help...

EVERYDAY ENERGY

- Give you the energy to do the things you want to do such as spend quality time with friends and family.

MOOD MONITOR

- Reduce feelings of stress, anxiety and depression.

SOUND SLEEP

- Improve your sleep, giving you the rest you need to enjoy daily activities—on the job and at home.

PEAK PERFORMANCE

- Clear your head so that you can approach work refreshed and able to concentrate.

ENHANCED SELF-ESTEEM

- Boost self-confidence by improving your strength, stamina, flexibility, appearance and sense of control.



*"How do
you stay
active on
busy days?"*

"Because I'm so busy during the week, I try to fit exercise into my regular schedule in natural ways. For example, I make it a point to walk to and from the train that I take to work. I enjoy these walks—in the morning, they give me time to think about the day ahead, and in the evening, they help clear my head."

EDUCATION COORDINATOR
Chicago, IL

"I try to do activities that I enjoy. During the winter, I play racquetball or go swimming indoors. In warmer weather, I play in a tennis tournament and go hiking in the mountains where the scenery is spectacular. I don't see these activities as exercise—I enjoy them too much—but they do keep me in shape!"

SOCIAL WORKER
Taos, NM



And of course, there are the potential physical benefits.

Regular physical activity can help...

WEIGHT WATCH

- Shed extra pounds and abdominal fat—the fat most closely linked to heart disease—and maintain a healthy weight.

HEART HEALTH

- Reduce risk of heart disease, or improve physical functioning if you have had a heart attack or bypass surgery.

CHOLESTEROL COUNT

- Increase HDL ("good") cholesterol and lower triglycerides.

CANCER CHECK

- Reduce risk of colon cancer.

HANDLE ON HYPERTENSION

- Lower high blood pressure and risk of stroke.

BLOOD SUGAR BALANCE

- Control blood sugar (glucose) levels if you have, or are at risk for, diabetes.

BONE BENEFIT

- Improve bone density, reducing the risk of osteoporosis and fractures as you get older.

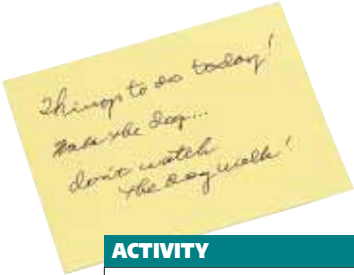
“Based on what we know now, everyone can find some time to include more activity in their day. The key is to think of small ways to get the body moving, which will add up to big dividends in terms of better health.”

DR. C. EVERETT KOOP
former U.S. Surgeon General

As a busy person, it's good to know that physical activity does not have to be strenuous, formal or time-consuming to be good for you. For example, any physical activity burns calories, so even short sessions of informal activity can add up to pounds lost over time (if calorie intake does not increase). Take a look.



ACTIVITY	MINUTES	DAYS/WEEK	POUNDS/YEAR*
Walk briskly part of the way to, or home from, work	10	5	4
Use the stairs whenever possible	5	5	2
Take a brisk walk during lunch	10	5	4
Walk briskly to off-site business meetings	10	2	2
Ride a stationary bicycle while reading the paper or listening to music	10	5	5
Jump rope during television commercials	10	5	8
Clean up around the house	15	3	2
Bicycle to do errands or visit friends	20 (round trip)	1	2
Play actively with your children	15	7	7
Go grocery shopping	30	1	2



ACTIVITY	TIME	DAYS/WEEK	TIME/WEEK
Walk the dog	10 minutes	3 (M,W,F)	30

TOTAL: MINIMUM OF 150 MINUTES

Once you get started, you'll be surprised at the snowball effect—one new activity will lead to the next. Soon, you'll be amazed by the number of ways you can include physical activity in your day without upsetting your schedule.

*Calculations are based on calorie expenditure for a 70 kg (154 lb) person. Weight loss may vary depending on individual weight and intensity of the activity.

"What
motivates
you to stay
active?"

"This sounds corny, but health is the key to happiness. You can't enjoy many of life's pleasures if you don't have your health."

**CORPORATE TRAVEL
MANAGEMENT EXECUTIVE**
Chicago, IL

"Your body is the interface to the world around you, and if it isn't working well, you can't function properly—it's like trying to run a good program on a computer that's broken or can't keep up. I guess I think of exercise as system maintenance."

SOFTWARE ENGINEER
San Jose, CA

"I've gotten so used to regular activity that a missed workout puts me in a really grumpy mood."

ART DIRECTOR
Birmingham, AL



As you begin to add steps to your day, you will see that the key to becoming more active is learning to identify opportunities for physical activity—and taking advantage of them as they arise. Here are some tips:

- Get off public transportation a few stops early and walk the rest of the way to your destination.
- In safe areas, park your car at the back, or on the lowest level of garages and parking lots to increase your walk or climb.
- Use the stairs instead of the elevator. To get started, ride the elevator to a midway point and climb the rest of the way. Add more floors as you build stamina.
- Walk to lunch spots at a distance from your office instead of always frequenting the corner cafe.
- Allow time to walk to meetings. If close by, walking can be faster and cheaper than taking a taxi or bus.

"Knowing how I'll feel when I finish a workout. I know I need to stay active to manage the stress in my life so that I can be a more productive, energetic person. Nice weather is also a great incentive because there are many fun activities to do outside. And having friends who are physically fit and active motivates me because we plan activities together."

PROJECT COORDINATOR
Bethesda, MD

"Youth. My mother is my inspiration. She is active; power-walking, eating right and teaching water aerobics. She looks 10 years younger than most women her age. I hope to follow in her footsteps."

**DEVELOPMENT
COORDINATOR**
Indianapolis, IN

"A good novel is my best motivation. I rent books on tape and discipline myself to only listen to them when I'm walking. A 16-hour book, rented for a month, is just about the right length for a daily 30 minute walk."

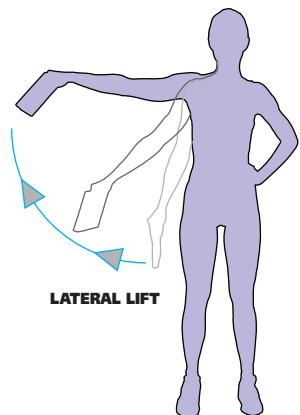
EDUCATION DIRECTOR
Chicago, IL



- Join a nearby health club and work out during lunch, or before or after work. A well-timed workout can give you a needed second wind.
- Take advantage of speaker phone, and get up and move around during calls. Standing burns more calories than sitting down.
- Take a water cooler workout. Get up to refill your water cup. (You need at least eight cups of fluid each day to keep hydrated.)
- Enjoy activities with friends and family—go dancing or bowling instead of to the movies.
- Sign up for a community sports team—you'll meet new people, have fun and get in shape at the same time.
- Treat yourself to an aerobics class or try a low-impact aerobics video at home.
- Don't drive up to the supermarket—carry your groceries to your parked car, and unload the bags at home.
- If safe, walk within your apartment building using stairs to go between floors. You can walk miles this way, no matter what the weather!
- Lose your remote control. Get up to change channels on your television, or to select a radio station or compact disk.



BUILD MUSCLE ENDURANCE



LATERAL LIFT

But why stop at everyday **aerobic** activities? Short sessions of large muscle exercises can increase your endurance, build calorie-burning muscle tissue, prevent back problems and tone muscles.

The following upper-body exercises can be done in 10 minutes in the privacy of your own office, at home or in a hotel room.

LATERAL LIFTS

- Stand with one hand on your waist. In your other hand, hold a book, paperweight, or other heavy object. Slowly lift the weighted arm sideways until it reaches shoulder height, pause, then lower. Repeat 10–15 times with each arm.

BICEPS CURLS

- Stand with your elbows close to your waist, arms at your side, palms facing forward. Hold a book, paperweight or other heavy object in one hand. Curl the weighted hand toward your chest, pause, then lower. Repeat 10 times with each arm.

BICEP CURL

DESK PUSHUPS

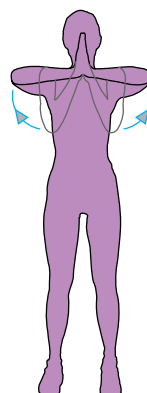
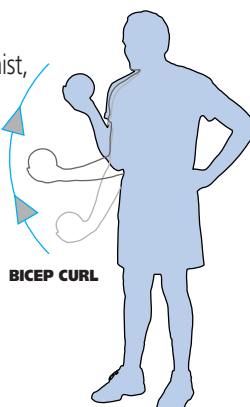
- Stand with your hands on your desk, arms straight, shoulder-width apart. Put your feet together, keeping your back straight, slowly bend your elbows so that your head leans in toward the desk, then straighten. Repeat 10–15 times.

CHEST PRESSES

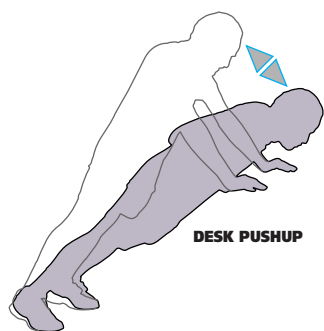
- Put your palms together in front of your face, forearms slightly apart. Pressing palms together, slowly lift your elbows until your elbows are at chin level, pause, then lower. Repeat 10–15 times.

SEATED CRUNCHES

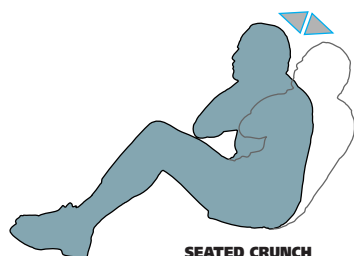
- Sit on the edge of a stable chair with feet positioned on another chair, cross arms over chest. Lean back and partially raise trunk toward bent knees. Repeat 5–10 times.



CHEST PRESS

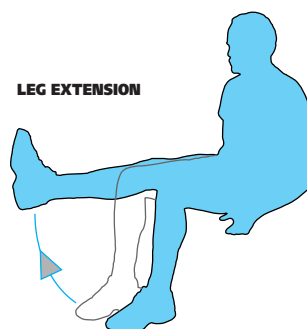


DESK PUSHUP

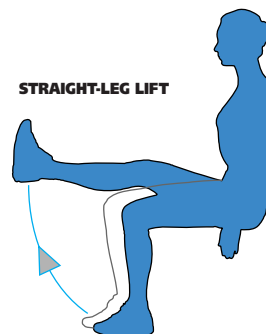


SEATED CRUNCH

BUILD MUSCLE ENDURANCE



LEG EXTENSION



STRAIGHT-LEG LIFT



WRITING THE ALPHABET

Lower-body exercises can be done during a second, 10-minute break on the same or following day.

LEG EXTENSIONS

- Sit on a chair with your feet on the floor. Flex one foot and slowly straighten the leg, pause, then lower. Repeat 20 times on each side. Use ankle weights, if you like.

STRAIGHT-LEG LIFTS

- Sit on a chair with your feet on the floor. Flex one foot, straighten, then lift the entire leg off the chair. Hold for 20 seconds, then lower. Repeat 3 times with each leg.

WALL SQUATS

- Stand with your back against a wall. Lower yourself into a seated position, and hold for 30 seconds. Repeat 3 times.

HAMSTRINGS CURLS

- Stand and hold onto a file cabinet, book shelf or chair for support. Slowly lift your heel toward your buttocks, then lower. Repeat 20 times on each side. Use ankle weights, if you like.

BUTTOCKS SQUEEZES

- Tighten your buttocks, hold for a few seconds, and release. Repeat 6–8 times. This exercise also can be done in your car, while sitting in traffic.

WRITING THE ALPHABET

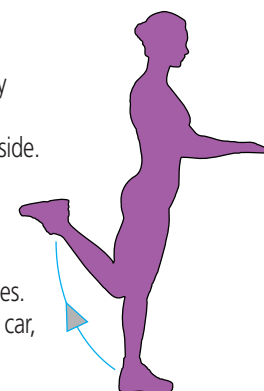
- Sit at your desk, lift, then rotate one foot to “write” each letter of the alphabet. Switch feet. This exercise also can be done on a train, plane or bus.

HEEL LIFTS

- Sit at your desk. Press down on the toes of one foot as you lift up your heel. Hold for a few seconds, then lower. Repeat 10 times with each foot. This exercise also can be done on a train, plane or bus.



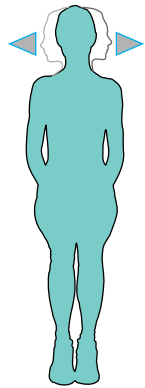
WALL SQUAT



HAMSTRING CURL



HEEL LIFT


SIDE-TO-SIDE LOOK

So, now you're up and about *and* feeling toned. But, the hours spent at your desk can still take their toll on your body. To reduce neck, shoulder and back tension that comes from sitting in one place for hours on end, try some of these stretches. Most are inconspicuous enough to do anytime, anywhere.

SIDE-TO-SIDE LOOKS

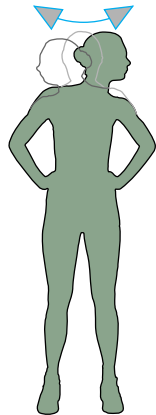
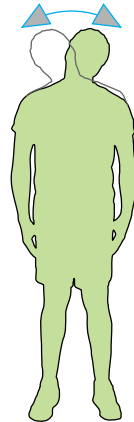
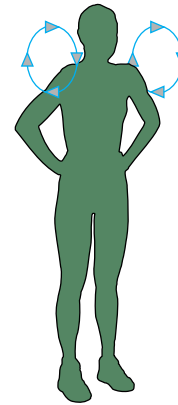
- Look straight ahead. Slowly turn your head to one side, hold for 10 seconds, then return to center. Repeat 3 times on each side.

EAR-TO-SHOULDER STRETCHES

- Slowly lower each ear to the corresponding shoulder, hold for 10 seconds, then return to the upright position. Repeat 3 times on each side.

NECK ROLLS

- Lower your head. Slowly roll your neck toward one shoulder, hold for 10 seconds, then roll to the opposite side. Repeat 3 times.


NECK ROLL

EAR-TO-SHOULDER STRETCH

SHOULDER ROLL
SHOULDER SHRUGS

- Sitting in a chair, slowly lift your shoulders up to your ears by squeezing your shoulder blades together, pause, then lower. Repeat 5–10 times.

SHOULDER ROLLS

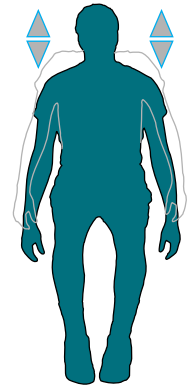
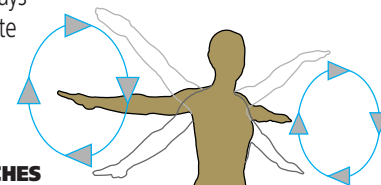
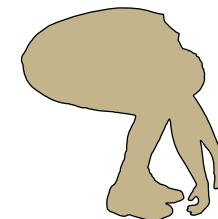
- Put your hands on your waist. Slowly circle your shoulders forward 10 times. Repeat, circling backward.

SHOULDER CIRCLES

- Extend both arms sideways at shoulder height. Rotate arms 10 times in small, forward circles. Repeat, circling backward.

LOWER-BACK STRETCHES

- Sit on the edge of a stable chair with your feet on the floor. Slowly bend forward from the waist until your hands touch the floor and you feel a stretch in your lower back. Hold 10–15 seconds, then slowly rise back up. Repeat 3–5 times.


SHOULDER SHRUG

SHOULDER CIRCLE

LOWER-BACK STRETCH

Once you get into the habit of including everyday aerobic activities, muscle endurance and stretching in your workweek, regardless of where you are, you will find yourself seeking opportunities for exercise—even when you're out of town. Here are some tips for taking your (fitness) show on the road.

- Walk around the airport while waiting for a flight instead of heading for the nearest newspaper stand or restaurant.
- Walk instead of riding on moving airport walkways.
- Take advantage of hotel facilities. Many hotels have on-site fitness rooms, video collections that may include fitness tapes, or will bring fitness equipment to your room. Others can arrange discounted workouts at nearby health clubs.
- If you belong to a health club, ask if it has sister clubs that you can visit while on business travel.
- Chart a workout course in your hotel. Walk the length of the hotel's hallways, using the stairs to climb from one floor to the next. Note where the fire exits are. (Before getting started, check on which floors you can exit the stairwell.)
- Explore new cities on foot. For example, go on an early morning or between-meeting walk. Consult with hotel staff who can help you chart a safe and scenic course.
- Check with the concierge on a safe walk to a nearby restaurant.
- Pack light hand and ankle weights, a jump rope or a resistant elastic band for quick, hotel room workouts.
- Do a few minutes of stretching exercises before going to sleep.



"How do

you stay

motivated?"

"Just knowing that staying active will increase my quality of life. My wife and I are expecting our first child, and I want to be healthy for a long time so that I can participate actively in my child's life. Also, being active and fit is a good feeling. It's rewarding to physically challenge myself—to set a goal and obtain it."

**INSURANCE CLAIMS
ADJUSTER**
Westwood, NJ

"I try to work out even when I don't feel like it, mainly because I know that after a good workout I will feel invigorated. I also realize the importance of staying in shape to keep my weight down and my heart healthy."

WALL STREET TRADER
New York, NY

The first step is the hardest in becoming more active, but after a few weeks, your fitness routine will become a habit that you'll look forward to during the day. However, at times you will need extra encouragement to keep motivated.

- Start off on the right foot by only choosing activities that you actually enjoy.
- Engage in a wide variety of activities to keep workouts interesting.
- Work out with a friend, family member or co-worker. Encourage each other to walk that extra block even on busy mornings.
- Set realistic short- and long-term goals and chart progress every step of the way.
- Reward yourself when you meet fitness goals. For example, treat yourself to a massage, new pair of sneakers or clothes.
- Set aside a particular time to work out during the day so that physical activity becomes a natural part of your routine.
- Vary the location in which you work out. Instead of walking toward the same park every day, do an about face, and check out the scenery in the other direction.
- Cut yourself some slack. If you fall off the fitness bandwagon, just climb back on again. The benefits will be waiting for you.



Pyramid

Power



Just as your day is a balancing act, so is eating right. But, no matter how busy you are, you can fit good nutrition into your schedule by eating a wide variety of foods from each of the five food groups of the Food Guide Pyramid every day.



BREAD GROUP (6-11 servings)

What's In It For You: complex carbohydrates, B vitamins, fiber
Serving Size: 1 slice bread; ½ bagel, muffin or bun; ½ cup cooked cereal, pasta, or rice; 1 cup ready-to-eat cereal

VEGETABLE GROUP (3-5 servings)

What's In It For You: vitamin A, vitamin C, folate, iron, fiber
Serving Size: 1 cup raw, leafy vegetables; ½ cup other vegetables cooked or raw including potatoes, ¾ cup vegetable juice*

FRUIT GROUP (2-4 servings)

What's In It For You: vitamin A, vitamin C, potassium, fiber
Serving Size: 1 medium fruit, ½ cup cut or canned fruit, ¾ cup fruit juice*

MILK GROUP (2-3 servings)

What's In It For You: calcium, protein, vitamin A, vitamin D
Serving Size: 1 cup milk or yogurt, ½ cup cottage cheese, 1-2 oz cheese

MEAT GROUP (2-3 servings)

What's In It For You: iron, zinc, B vitamins, protein. Meat provides "heme" iron, which is better absorbed by the body than iron from plant foods
Serving Size: 3 oz (equivalent to the size of a deck of cards) cooked and boneless lean red meat, skinless poultry or fish; ½ cup of cooked beans, 1 egg or 2 tablespoons of peanut butter counts as **1 ounce** of meat

*Juices may not contain as much fiber as other fruit and vegetable items.



The good news is that **all** foods can be part of a healthful diet. Simply balance the foods you eat and engage in regular physical activity. For example, eat a wide variety of whole grains, fruits, and vegetables, and sometimes...

CHOOSE...	INSTEAD OF...	TO GET...
BREAKFAST		
Whole wheat bagel	Croissant	86 fewer calories 11 grams less fat 4 grams more fiber
Lowfat cream cheese, 1 Tbsp	Butter, 1 Tbsp	67 fewer calories 9 grams less fat
Cereal with ½ cup 1% lowfat milk	Cereal with ½ cup whole milk	24 fewer calories 3 grams less fat
Lowfat blueberry yogurt, 1 cup	Blueberry muffin, 4 oz	64 fewer calories 5 grams less fat 307 mg more calcium
Coffee with 1 Tbsp lowfat milk	Coffee with 1 Tbsp cream	23 fewer calories 3 grams less fat
LUNCH		
Tossed green salad with tomatoes, 1 cup	Macaroni salad, ½ cup	192 fewer calories 18 grams less fat 185 RE more vitamin A
Lowfat salad dressing, 1 Tbsp	Regular salad dressing, 1 Tbsp	66 fewer calories 7 grams less fat
Fast-food, single hamburger	Regular fried fast-food chicken sandwich	224 fewer calories 16 grams less fat
Orange juice, ¾ cup	Soda, 1-12 oz can	68 fewer calories 93 mg more vitamin C
DINNER		
Black bean soup, 1 cup	Cream of mushroom soup, 1 cup	87 fewer calories 12 grams less fat 4 grams more fiber
Beef tenderloin, trimmed, broiled, 3 oz	Bacon-wrapped beef tenderloin, trimmed, broiled, 3 oz	145 fewer calories 12 grams less fat
Chicken thigh, without skin, roasted, 3 oz	Chicken thigh, batter-fried, 3 oz	57 fewer calories 5 grams less fat
Baked potato, 1 medium	Regular order of French fries	102 fewer calories 12 grams less fat



Even when most of your meals are eaten away from home, you can make lowfat choices. For example, restaurant staff are happy to answer questions about menu items and accommodate special requests, whenever possible. Follow these suggestions for choosing meals that won't slow you down on busy workdays.

Ask your waiter to:

- Clarify how a menu item is prepared.
- Remove extra chips, butter and rolls from the table.
- Suggest a lowfat menu item.
- Find out what's in the "diet" or "vegetarian" platter—these items are not always low in fat and calories.
- Serve salad dressings, sauces, gravies and whipped toppings on the side.
- Have the chef prepare your food without added oil, butter or margarine.
- Hold the mayonnaise on sandwiches—use mustard or lowfat dressing instead.
- Substitute one food for another. For example, request a baked potato or tossed salad instead of French fries.
- Investigate fresh fruit and vegetable options. Even when vegetables and fruit are not featured on a menu, many restaurants will serve them on request.
- Serve vegetables steamed and plain, without sauce.
- Provide skim or lowfat milk with your coffee instead of cream.
- Wrap extra food to go; refrigerate and enjoy for lunch the next day.



Restaurant Menu Glossary

These preparation methods require little or no butter or oil, and bring out ingredients' great tastes and flavors.

- au jus
- au vin
- baked
- broiled
- consommé
- dry rub
- fresh
- herbed/herb crusted
- light
- light pan sauce
- loin*
- marinara
- marinated
- poached
- red sauce
- roasted
- round*
- steamed
- stir-fried in broth
- tomato-based
- whole-grain
- yogurt sauces

*Words with a star signify lean cuts of beef.

These preparation methods require added fat, and produce rich dishes.

When you select foods prepared in these cooking styles, balance with lower fat choices and be sure to get plenty of physical activity.

- au gratin
- baked
- batter-dipped
- béchamel sauce
- bearnaise sauce
- bordelaise sauce
- breaded
- buttery
- cheesy
- creamy
- crispy
- en casserole
- en croûte
- fried
- hollandaise
- in gravy
- rich
- sautéed
- (en)scalloped
- smothered
- stir fried in oil
- stuffed

When it comes to snacking on the go and between meals, put yourself in the driver's seat by keeping lowfat snacks on-hand in the office and on the road. Your busy schedule does not have to take a bite out of your health! Following are office-friendly, lowfat snacks from each of the five food groups.

BREAD GROUP

Instant oatmeal in a single-serving package, pretzels; lowfat cookies such as fig bars, graham crackers and ginger snaps; bite-size, ready-to-eat cereals, lowfat breakfast bars

VEGETABLE GROUP*

Fresh, cut-up vegetables; for added convenience, purchase pre-cut, packaged vegetables

FRUIT GROUP

Fresh fruits that require little preparation or cleanup, single-serving fruit cups, dried fruit

MILK GROUP*

Lowfat, single-serving puddings; sherbet, ice milk, lowfat fresh or frozen yogurt, reduced-fat cheeses

MEAT GROUP

Beef jerky, lowfat deli meats* such as sliced beef, ham or turkey; hard-cooked eggs*

*Those with a star require refrigerator or freezer storage.

Keep lowfat snacks that do not require refrigeration in your...

- **Sight:** for example, make it a habit to bring three fruits to work and keep them on your desk. You'll have a great-tasting, nutritious snack at arms-reach when you get hungry.
- **Drawer:** these will come in handy especially on days when you have to work late.
- **Briefcase:** you'll have access to a wholesome snack anytime, anywhere.
- **Glove Compartment:** you never know when you might get stuck in traffic.



Pedometer Log

Instructions:

1. Wear the pedometer (step counter) everyday, starting when you get up in the morning until you go to bed at night, except when napping or bathing.
2. Attach the pedometer at the waist directly above the knee on a belt loop, buttonhole or with a safety pin to clothes. Do NOT wear it in a pocket- make sure it is flat and close against your body.
3. At the end of each day, write the total number of daily steps on your chart. Then at the end of the week, calculate your total for the week. Set a goal to increase the number of steps you take the next week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Notes

*****For an average stride, 2,000 steps is one mile!*****