

# PHYSICAL ACTIVITY



RIO GRANDE VALLEY CHRONIC CARE MANAGEMENT

<https://www.uclahealth.org/marc/mindful-meditations>



# Salud y Vida

## Diabetes Self-Management Education Classes

### Cameron County

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#### Brownsville Schedule

##### **Su Clínica**

105 E. Alton Gloor Blvd.

Español: Martes de 5:30-7:30 pm

##### **Tony Gonzalez Recreational Park**

**Start** : September 12, 2019

34 Tony Gonzalez Drive

Español: Jueves de 10:00 – 12:00pm

##### **Brownsville Community Health Center**

191 East Price Road

Español: Sábados de 9-11 am

#### Harlingen Schedule

##### **Su Clínica**

1706 Treasure Hills Blvd.

English: Thursday from 6-8 pm

##### **Rio Grande State Center**

1401 South Rangerville Road

Español: Martes de 9:30 -11:30 am

#### San Benito Schedule

##### **San Benito C.I.S.D. Landrum Educational Complex**

450 South Dowling St

San Benito, TX 78586

Español: Miércoles de 6–8 pm

Español: Jueves de 10 am–12 pm

# Salud y Vida

## Diabetes Self-Management Education Classes

### Hidalgo County

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#### Alton Schedule

##### **Alton Recreational Center**

349 Dawes Ave, Alton, TX 78573

Español: Miércoles de 10 am – 12 pm

#### McAllen Schedule

##### **Hope Family Health Clinic**

2332 Jordan Rd.

Español: Martes de 10 am – 12 pm

# SHARE

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- **What were your glucose and blood pressure levels last week?**
- **Was there a difference in your glucose and blood pressure levels during the week, and what do you think was the reason for that?**
- **How do you think food affects blood glucose and blood pressure levels?**

# WHAT IS PHYSICAL ACTIVITY?

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- Physical activity simply means movement of the body that uses energy





# Types of Exercises

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- Flexibility Exercises
- Resistance exercises
- Aerobics Exercises



# Flexibility Exercises

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They are called stretching exercises, they provide more freedom of movement.

- Are used as rehabilitation exercises
- They do not increase strength or physical tolerance.
- They are done before and after more vigorous exercises, like warm up and to relax the muscles.





# Endurance Exercises

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Endurance exercises use muscle strength to move something heavy or against resistance.

Some examples:

- Lifting weights
- Stretch bands
- Use resistance machines



# Endurance Exercises

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- Increases muscle mass and strength, strengthens bones and prevents osteoporosis and improves physical capacity or tolerance.
- It is generally recommended for seniors (over 60 years), because they can be done at rest.
- Because they increase blood pressure in a sustained manner, these exercises are as safe as other types of exercises.



# Aerobics Exercises

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Aerobic exercises are continuous, repetitive movements of the same muscle group for at least 10 minutes

- For people with cardiovascular disease or diabetes the type of aerobic exercise will depend on medical indication.
- People with chronic conditions should consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for their abilities and chronic conditions.



# EXAMPLES OF EXERCISE

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## ■ Light exercise

- Slow walking, garage work, cleaning the house, taking care of the kids, gardening, etc.



## ■ Moderate exercise

- Fast walking, cycling, dancing, etc.



## ■ Vigorous exercise

- Walking fast at an incline, aerobics, Zumba, playing soccer, etc.



# PHYSICAL ACTIVITY LEVELS

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## **Light physical activity**

- Walking at a slow pace, when you are not in a hurry and normally do not sweat
- At this level you should be able to sing with performing light exercise

## **Moderate physical activity**

- Walking at a fast pace, your heart beats quicker than usual and you sweat.
- At this level you should be able to talk while walking but not sing

## **Vigorous physical activity**

- Walking faster, your heart will beat fast, and you will sweat.
- At this level you should not be able to say more than a few words without taking a breath



# BENEFITS OF EXERCISING

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- Helps lose and maintain ideal weight
- Increases energy, reduces fatigue, and strengthens the heart
- Relieves stress, anxiety and depression
- Prevents calcium loss from the bones
- Enhances mood and sleep





# BENEFITS OF EXERCISE FOR PEOPLE WITH DIABETES AND HIGH BLOOD PRESSURE

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- Lowers blood sugar levels
- Lowers blood pressure levels
- Helps the body utilize insulin better
- Helps reduce the pain and cramps in the legs
- Reduces the amount of insulin needed to control glucose levels
- Helps lower body weight



# RECOMMENDATIONS

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## ■ Kids (6-17 years old)

- Kids should engage in **60 minutes** (1 hour) or more physical activity each day

## ■ Adults (18+)

- Adults should engage in moderate-intensity exercise for at least **150 minutes** a week.
- This equals **30 minutes** per day, **5 days a week**



# Recommendations

## Adults (18+) With chronic health conditions and adults with disabilities

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### Adults with Chronic Health Conditions and Adults with Disabilities

- Adults with chronic conditions or disabilities, who are able, should do at least **150 minutes to 300 minutes** a week of moderate-intensity, or **75 minutes to 150 minutes a week** of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

- Adults with chronic conditions or disabilities, who are able, should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on **2 or more days a week**.
- When adults with chronic conditions or disabilities are not able to meet the above key guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.



FLEXIBILITY  
EXERCISE



BALANCE  
EXERCISE



STRENGTH TRAINING  
EXERCISE



ENDURANCE  
EXERCISE

# REQUIREMENTS FOR THOSE WITH DIABETES

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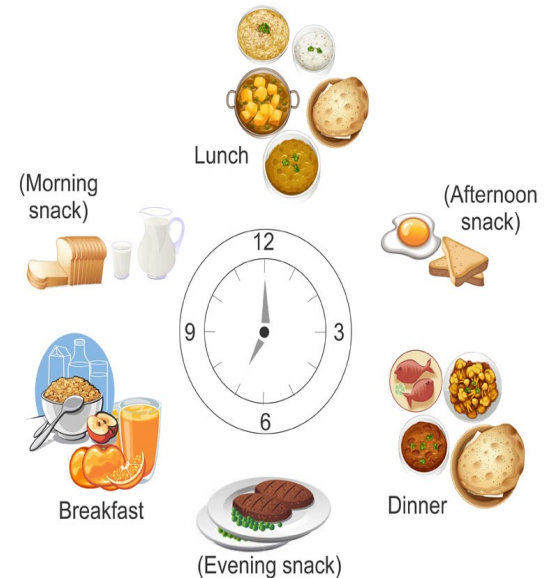
- Physician's authorization
- Check blood glucose levels
- Check blood pressure levels
- Medications
- Type of exercise



# PREVENTATIVE MEASURES BEFORE EXERCISING

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- Regulate eating schedule and medications.
- Exercise at the same hour.
- **Blood glucose levels** go up after eating and go back down after taking or using the medications.
- Eat less sodium to help **lower blood pressure** levels



# EXERCISE PRECAUTIONS

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You should **not** exercise if:

- You just injected insulin
- It is the time of insulin's peak action.
- It time for you to take your medications.
- Your blood sugar levels are below 100 mg/dl (hypoglycemia).
- Your blood pressure is more than 180/110 mmHg (High blood pressure)





# EXERCISE PRECAUTIONS

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You should **stop** exercising if,

- You have an internal eye hemorrhage, damage to the retina, feet ulcers, neuropathy
- Blood glucose levels are above 250 mg/dl (hyperglycemia)
- Blood pressure levels increase more than 20 mm hg (hypertension) 180/100
- You have an infection or you feel sick
- If you experience any chest pain or tightness, dizziness, excessive fatigue, or severe shortness of breath



# QUESTIONS FOR YOUR PHYSICIAN

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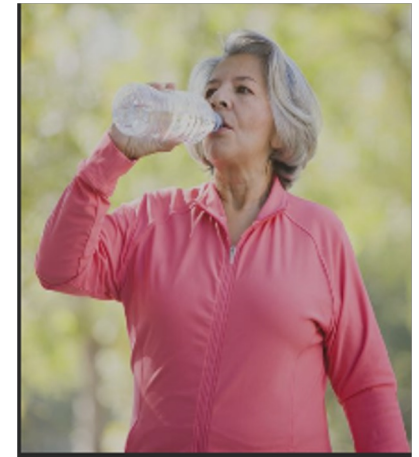


- Do the medicines that I am taking cause side effects such as low blood glucose (hypoglycemia)?
- How and when should I eat and take my medicine if I exercise regularly?
- When is the peak effect of the medicine that I am taking?
- What types of physical activity can I do?
- Can I use any kind of exercise equipment?

# EXERCISE AND SAFETY

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- Use comfortable clothing.
- Use adequate shoes.
- Check your feet before and after you exercise.
- Do not finish the exercises abruptly.
- Drink water.



# STEPS TO DEVELOP AN EXERCISE PLAN

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- Choose activities that are appropriate for you.
- The activity should be appropriate for your physical capacity.
- Develop specific goals and objectives according to Frequency Intensity Type Time (FITT).
- Look for someone who would like to exercise with you.
- Obtain medical approval.
- Set credible goals.



# MYTHS

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



**“EXERCISING  
TAKES TOO  
MUCH TIME”**

**MYTH #1**



# MYTH #1: FALSE

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- Physical activity takes time, but there are ways to incorporate them into your daily routine.
- Try to find 3 periods of 10 minutes each day.
- Before starting your day take some time in the morning to do some type of physical activity.
- Combine physical activity with a chore that already forms part of your daily routine.



**“The older you are, the less physical activity you need”**

**MYTH #2**

# MYTH #2: FALSE

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- It is important to be in shape throughout your entire life. Regular physical activity increases the capacity of older people to perform daily chores and keeps them independent for a longer time.
- Look for a physical activity program that adapts to your level of physical condition and particular needs.



**“Exercise will  
make my blood  
pressure even  
higher”**

**MYTH #3**

# MYTH #3: FALSE

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- Blood pressure will rise in the short term, as a response to the heart's need to meet the increased oxygen demands of the working muscles. However in the long term, exercise can help to decrease resting heart rate; this will help to reduce blood pressure levels
- Look for a physical activity program that adapts to your level of physical condition and particular needs.



**“It is not safe to  
exercise with  
high blood  
pressure”**

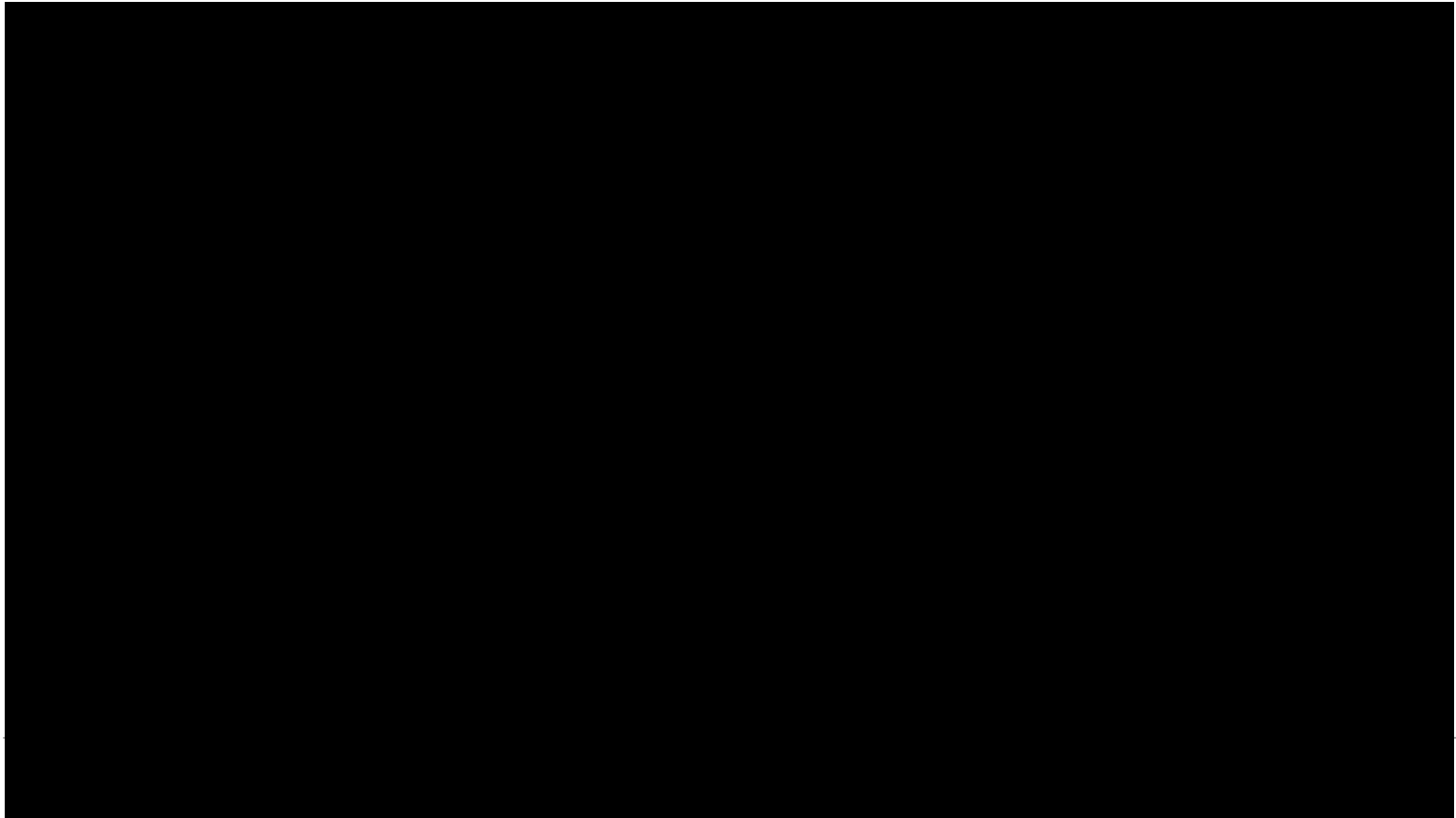
**MYTH #4**

# MYTH #4: FALSE

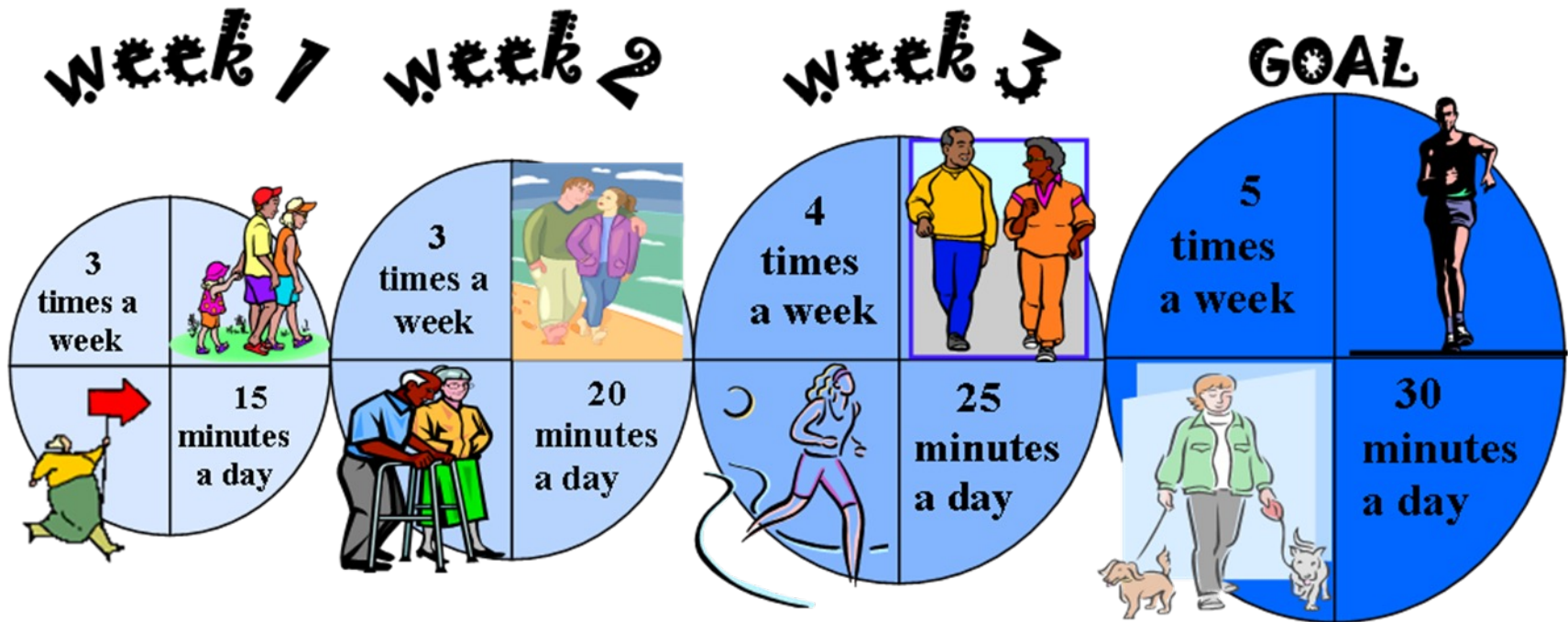
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- Most people with moderate or high blood pressure are fine to increase their physical activity levels safely. However, if your blood pressure is very high your doctor may wish to bring your blood pressure down by using medication.
- It is safe to exercise with high blood pressure (130/80) unless it is very high (160/100). You should always consult your Doctor before beginning on a new exercise routine.



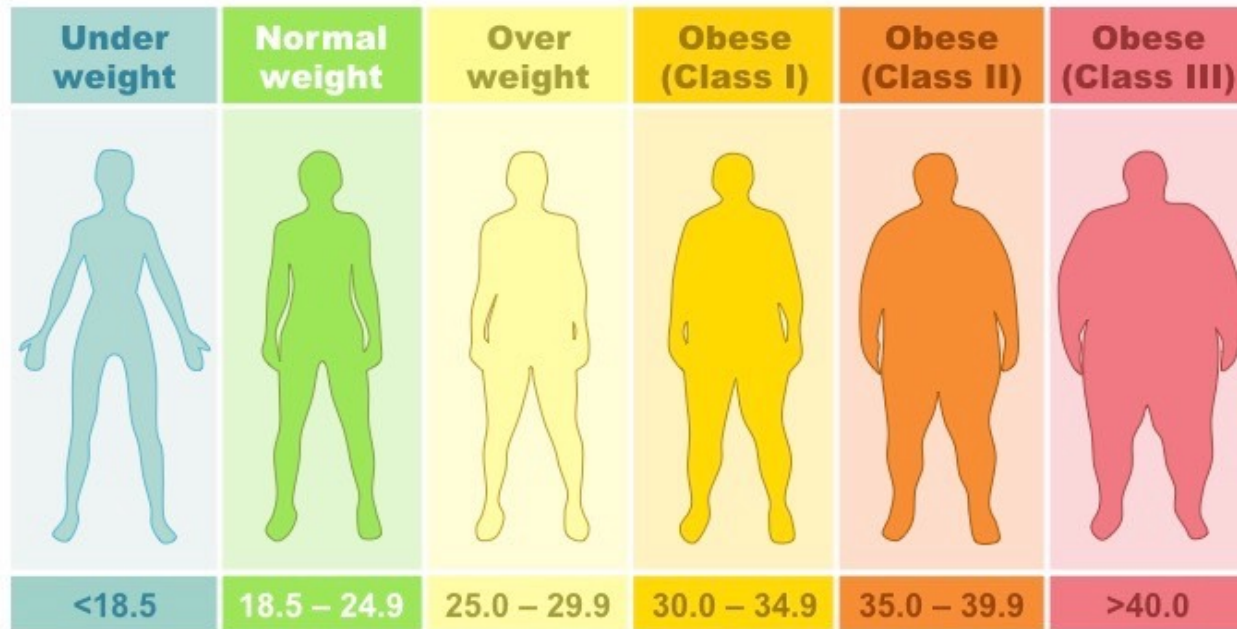


# HOW TO START



# HOW MUCH SHOULD I WEIGH?

- The Body Mass Index is a number calculated from a person's weight and height. Based on this value, it can be determined if the weight of the person is healthy or not.



# BODY MASS INDEX

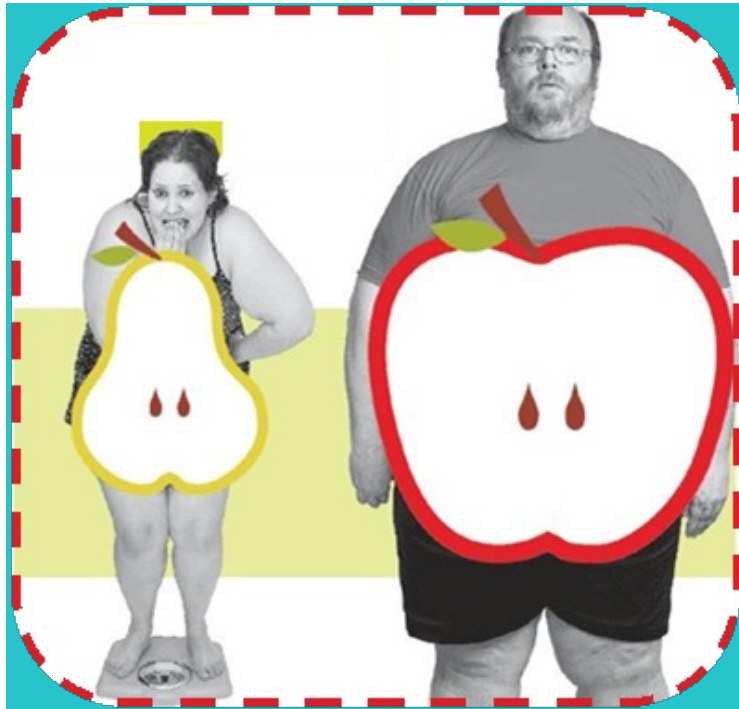
Body Mass Index Table (BMI) \* Tabla de Indice de Masa Corporal (IMC)

Normal Weight/ peso normal		Overweight/ sobrepeso					Obese/Obesidad										Extreme Obesity/ Extrema Obesidad																			
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 altura	Body Weight (pounds) Peso Corporal (libras)																																			
58/ 4'10"	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/ 4'11"	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/ 5'0"	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/ 5'1"	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/ 5'2"	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/ 5'3"	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/ 5'4"	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/ 5'5"	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/ 5'6"	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/ 5'7"	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
68/ 5'8"	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
69/ 5'9"	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
70/ 5'10"	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
71/ 5'11"	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
72/ 6'0"	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
73/ 6'1"	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
74/ 6'2"	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
75/ 6'3"	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
76/ 6'4"	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*.

# PEAR OR APPLE?

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- **Pear shape**: The fat accumulates in the hips and thighs.
- **Apple shape**: The fat is mainly distributed around the abdomen area and this might lead to the development of chronic diseases such as diabetes.