Fitting in Fitness

Speaker Name
Date
Overview

• Benefits of physical activity
• Where should we start?
• How should we progress?
• Setting a Goal
• Removing Barriers
How much is enough?

All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.

http://www.nhlbi.nih.gov/health/health-topics/topics/phys/
How much is enough?

- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of **moderate-intensity**.

- Or 75 minutes (1 hour and 15 minutes) a week of **vigorous-intensity** aerobic physical activity, or an equivalent combination of moderate- and vigorous intensity aerobic activity.

- Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

http://www.nhlbi.nih.gov/health/health-topics/topics/phys/
How much is enough?

- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate intensity.

- Or 150 minutes (2 hours and 30 minutes) a week of vigorous intensity aerobic physical activity.

- Or an equivalent combination of moderate- and vigorous-intensity activity.

- Additional health benefits are gained by engaging in physical activity beyond this amount.

http://www.nhlbi.nih.gov/health/health-topics/topics/phys/
How much is enough?

Â Moderate
   i Working hard enough to raise heart rate and break a sweat

Â Vigorous
   i Breathing hard and fast, and your heart rate has gone up quite a bit.

Â Muscle strengthening
   i Develops strength and size of skeletal muscles
   i 2 or more days a week

Â Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

http://www.nhlbi.nih.gov/health/health-topics/topics/phys/
Exercise vs. Physical Activity

**Physical Activity**: Any bodily movement produced by skeletal muscles that results in energy expenditure

**Exercise**: Planned, structured, and repetitive activity carried out to sustain or improve health and fitness
Daily Physical Activity

- Gardening
- Folding Clothes
- Walking
- Mow the lawn
- Swimming
- Roller Skating
- Bike Riding
- Hiking
- Playing Sports
- Vacuuming
- Dusting
- Running

American Heart Association
Benefits of Physical Activity
Physical Activity

• Reduces risk
  - Heart disease
  - Hypertension
  - Stroke
  - Diabetes
  - Cancer

• Weight management
• Improves mood
• Increases energy and productivity

http://www.nhlbi.nih.gov/health/health-topics/topics/phys/
Where to start?
Take Caution

Consult Physician:
- Always consult your physician before beginning a workout regimen
- Can help you tailor your routine to your health needs and abilities
Things to Consider

- Start Small
- Expectations vs. Reality
- Orthopedic Health vs. Cardiovascular Health
- Consistency
  - Hold yourself accountable
  - Set aside the time
Setting a Goal
Defining a Goal

What do I want?
What about that is important to me?
What is available to me?
What has/has not worked in the past?
Setting a SMART Goal

Specific
Measurable
Attainable
Realistic
Timely
How should we progress?
Staying Motivated

- Monitor your progress
  - Keep a journal or use a tracker
- Variety is key
- Progressing from moderate to vigorous
  - Talk test
Removing Barriers
Solutions to Barriers

Å I don’t have time
  ⚈ Break it up
  ⚈ Wake up earlier
  ⚈ Drive less, walk more
  ⚈ Revamp rituals

Å It’s boring
  ⚈ Explore new options
  ⚈ Choose activity you enjoy
  Å Recruit a friend
Summary

- 30 minutes 5 days a week or 25 minutes 3 days a week
- Set a SMART goal
  - Monitor progress
- Make it easy
  - Home workouts
  - Make a plan
Thank You.