



# Fitting Fitness Into Your Lifestyle



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**GROUP CLASS  
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Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.

# Important disclaimer

- The information provided in this presentation is not a substitute for the advice of your personal physician or other qualified health care professional.
- Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.
- Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.

# About your Instructor

- Cheryl Mirabella
- Health Educator

# Agenda Slide

Learn why you should be physically active.

Learn how you can become more physically active.

Learn tips for selecting activities that fit your lifestyle.

Learn how to create your physical activity action plan.

Resources to help you

## Goals for today

- To increase your awareness of the benefits of physical activity and
- To give you the resources to fit physical activity into your lifestyle.

# Objectives

- Name a time you will exercise
- Name two reasons you want to exercise
- List three things that work for you

# Why be active?

- Makes you feel good
- Gives you more energy
- Helps you relax and reduces stress
- Helps you sleep better
- Tones and strengthens your muscles



## Why be active cont.

- Helps control your appetite and weight
- Increases number of calories your body uses
- Improves your flexibility
- Helps manage and prevent diabetes, high blood pressure, obesity, and osteoporosis
- Increases your HDL (“good” or “healthy”) cholesterol

# Physical activity facts

- 50% of American adults do not get enough physical activity to provide health benefits
- 25% of adults are not active at all in their leisure time

# Recommendations

- Adults should strive to meet either of the following physical activity recommendations:
  - Moderate-intensity physical activities for at least 30 minutes 5 days a week.
  - Vigorous-intensity physical activity for at least 20 min 3 days a week

# How you can get on the path

- Talk to your doctor
- Write out your goals
- Find or create physical activity program
- Assess equipment needs
- Track progress
- Enlist support
- Positive thinking

# Why are we not active?

- What are some of the reasons why you are not as physically active as you would like to be?

# Choosing activities that fit

Like being outdoors?

Like team sports

Have joint problems?

Easily bored?

# Choosing activities that fit

## Short on time?

- Try three 10-minute sessions, take the stairs, walk to lunch spots, exercise during t.v. commercials, stretch at your desk

## Bad weather?

- Try home exercise tapes and equipment, walk the stairs at home

## Too tired?

- Physical activity gives you energy - try it!

## Hate spandex?

- All you need is a comfortable pair of shoes!

# Start thinking

It takes about 21 days to make a behavior change!!!

- Set goals -short-term & long-term (SMART)
  - Specific, Measurable, Achievable, Realistic, Time-based
- Aerobic, strength, flexibility
- How to fit physical activity into your schedule



# Getting started

- How active are you now?
- Are you ready to be more active?

# How active are you now?

1. I walk, bike, or do another aerobic activity for at least 30 minutes on most days of the week.

Yes  No

2. I lift weights or use elastic bands at least 2 times per week.

Yes  No

3. I do flexibility exercises, such as stretching or yoga, a few days a week.

Yes  No

4. I do a lot of active things on most days, like housework, gardening, washing the car, or playing outside with my kids.

Yes  No

5. I often take the stairs, walk instead of drive, or park a few blocks from where I want to go.

Yes  No

## How active are you now? Cont.

6. I am on my feet and walk a lot as part of my job.

Yes  No

7. My job involves lifting or moving things or caring for young children.

Yes  No

8. I walk up and down stairs in my home or at work 10 times a day or more.

Yes  No

9. I am physically able to do most of the things I want or need to do.

Yes  No

# How did you do?

- Answered “yes” to questions 1, 2, or 3? You are doing regular physical activity!
- Answered “yes” to questions 4-8? You are fitting physical activity into your daily routine!
- Answered “yes” to question 9? You are seeing the results of your efforts!
- If you have more “no” than “yes” answers, you may want to do more to be active.

# For the Seated Worker

- Staying in one position for too long a period of time or doing a repetitive task can cause a Repetitive Stress Injury (RSI)
- Small exercises can help relax your muscles and give the body a break

# 7 “Exercise Moments” for Seated Workers

1. Stand & Stretch
2. Think Tall
3. Head Tip
4. Shoulder Circle
5. Hand Stretch
6. Back Squeeze
7. Loosen Up

# 7 “Exercise Moments”

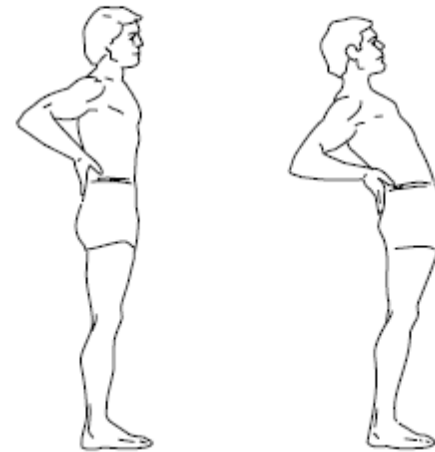
## When & How

- 2-3 times every 30 minutes
- Slow & smooth
- Hold for 5 seconds, take a breath, stretch further
- Hold 5 more seconds
- Return to start position
- STOP if you feel pain!

## ■ Stand & Stretch

### 1. Stand and Stretch

Look straight ahead and bend backwards slightly, supporting yourself with your hands on your hips.



# 7 “Exercise Moments”

## ■ Think Tall

### 2. Think Tall

Stretch tall when sitting or standing, as if you have a string attached to the top of your head pulling you up.



## ■ Head Tip

### 3. Head Tip

Sit tall, tip head to one side, then the other side.





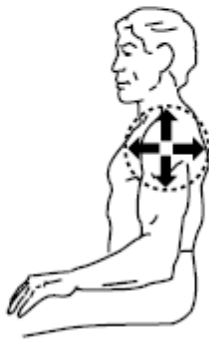
# 7 “Exercise Moments”

## ■ Shoulder Circle

## ■ Hand Stretch

### 4. Shoulder Circle

Move shoulders in a large circle - up, back, down, forward.

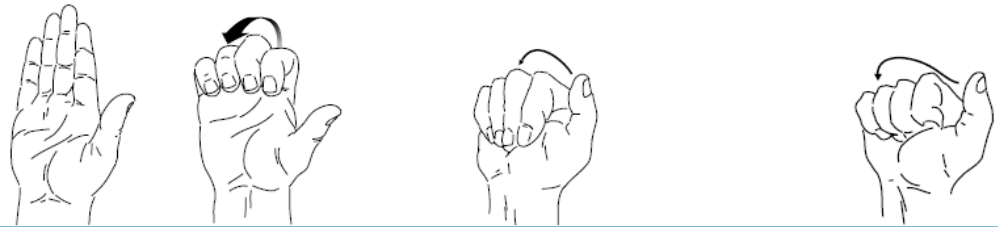


### 5. Hand Stretch

Form a “hook” (hold fingers and wrist straight, then bend fingers *without bending large knuckles* – like a hook). Open hand.

Form a flat fist (bend your fingers *at the middle joints*, touching fingertips to palm). Open hand.

Form a round fist (bend your fingers into a *full fist*, keeping your thumb away from your hand). Open hand.



# 7 “Exercise Moments”

## ■ Back Squeeze

### 6. Back Squeeze

Sit tall, hands up, move elbows down and back (elbows to back pockets).



## ■ Loosen Up

### 7. Loosen Up

Stand and let your arms hang at your sides. Gently wiggle your fingers, wrists, elbows and shoulders.



# What have you decided?

- When will you exercise?
- \_\_\_\_\_
- What are two reasons for YOU to exercise?
  - 1.
  - 2.
- What three things work for you fitting fitness into your life?
  - 1.
  - 2.
  - 3.

# Kaiser Permanente Resources



- [kp.org/healthyliving](https://kp.org/healthyliving) - healthy living tools and resource to manage your health.
- [kp.org/healthylifestyles](https://kp.org/healthylifestyles) – health assessments and personalized online plans to improve your well-being and the quality of your life.\*
- [kp.org/classes](https://kp.org/classes)- find healthy living classes near you.  
\* Must be registered on kp.org

# Kaiser Permanente Resources



- [kp.org/watch](https://kp.org/watch) – view our health video clips.
- [kp.org/doctor](https://kp.org/doctor) – view your doctor’s home page and learn EMMI and other recommended online tools.
- [kp.org/listen](https://kp.org/listen) – download audio podcasts on health topics of interest.
- [kp.org/register](https://kp.org/register)- sign up to manage your health and more.

# Make the Call, Take the Call

The State of Maryland Wellness Program offers free confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



*Healthy weight*  
*Managing stress*  
*Physical activity*  
*Eating healthy*  
*Quitting tobacco*



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

# Other resources

- American Heart Association
  - [www.justmove.org](http://www.justmove.org)
- National Heart, Lung, and Blood Institute
  - [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

# Questions?

Thank you and be well!