

Physical Activity



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Session Overview: PHYSICAL ACTIVITY

Say: Thank you for agreeing to meet with me today. If it's okay with you, I'd like to spend a few minutes sharing with you some information about physical activity that I hope you will find helpful. If at any time you have questions, please stop me and I'll do my best to answer them. Ready to get started?

PHYSICAL ACTIVITY

Today's Topics:

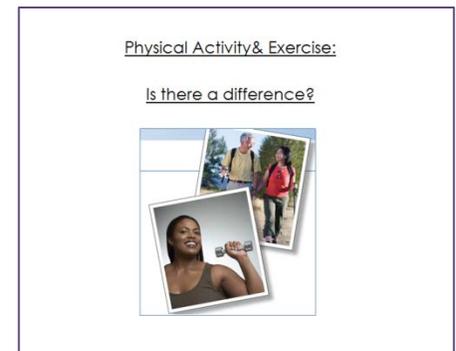
- ✓ What is physical activity?
- ✓ Myths & Facts about Physical Activity
- ✓ Why is being active so important?
- ✓ How much physical activity do I need?
- ✓ What activities can I do?
- ✓ How to prepare myself to do regular physical activity
- ✓ How do I stay consistent?
- ✓ Staying on track with a buddy

What is Physical Activity?

Ask: Before we start talking about physical activity, I want to start with a basic question - what is physical activity? [ensure response includes the following: Physical activity is any form of exercise or movement of the body that uses energy. Some of your daily life activities -- doing active chores around the house, yard work, walking the dog -- are examples.]¹

Ask: So how is physical activity different than exercise? [ensure response includes the following: Both terms (physical activity and exercise) refer to movements that burn calories and require energy. Exercise, however, is a form of physical activity that is specifically planned, structured, and repetitive. An example would be walking on a treadmill or doing a tai chi or aerobics class.]

Say: Physical activity and exercise are both important and can help improve your ability to do the everyday activities you enjoy. Additionally, engaging in regular physical activity and exercise will help with maintaining weight, blood pressure, and diabetes management.²

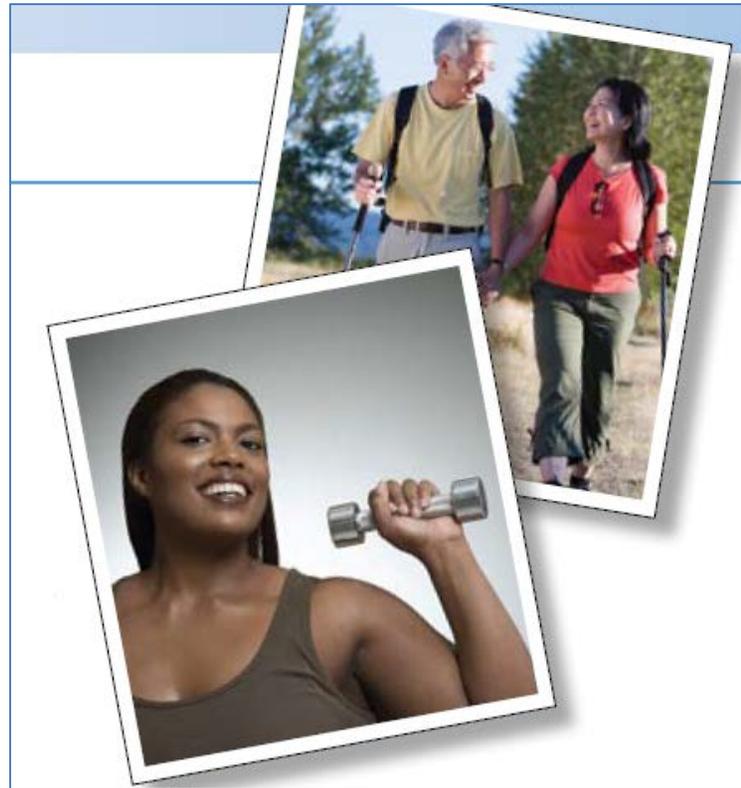


Image¹

Ask: When was the last time you exercised? What did you do? Where did you do it and who did you do it with? What was your experience like?

Physical Activity & Exercise:

Is there a difference?



MYTH OR FACT?

Say: So before we go further, I thought it would be fun for us to play a little game. I'm going to read a sentence about physical activity and exercise, and I want you to decide if this is a MYTH or FACT; in other words, TRUE OR FALSE.

Statement #1: Physical activity takes too much time.

ANSWER: MYTH! Although it does take some time, there are many ways to make it manageable and fit physical activity into your daily life. If you don't have 30 minutes in your schedule for activity, you can try to find three 10-minute periods. We'll talk about this more later.

Statement #2: Exercise makes you tired.

ANSWER: MYTH! Once you begin regular exercising, you're likely to have even more energy than before. As your progress, daily tasks will seem easier. It can also help to reduce fatigue and manage stress.

Statement #3: The older you are, the less physical activity you need.

ANSWER: MYTH! Most people become less active as you age, but keeping fit is important throughout life. No matter what your age, you can find a physical activity program that works for your needs.

Statement #4: Taking medication interferes with physical activity

ANSWER: In most cases, this is not true. In fact, becoming more active may lessen your need for certain medicines, such as high blood pressure drugs. However, before beginning a physical activity program, be sure to inform your doctor about both prescription and over-the-counter medications you are taking.

Statement #5: You have to be athletic to exercise

ANSWER: MYTH! Most physical activities don't require any special athletic skills. A perfect example is brisk walking—a superb, heart healthy activity. Others include bicycling, gardening, or yard work, as long as they're done at a brisk pace. Just do more of the activities you already like and already know how to do.³

Say: Don't worry, some of those questions were really tricky, and many people answer them incorrectly. This is why they continue to be myths! Let's move on, and I'll share with you some other information that you might find interesting.

MYTH OR FACT?



Let's Play!

Image²

MYTH OR FACT?



Let's Play!

Why is being active so important?

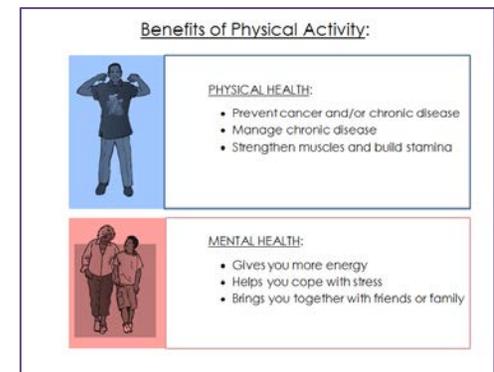
Say: It is hard to imagine a single practice with more health benefits than regular physical activity. These benefits are both physical and mental. In addition to protecting your heart in numerous ways, staying active:

- Helps to lower blood pressure and blood sugar
- Strengthens your lungs and helps them to work more efficiently.
- Tones and strengthens your muscles.
- Builds stamina and improves balance.
- Keeps your joints in good condition and may slow bone loss.
- May help to prevent certain cancers³

Regular physical activity can also boost the way you feel. It may:

- Give you more energy and build confidence.
- Help you to relax and cope better with stress.
- Allow you to fall asleep more quickly and sleep more soundly.
- Help you to beat the blues.
- Provide an enjoyable way to share time with friends or family.³

Say: We also know that weight is gained when more calories from food and beverages are taken in than are expended through physical activity and/or exercise. This is why being active is so important when trying to maintain and/or lose weight. The good news about physical activity is some is better than none, and even a small amount can lead to some of these benefits.⁴



Image³

Benefits of Physical Activity:



PHYSICAL HEALTH:

- Prevent cancer and/or chronic disease
- Manage chronic disease
- Strengthen muscles and build stamina



MENTAL HEALTH:

- Gives you more energy
- Helps you cope with stress
- Brings you together with friends or family

How much physical activity do I need?

Say: As I mentioned before, some physical activity is better than none, and adults who participate in any amount of physical activity will experience health benefits. For substantial health benefits, adults should do at least 150 minutes per week of moderate activities. If it's easier, you can think of this as 30 minutes per day for 5 days.⁴

One thing that I hear a lot from people I work with is that they don't have 30 minutes to participate in physical activity every day. A suggestion that I always give is to start by doing 10 minutes of physical activity at a time, even if only once or twice per day. This could be as simple as walking first thing when you wake up and after you eat dinner. You could even take the stairs instead of the elevator each day to start with. Over time, you can work on incorporating more time each day until you are doing at least 30 minutes each day.

Ask: How might you incorporate 30 minutes of physical activity per day into your daily life? [review with client their schedule and make suggestions for incorporation of physical activity]

How much physical activity do I need?

30 MINUTES PER DAY x 5 DAYS

Option 1:
30 minutes once per day



OR

Option 2:
10 minutes at a time, 3 times per day



10 + 10 + 10 = 30 mins.

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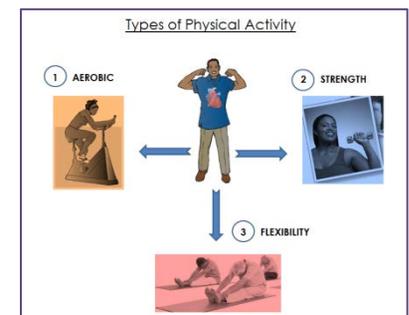
10 + 10 + 10 = 30 mins.

What activities can I do?

Say: There are three main types of exercise or physical activity that you can do every day to help take care of your physical and mental health:

- **Aerobic** (sometimes called endurance): These are exercises that increase your breathing and heart rate. These activities improve the health of your heart, lungs, and circulatory system. Examples include brisk walking, jogging, dancing, swimming, climbing stairs, etc.
- **Strength** (sometimes called resistance): These are exercises that help increase your muscle strength, and usually involve using your body weight or other types of weights (e.g. hand weights, resistance band). Examples include doing a squat, a push-up, or using weights to do bicep curls like this [demonstrate bicep curl].
- **Flexibility**: These are exercises that involve stretching the muscles to become more flexible, which gives you more freedom of movement for your everyday activities. Examples include yoga or light stretching [demonstrate light stretching, such as touching toes, stretching neck and/or shoulders]¹

Additionally, some older adults may find it beneficial to incorporate a fourth type of exercise, which is balance. Balance exercises may help prevent falls, a common problem in older adults. Examples would include tai chi, standing on one foot, or heel-to-walk [demonstrate].



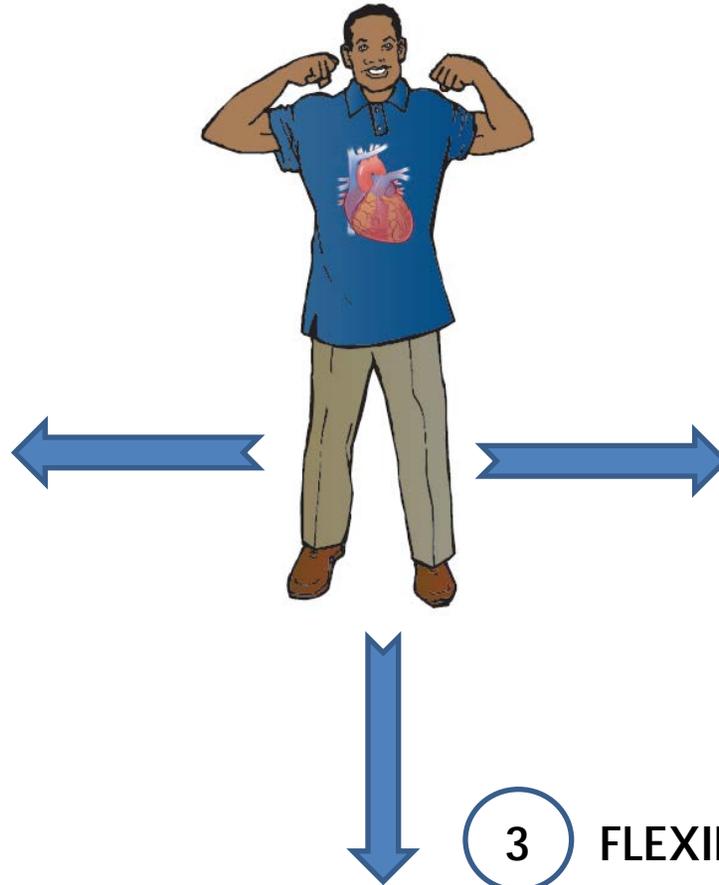
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Types of Physical Activity

1 AEROBIC



2 STRENGTH



3 FLEXIBILITY



How to Prepare to do Regular Physical Activity

Say: We already talked earlier about your starting point, and how you might be able to achieve the goal of 150 minutes of exercise per week. You should also consider talking to your doctor before you start or increase your physical activity regimen if you ...:

- Are over 50 years old and not used to moderate activity.
- Currently have a heart condition, have developed chest pain within the last month, or have had a heart attack.
- Have a parent or sibling who developed heart disease at an early age.
- Have any other chronic health problem or risk factors for a chronic disease.
- Tend to easily lose your balance or become dizzy.
- Feel extremely breathless after mild exertion.
- Are on any type of medication.³
- Have had recent surgery.



Image^{1,3}

After you've confirmed that it is safe to start exercising or increase your physical activity, the next step is to make a plan! Remember when you set a goal of [insert last short-term goal set with client]? Perhaps you might consider making your next short-term goal to include physical activity? Creating a plan and making physical activity a routine will increase the likelihood that you will stick with the plan.

Lastly, your shoes are an important part of your physical activity plan. Although you can do some physical activities in almost any shoes, such as walking, you should ensure that your shoes have a flat, non-skid sole, good heel support, and enough room for your toes. This is especially important if you have diabetes or arthritis, as improper shoes could lead to soreness or blisters that could become infected.¹

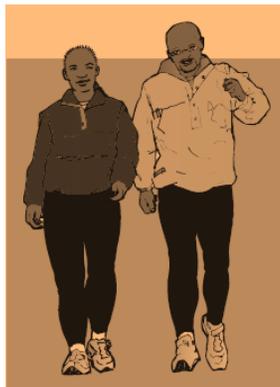
Preparing to Make Physical Activity a Priority



1 Discuss with your doctor



2 Make a Plan!



3 Lace up your shoes and get started!

How to stay consistent

Say: Sometimes it is easy for us to start something, but much harder to continue over time or maintain a plan or goal that we set for ourselves. I have a few tips that might help you stay consistent over time with your physical activity plan:

1) Include physical activity into your everyday life

Physical activity needs to be a regular, permanent habit for you to produce benefits. Again, the key word is **you**. Set yourself up to succeed right from the start by choosing activities that appeal to you, exercising safely, charting your progress to see your success, and making your activity routine fit your personal lifestyle. For example, if you know that your evenings are often very busy, it is unlikely that you will consistently be able to fit in time in the evenings for physical activity. Instead, look at your day and decide what plan will work for your daily life.

2) Make it a priority

Many of us lead busy lives, and it's easy to put physical activity at the bottom of the "to do" list. Remember, though, being active is one of the most important things you can do each day to maintain and improve your health. Make a point to include physical activities throughout your day. Think of your time to exercise as a special appointment, and mark it on your calendar. Also, many of us are juggling many family and/or personal responsibilities; however, if you are sick you cannot take care of anyone else, so taking steps to make sure you stay healthy is good for not only you, but everyone in your life!

3) Make it easy

If it's difficult or costs too much, you probably won't be active. You are more likely to exercise if it's easy to do. Put your 2-pound weights next to your easy chair so you can do some lifting while you watch TV. Walk up and down the stairs instead of using the elevator.¹

How do I stay consistent?

- ① **Make it a routine**
- ② **Make it a priority**
- ③ **Make it easy**

How do I stay consistent?

① **Make it a routine**

② **Make it a priority**

③ **Make it easy**

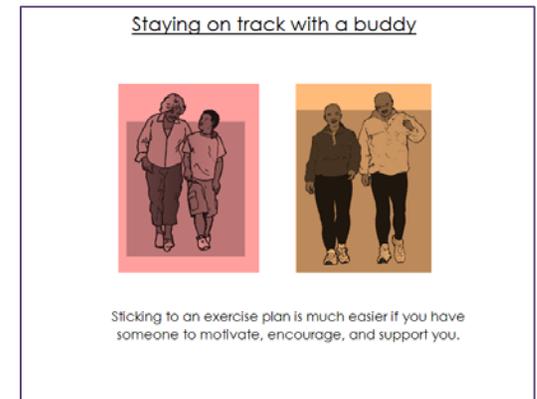
Staying on track with a buddy

Say: The other thing that many people find successful is enlisting a friend or family member -- an "exercise buddy" -- that keeps them going and keeps them motivated to stick to an exercise plan. Also, keep in mind that this person does not have to necessarily engage in activity with you. For instance, if you have a friend or family member in a different city, you can make a plan to talk on the phone once a week and check in with each other about what physical activity you completed that week.¹

Ask: Do you have someone in mind that might be your exercise buddy?

[if yes: suggest that participant contacts that person to make a plan]

[if no: suggest that participant get involved with ongoing wellness activities and/or walking club. Other suggestions may include examples from the CHW resource guide]



Staying on track with a buddy



Sticking to an exercise plan is much easier if you have someone to motivate, encourage, and support you.

Session Review:

Say: Great! That's all the information I have for today. Just to review, we talked about the following topics today:

- ✓ What is physical activity?
- ✓ Myths & Facts about Physical Activity
- ✓ Why is being active so important?
- ✓ How much physical activity do I need?
- ✓ What activities can I do?
- ✓ How to prepare myself to do regular physical activity
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Say: Remind me, what are the different types of physical activity again? [Re-review if participant can't recall]

Say: Do you have any other questions about the information we went over? Were there things you learned or didn't know before today? Were there things I didn't talk about that you'd like to discuss at a future visit?

Ask: We have a few more minutes left, would you like to spend 10-15 minutes doing some light physical activity? [if time allows, guide participant through examples of easy, at-home exercises, such as wall push-ups, bicep curls using soup cans, squats using chair, etc). If no time, suggest future instrumental support visit to demonstrate physical activity and provide Supplemental Handouts - "Physical Activity Guide".]

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