



Physical Activity – Get it into your life...for life!

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Which of these count as Physical Activity?

- Vacuuming
- Dancing
- Walking
- Jumping Rope
- Push ups
- Gardening
- Riding a bike
- All of Them!!**



Review: What is Physical Activity?

- ❑ Physical Activity is any bodily movement that increases energy expenditure.
- ❑ Health-enhancing physical activity is activity that when added to baseline activity produces health benefits.
 - ❑ Examples: brisk walking, jumping rope, dancing, playing tennis or soccer, lifting weights, doing yoga.

The Pay off!

- ❑ Health Benefits of being active include:
 - ❑ Lowers risk of: early death, high blood pressure, type 2 diabetes, stroke, heart disease, breast and colon cancer.
 - ❑ Prevention of weight gain
 - ❑ Weight loss (particularly if combined with reduced calorie intake)
 - ❑ Reduced depression
 - ❑ Reduced abdominal obesity
 - ❑ Reduces stress

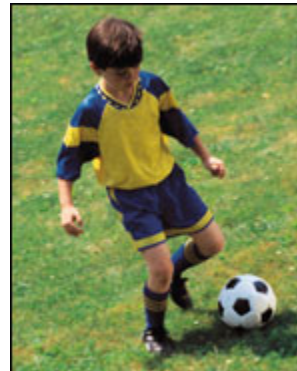


More Benefits...

- ❑ Work Better
 - ❑ Helps you to be more productive at work
 - ❑ Increases your capacity for physical work
 - ❑ Builds stamina for other physical activities
 - ❑ Increases muscle strength
 - ❑ Helps your heart and lungs work more efficiently

We Need It!!!

- Physical activity is necessary for our health



Making your health plan experiences easy.



How much do we need?

- ❑ The recommendation is 2 hrs and 30 minutes a week of moderate intensity aerobic activity **AND**
- ❑ Muscle-strengthening activities on at least 2 days of the week **OR**
- ❑ 1 hr and 15 minutes of vigorous intensity aerobic activity **AND**
- ❑ Muscle-strengthening activities on at least 2 days of the week

***Side Note

- ❑ Some activity is better than none.
- ❑ It is okay to start slowly and increase gradually.
- ❑ It is **NOT** okay to be inactive!

Play

- ❑ Be 10 years old again
- ❑ Use your yard
- ❑ Buy a hula hoop
- ❑ Jump Around
- ❑ Start a group
- ❑ Try a new sport



The New 15 min break:

- ❑ Try some squats
- ❑ Hold up the wall with wall sits
- ❑ Try calf raises
- ❑ Peek into your neighbor's cubicle while you do toe raises
- ❑ Release tension with shoulder raises and other stretches
- ❑ Use an exercise ball as your chair
- ❑ Do some bicep curls and tricep extensions

More ideas...

- ❑ Be sneaky! – 10 minutes at a time
- ❑ Be green – if you live close enough to work, ride your bike or walk instead
- ❑ New Happy Hour – socialize and catch up without the booze (and the calories)
- ❑ Multitask – It's okay to walk in circles

...more ideas

- ❑ Short walks with meals
- ❑ Climb
- ❑ Park and walk
- ❑ Avoid the elevator
- ❑ Lose the remote control
- ❑ Position your treadmill, stationary bike, or elliptical in front of TV
- ❑ March in place, do jumping jacks , do sit ups, or squats during commercials



How to fit it in

- ❑ 5 days of 30 min of brisk walking and 2 days with a resistance band
- ❑ 2 days of 30 min of brisk walking, 1 day of 1 hour social dancing, 1 day of 30 min mowing lawn, 2 days of heavy gardening
- ❑ 3 days of 30 min of biking, 1 day of 60 min playing softball, 2 days of weight machines at gym/home
- ❑ 2 days of 45 min of doubles tennis, 1 day lifting weights, 1 day of 30 min of hiking and rock climbing
- ❑ 1 day of 30 min aerobic class, 1 day of 30 min running, 1 day of 30 min brisk walking, 3 days of sit-ups, squats and push-ups
- ❑ 3 days of 25 min of running and 2 days lifting weights

The Secret.....shhh!!!!

- The best physical activity to engage in for health benefits is.....

The one that you will actually do!

For Best Success

- ❑ Team up with a friend. It will keep you motivated and be more fun.
- ❑ Pick activities you like to do.
- ❑ Track your time and progress. It helps you stay on course. Before you know it you will be able to do at least 2 hours and 30 minutes a week of activities at a moderate level.
- ❑ Add in more strength-building activities over time – for example sit-ups and push-ups.

Just Move It...But Be Safe!

- ❑ Try to move more every opportunity you have.
- ❑ Safety First
- ❑ Listen to your body
- ❑ Drink plenty of water
- ❑ Start at an easy pace – increase time or distance gradually
- ❑ Be aware of the warning signs of a heart attack



❑ Thank you for taking 30 minutes for you health!

❑ More information:

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