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# Being Physically Active on a Budget

# How did we get here?

## The human body is designed for movement.

- Modern life has pushed our waking hours to sitting in cars, on couches, and in front of computers.
  - Your muscles adapt to inactivity.
- Most Americans don't get the recommended amount of physical activity.
- The average American is a full-time TV watcher.
- Sitting too long increases the risk of chronic disease and premature death.
- Regular exercise does not *necessarily* offset the adverse effects of sitting for too long.
  - It takes one/+ hours of moderate intensity physical activity *every day* to erase the increased risk of death associated with prolonged sitting time (8 hours per day).

We need to:  
**MOVE MORE,  
and SIT LESS!**



# The Good News Is...

- You can change it!
- Short, efficient movement breaks can decrease the health risks of inactivity.
- Some is better than none!

**4/5 of the most costly chronic conditions (adults 50/+ years) can be prevented or managed with physical activity.**

# Quiz!

What are common benefits of physical activity?

- A. Weight management
- B. Disease prevention
- C. Feeling good
- D. Reducing pain and discomfort
- E. All of the above

# Benefits of Physical Activity

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Increase your chances of living longer
- Hopefully reduce long-term costs due to poor health



# Physical Activity Guidelines



# Quiz!

What are the minimum guidelines for exercise per week?

- A. 1-2 days for 15 minutes (intense)
- B. 3 days for 30 minutes (moderate)
- C. 5 days for 30 minutes (moderate)
- D. 7 days a week (intense)

# Physical Activity Guidelines\*

- Adults should move more and sit less throughout the day.
- Some activity is better than none.

**For substantial health benefits, adults should do at least:**

**150-300 minutes a week of moderate intensity activity**

or:

**75-150 minutes of vigorous intensity aerobic activity a week**

**or a combination of moderate and vigorous activity**

Adults should also do muscle strengthening activities of moderate or greater intensity that involve all major muscle groups 2 or more days a week.

*Additional health benefits are gained by engaging in physical activity beyond 300 minutes of moderate intensity exercise.*

\*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs appropriate and safe for you.

# Physical Activity Examples

FREE OR  
LOW COST  
ACTIVITIES!

## Moderate

- Walking the dog
- Raking leaves
- Shooting basketball hoops
- General house cleaning
- Yoga
- Operating heavy power tools

## Vigorous

- Jogging
- Shoveling / digging
- Playing a basketball game
- Moving furniture
- Step aerobics
- Loading/unloading a truck

## Strength Training

- Lunges
- Weight lifting
- Pushups / pullups
- Planks
- Squats
- Crunches / sit-ups

# Physical Activity

FREE OR  
LOW COST  
ACTIVITIES!

**Movement of the body that uses energy, but not your wallet**

- Walking
- Gardening
- Briskly pushing a baby stroller
- Climbing the stairs
- Playing Soccer
- Dancing



A photograph of four people (three men and one woman) running outdoors on a paved path. The image is overlaid with a semi-transparent blue-green gradient. The people are smiling and appear to be in good spirits. The text "Getting Started with Low-cost Activity" is overlaid in white, bold font on the lower left side of the image.

# Getting Started with Low-cost Activity

# How to be Active on a Budget

FREE OR  
LOW COST  
ACTIVITIES!

- **Take a walk outside.** Explore new places, take an extra lap around the store, head to the zoo!
- **Get moving inside your house.** Think about ramping up your heart rate while doing house work- you would be surprised how much you can get done!
- **Play with your kids.** Take them to a ball field. Race around the neighborhood. Create a scavenger hunt.



# How to Choose a Gym Right for You?

## Ask yourself:

- What activities would you like to do at the gym?
- What population does the gym service?
- *How much do I want to spend?*
  - *Are there different packages to choose from?*
- What hours will I be exercising?



# Movement Motivation

FREE OR  
LOW COST  
ACTIVITIES!

## Trackers can help you to:

- Save money on a personal trainer
- See how much exercise you're getting
- See how many calories you've burned
- Get up and move!

## Family, friends, yourself:

- Get out and be active with the family
- Recruit a friend
- Be your best self



# Strategies for Success at Work

FREE OR  
LOW COST  
ACTIVITIES!

- Park your car at the far end of the parking lot and walk into the office.  
Or, find a further (and less expensive!) lot or garage to use.
  - If you take the bus, get off one stop farther from your office and walk the extra distance
- Have “moving meetings” with colleagues
- Set an alarm on your computer to go off every hour and prompt you to move around for three minutes
- Take the stairs over the elevator
- Go up and down two flights of stairs each time you get up to go to the bathroom or get coffee at work
- Send print jobs to a further away printer



# Strategies for Success at Work

FREE OR  
LOW COST  
ACTIVITIES!

- Use the bathroom farthest away from your desk
- Stand up while reading emails
- Stand, or pace around your work space returning phone calls
- Use a smaller water bottle
- Walk to your co-worker's desk instead of emailing
- Take advantage of breaks and lunch
- Try a different route to meetings



# Strategies for Success at Home

FREE OR  
LOW COST  
ACTIVITIES!

## Walk and talk

- Move around the house or go up the stairs while you talk on the phone

## Have recess

- Join in when your kids want to play basketball, catch, or Frisbee

## Play music while you do house chores

- Up the intensity and vacuum to your favorite upbeat song

## Run your errands

- If you live close enough to the grocery store, bank or library let your feet get you there



# Move Your Body

FREE OR  
LOW COST  
ACTIVITIES!

## Get moving together

- Try to get moving for 30 minutes per day
- Challenge your partner to a steps competition
- Schedule walks to catch up with each other
- Try a seasonal, winter activity with your family
- Warm up with an indoor rock climbing wall
- Give your furry friends some love!



# Strategies for Success with Family

FREE OR  
LOW COST  
ACTIVITIES!

- Focus on each other
- Be a good role model
- Do the activities you and your family enjoy most
- Make physical activity fun for the whole family
- Limit screen time, or take a commercial break



**In Summary...**

**Stand.**

**Walk.**

**Move.**

*Walking is the best possible exercise. Habituate yourself to walk very far.*

– Thomas Jefferson

# Resources

# Resources

Start at [ohio.gov/tclw](https://ohio.gov/tclw)



Learn more about your health by getting a biometric screening, to learn your:

- Weight
- BMI
- HDL and LDL levels
- Cholesterol levels
- Blood Pressure

• Schedule an appointment with your doctor

• Enroll in Well-Being Coaching: **1-866-556-2288**

# Resources

Start at [ohio.gov/tclw](https://ohio.gov/tclw)

The screenshot shows the top navigation bar with links for DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. Below the navigation is a large teal banner with the text: "welcome FIND YOUR OWN PATH TO A HAPPIER, HEALTHIER LIFE. Every day you can make a positive change or discover a strength you didn't know you had. It all starts here. Choose a new goal, pick a new challenge, try a new recipe and make life better every day." Below the banner are three icons: a mountain with a flag for "PERSONAL GOALS", a trophy for "GROUP CHALLENGES", and a fork for "LIBRARY". Each icon has a short descriptive paragraph below it.

**PERSONAL GOALS**  
Goals are activities you complete to help improve any of your five areas of well-being. You get to choose them.

**GROUP CHALLENGES**  
Improving your well-being is more fun when you do it with others. A touch of spirited sparring makes it even better.

**LIBRARY**  
Find great and healthy ideas for dinner tonight (and the rest of the year). You can also check out articles and videos about the topics that interest you.

## Sign into Well-Being Connect to:

- Review your biometric results ([Health Record](#))
- Find articles on stress management and heart health ([Library](#))
- Keep on track with your goals ([Personal Goals](#) and [Challenges](#))
- Access to the Financial Well-Being portal (see next slide)

# Resources

## Start at [ohio.gov/tclw](https://ohio.gov/tclw) and sign into Well-Being Connect

**PERSONAL GOALS**  
Goals are activities you complete to help improve any of your five areas of well-being. You get to choose them.  
[PICK YOUR GOALS](#)

**GROUP CHALLENGES**  
Improving your well-being is more fun when you do it with others. A touch of spirited sparring makes it even better.  
[FIND A CHALLENGE](#)

**LIBRARY**  
Find great and healthy ideas for dinner tonight (and the rest of the year). You can also check out articles and videos about the topics that interest you.  
[VISIT OUR LIBRARY](#)

Products Designed For You

- FINANCIAL WELL-BEING™**  
Powered by DAVE RAMSEY  
Help your finances!
- QUITNET™**  
QUIT ALL TOGETHER  
Want to quit tobacco? Get phone coaching, online support and tobacco cessation medication from QuitNet.
- Take Charge! Live!**  
Find out more information on biometric screenings, 24/7 N... other programs

### Sign into Well-Being Connect to:

- Access to the Financial Well-Being portal from the middle of the main Dashboard tab.

**FINANCIAL WELL-BEING**  
Powered by DAVE RAMSEY

LESSONS ASK DAVE BABY STEPS BUDGET

Intro Saving Budgeting Debt Investing Planning Legacy All Lessons

**BUDGETING**  
1 2 3  
**The Power of Budgeting**  
So how does a budget work and why do I need to do it? It's time to learn how to tell your money where to go instead of wondering where it went.

[Open Workbook](#)  
[Downloadable Content](#)

# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

**To get started, call 1-866-556-2288 and select Option 2**

# Resources

- State of Ohio – *Take Charge! Live Well!*
  - [ohio.gov/tclw](https://ohio.gov/tclw)
- Mayo Clinic
  - [mayoclinic.org](https://mayoclinic.org)
- American Heart Association
  - [heart.org](https://heart.org)
- ACE Fitness
  - [acefitness.org](https://acefitness.org)
- Centers for Disease Control
  - [cdc.gov/physicalactivity](https://cdc.gov/physicalactivity)





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Thank You!

[ohio.gov/tclw](https://ohio.gov/tclw) | 1-866-556-2288