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**Moving More at Home**

# IMPORTANT DISCLAIMER

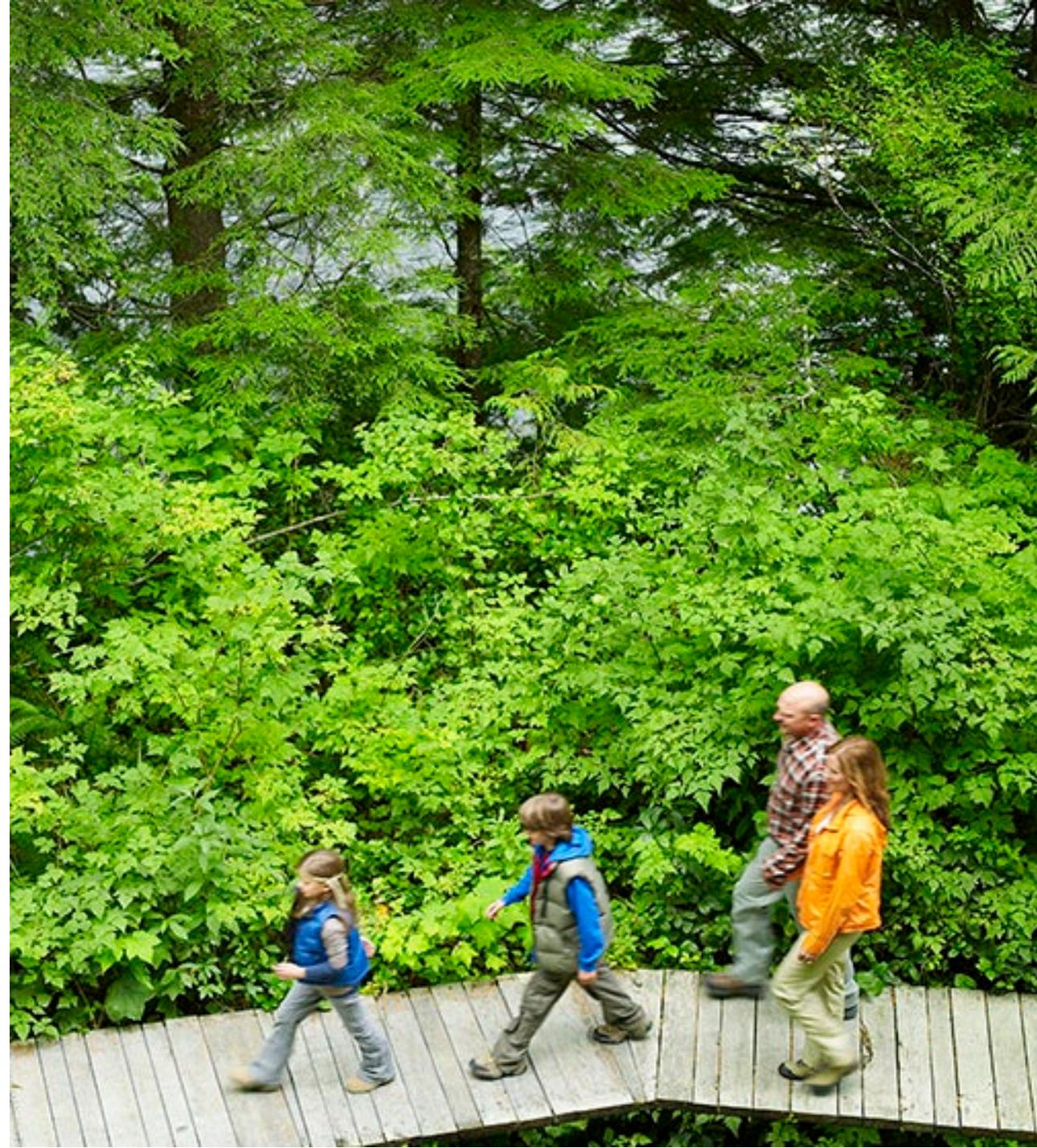
The information provided in this presentation is NOT a substitute for the advice of your personal physician or other qualified health care professional.

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.

# OBJECTIVES

1. Sedentary Lifestyle Risks
2. The Benefits of Physical Activity & Walking
3. Physical Activity Guidelines
4. Strategies for Success at Home and Sample workout
5. Desk Stretches



**WHAT'S SO  
RISKY ABOUT  
A SEDENTARY  
LIFESTYLE?**



# SEDENTARY LIFESTYLE RISKS



1. Increases body weight, obesity
2. Increases risk of cardiovascular disease mortality & all-cause mortality
3. Increases risk for chronic diseases \*
  - diabetes (type 2)
  - depression
  - Colon, endometrium, and lung cancer
  - heart disease
  - arthritis
  - osteoporosis
4. Decreases muscle and metabolism
5. Decreases bone density
6. Decreases cognition, memory

# HOW DID WE GET HERE?

## Sedentary Lifestyle Risks

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.
- U.S. National Health and Nutrition Examination Survey (NHANES) indicate that children and adults spend approximately 7.7 hours per day (55% of their monitored waking time) being sedentary.
- 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.

# HOW DID WE GET HERE?

## Sedentary Lifestyle Risks

The human body is designed for movement.

- High volumes of moderate-to-vigorous physical activity appear to remove the excess risk of all-cause mortality that is associated with high volumes of sitting.
- Very low time spent sitting reduces, but does not eliminate, the risk of no moderate-to-vigorous physical activity.
- Given the high levels of sitting and low levels of physical activity in the population, most people would benefit from both increasing moderate-to-vigorous physical activity and reducing time spent sitting.



# THE GOOD NEWS IS...

## Sedentary Lifestyle Risks

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



**WHAT ARE THE  
BENEFITS OF  
PHYSICAL  
ACTIVITY?**

# 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





# THE BENEFITS OF WALKING

Walking is an easy way to start an active lifestyle

- No special equipment required
- Walk anywhere, anytime

Walking helps people to connect with

- neighborhood, community
- family, friends, colleagues
- Nature

Walking is an easy way to get steps in throughout the day especially if you have a desk job.



**HOW MUCH  
PHYSICAL ACTIVITY  
IS RECOMMENDED?**

# PHYSICAL ACTIVITY GUIDELINES\*

- Adults should move more in 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**

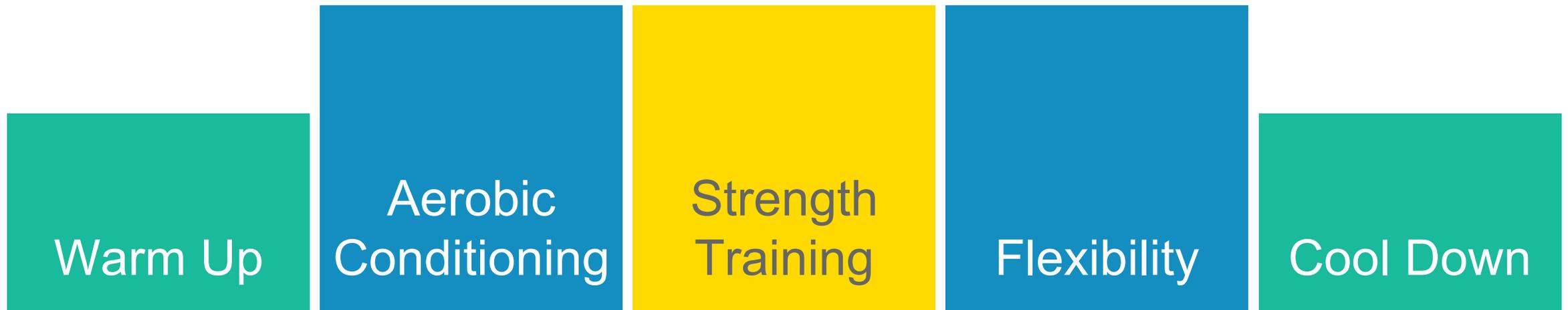
Adults should also do muscle strengthening activities of moderate or greater intensity that involve all major muscle groups 2 or more days a week.

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.

# EXERCISE RECOMMENDATIONS

## Physical Activity Guidelines



# Physical Activity Examples

## 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

# THINGS TO CONSIDER

## Physical Activity Guidelines

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



A man with short grey hair, wearing a white long-sleeved button-down shirt and black trousers, is squatting on a light-colored wooden floor. He is smiling and has his arms extended horizontally to his sides, palms facing up. The background is a modern office space with a white cabinet, a desk with a computer monitor, keyboard, and mouse, and a window with sheer curtains. Sunlight is streaming in from the window, creating shadows on the floor.

**WHAT CAN I  
DO AT HOME  
TO BE  
HEALTHIER?**

# STRATEGIES FOR SUCCESS AT HOME

**Partner up!** Grab your partner, spouse, or another family member and take over the living room or back yard with some great music and some body weight exercises.

**Keep it social.** Set up a video workout with a friend or family member, far away or next door.

**Start a new habit.** If you are just starting out, break up your workouts into multiple 10-15-minute sessions each day.

**Have fun!** Laugh, dance, enjoy. Everyone is good at movement, so take your time to enjoy doing it.

[Guide for at home workouts](#): here you will find 25 exercises that you can do while you are at home with little to no equipment. All you need is YOU!

# SAMPLE AT HOME WORKOUT

## 5-minute Warm-up

- Jog in place or air jump rope
- Lateral lunges
- Arm circles (both directions)
- Neck/head rolls (both directions)
- Leg swings
- Trunk rotation



## Complete each exercise set, rest, then repeat

- 30 [Jumping jacks](#)
- 25 [Mountain climbers](#)
- 20 [Squat jumps](#)
- 10 [Push-ups](#)
- 10 [Burpees](#)
- 30 [Bicycle crunches](#) (each side)
- 30 High knees (each leg)
- 12 Squat to front kick (each leg)



**SHOULD I  
STRETCH?**

# Walking: Best to Stretch After you Walk

Maintain posture and breathe slowly as you go into each stretch. Do not bounce.



**Side Stretch**



**Wall Push**



**Quad Stretch**



**Hamstring Bench Stretch**



**Knee Pull**

# Strategies for Success at Home

## 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



# Strategies for Success with Family

- 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



# Resources



# 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!*
  - [das.ohio.gov/wellness](https://das.ohio.gov/wellness)
- 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/obesity/](https://cdc.gov/obesity/)





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**Thank You!**

**1-866-556-2288**

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