



Practical Ways To Move More Every Day

Overview

- How did we get here?
- Physical activity recommendations
- Setting goals for small changes
- Tips for success
- Resources for support



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.

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.

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



Quiz!

What are the 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)

General Exercise Recommendations

At Least **30** minutes of moderate-intensity aerobic activity at least **5** days per week, for a... total of **150** minutes

OR

At Least **25** minutes of vigorous aerobic activity at least **3** days per week, for a... total of **75** minutes

Or, a combination of the two **AND**

Moderate, to **HIGH INTENSITY** Muscle-strengthening activity at least **2** days Per week for additional health benefits

* 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.

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

Physical Activity

Movement of the body that uses energy

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



Making a Plan to MOVE



Before you start...

- Get the “all clear” from your doctor
- Think about your goal
- Start slow
- Change it up
- Track your progress
- Reward yourself



Write Your SMART Goals

GOAL:	
S pecific	What am I going to do?
M easurable	When am I going to do this?
A ttainable	What can I do to help to achieve goal?
R ealistic	What might get in my way (obstacles)?
T imely	How much and over what time frame?



SMART Health Action Plan

Goal: *I will walk for 10 minutes during my lunch break at work*

GOAL (Daily)	I DID IT	WHAT WORKED, WHAT DID NOT WORK...
MONDAY	No	I wore dress shoes that were not comfortable for 10 consecutive minutes of walking.
TUESDAY	Yes	The weather was great and I packed tennis shoes to wear during my lunch time walk.
WEDNESDAY		
THURSDAY		
FRIDAY		

Movement Motivation

Trackers can help you to:

- 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





Tips for Success

Strategies for Success at Work

- Park your car at the far end of the parking lot and walk into the office
 - 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

- 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



“Un-desk” Yourself with Stretching

- Shoulder stretch
- Upper arm stretch
- Chest stretch
- Chin tuck
- Head turn
- Side neck stretch
- Lower back stretch
- Standing thigh stretch



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



In Summary...

Stand.

Walk.

Move.

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

– Thomas Jefferson

Resources



Online Resources: Well-Being Connect

Visit ohio.gov/tclw and select “Well-Being Connect”

The screenshot shows the Well-Being Connect website interface. At the top, there is a navigation bar with the following links: DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. Below the navigation bar is a large green 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 main sections, each with an icon and a description:

- 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](#)

Sign into Well-Being Connect to:

- Find articles on physical activity, stretching, and walking ([Library](#))
- Keep on track with your goals ([Personal Goals](#) and [Challenges](#))
- Review your biometric results ([Health Record](#))

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
- Mayo Clinic
 - mayoclinic.org
- American Heart Association
 - heart.org
- ACE Fitness
 - acefitness.org
- Centers for Disease Control
 - cdc.gov/obesity/



Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

- Plato



Thank You!
1-866-556-2288, ohio.gov/tclw