



DREAM INITIATIVE

SESSION 4: PHYSICAL ACTIVITY

PHYSICAL ACTIVITY – SESSION OBJECTIVES

At the end of today's session, you will be able to:

- ▶ Understand the benefits of physical activity
 - ▶ Learn what calories are
 - ▶ Learn what a healthy weight is
 - ▶ Learn how much physical activity you need
- 

DISCUSSION

WHY IS IT IMPORTANT TO BE ACTIVE?



BENEFITS OF PHYSICAL ACTIVITY

Being more active can help you to:

- ▶ Lower your blood sugar to prevent or manage diabetes
 - ▶ Physical activity can make your body use insulin to manage blood sugars.
- ▶ Lose weight or maintain a healthy weight, especially when combined with a healthy diet.

CALORIES

When you eat food, you take in energy. This energy is measured in calories.

You can monitor the calories you use during physical activity based on:

- ▶ the type of activity
- ▶ the amount of time you are active
- ▶ your weight.

Rice with fish curry and stir fried green beans

436 calories



Chicken tikka masala with roti and rice **1,430** calories



WHAT IS A HEALTHY WEIGHT?

South Asians are at a healthy weight at a BMI at or below 23.

What is BMI?

- ▶ BMI (short for “body mass index”) is the relationship of your weight to your height. It is used to estimate total body fat.
- ▶ Losing 5% of your body weight can help lower your blood sugar.





BMI for Asian and Asian American Adults

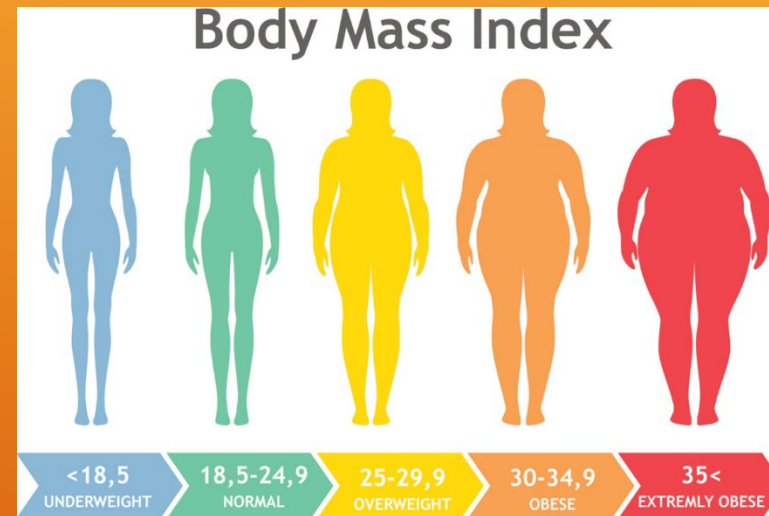
Body mass index (BMI) is a ratio of your weight to height. It estimates the total body fat and assesses the risks for diseases related to increased body fat. The risk of developing many diseases increases with a higher BMI. Asians and Asian Americans may have increased health risks at a lower BMI. Therefore, BMI cutoff points on this chart are lower than those defined by National Institutes of Health (NIH).

HEIGHT	WEIGHT																											
		90lb	95lb	100lb	105lb	110lb	115lb	120lb	125lb	130lb	135lb	140lb	145lb	150lb	155lb	160lb	165lb	170lb	175lb	180lb	185lb	190lb	195lb	200lb	205lb	210lb	215lb	220lb
	lb	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
	kg	40.9	43.2	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	100
	4'10" (147cm)	18.8	19.9	20.9	22.0	23.0	24.1	25.1	26.2	27.2	28.3	29.3	30.4	31.4	32.5	33.5	34.6	35.6	36.7	37.7	38.7	39.8	40.8	41.9	42.9	44.0	45.0	46.1
	4'11" (150cm)	18.2	19.2	20.2	21.3	22.3	23.3	24.3	25.3	26.3	27.3	28.3	29.3	30.4	31.4	32.4	33.4	34.4	35.4	36.4	37.4	38.5	39.5	40.5	41.5	42.5	43.5	44.5
	5'0" (152cm)	17.6	18.6	19.6	20.5	21.5	22.5	23.5	24.5	25.4	26.4	27.4	28.4	29.4	30.3	31.3	32.3	33.3	34.2	35.2	36.2	37.2	38.2	39.1	40.1	41.1	42.1	43.1
	5'1" (155cm)	17.0	18.0	18.9	19.9	20.8	21.8	22.7	23.7	24.6	25.6	26.5	27.5	28.4	29.3	30.3	31.2	32.2	33.1	34.1	35.0	36.0	36.9	37.9	38.8	39.8	40.7	41.7
	5'2" (157cm)	16.5	17.4	18.3	19.2	20.2	21.1	22.0	22.9	23.8	24.7	25.7	26.6	27.5	28.4	29.3	30.2	31.2	32.1	33.0	33.9	34.8	35.7	36.7	37.6	38.5	39.4	40.3
	5'3" (160cm)	16.0	16.9	17.8	18.6	19.5	20.4	21.3	22.2	23.1	24.0	24.9	25.7	26.6	27.5	28.4	29.3	30.2	31.1	32.0	32.8	33.7	34.6	35.5	36.4	37.3	38.2	39.1
5'4" (163cm)	15.5	16.3	17.2	18.1	18.9	19.8	20.6	21.5	22.4	23.2	24.1	24.9	25.8	26.7	27.5	28.4	29.2	30.1	31.0	31.8	32.7	33.5	34.4	35.3	36.1	37.0	37.8	
5'5" (165cm)	15.0	15.8	16.7	17.5	18.3	19.2	20.0	20.8	21.7	22.5	23.3	24.2	25.0	25.8	26.7	27.5	28.3	29.2	30.0	30.8	31.7	32.5	33.4	34.2	35.0	35.9	36.7	
5'6" (168cm)	14.6	15.4	16.2	17.0	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.1	29.9	30.7	31.5	32.3	33.2	34.0	34.8	35.6	
5'7" (170cm)	14.1	14.9	15.7	16.5	17.3	18.0	18.8	19.6	20.4	21.2	22.0	22.8	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.0	29.8	30.6	31.4	32.2	33.0	33.7	34.5	
5'8" (173cm)	13.7	14.5	15.2	16.0	16.8	17.5	18.3	19.0	19.8	20.6	21.3	22.1	22.9	23.6	24.4	25.1	25.9	26.7	27.4	28.2	28.9	29.7	30.5	31.2	32.0	32.8	33.5	
5'9" (175cm)	13.3	14.1	14.8	15.5	16.3	17.0	17.8	18.5	19.2	20.0	20.7	21.5	22.2	22.9	23.7	24.4	25.2	25.9	26.6	27.4	28.1	28.9	29.6	30.3	31.1	31.8	32.6	
5'10" (178cm)	12.9	13.7	14.4	15.1	15.8	16.5	17.3	18.0	18.7	19.4	20.1	20.8	21.6	22.3	23.0	23.7	24.4	25.2	25.9	26.6	27.3	28.0	28.8	29.5	30.2	30.9	31.6	
5'11" (180cm)	12.6	13.3	14.0	14.7	15.4	16.1	16.8	17.5	18.2	18.9	19.6	20.3	21.0	21.7	22.4	23.1	23.8	24.5	25.2	25.9	26.6	27.3	28.0	28.7	29.4	30.0	30.7	
6'0" (183cm)	12.2	12.9	13.6	14.3	14.9	15.6	16.3	17.0	17.7	18.3	19.0	19.7	20.4	21.1	21.7	22.4	23.1	23.8	24.5	25.1	25.8	26.5	27.2	27.9	28.5	29.2	29.9	
6'1" (185cm)	11.9	12.6	13.2	13.9	14.5	15.2	15.9	16.5	17.2	17.8	18.5	19.2	19.8	20.5	21.2	21.8	22.5	23.1	23.8	24.5	25.1	25.8	26.4	27.1	27.8	28.4	29.1	
6'2" (188cm)	11.6	12.2	12.9	13.5	14.2	14.8	15.4	16.1	16.7	17.4	18.0	18.7	19.3	19.9	20.6	21.2	21.9	22.5	23.2	23.8	24.4	25.1	25.7	26.4	27.0	27.7	28.3	

*Note: BMI may not apply to athletes who tend to have large muscle mass, elderly people, pregnant women and children.

BMI EXAMPLES

All of these women
have a height of 5'3



Weight: 115 lbs 130 lbs 155 lbs

BMI: 20.3 23 27.5



REVIEWING BMI

- ▶ Meet Rehan: Rehan was recently told by his doctor that he has prediabetes
- ▶ He would like to know his BMI and see if he needs to lower his weight

Height 5'7 (67 inches)
Weight: **159 pounds**



► Let's find his BMI

Height 5'7(67 inches)
Weight: 159 pounds

BMI	19	20	21	22	23	24	25	26	27	28	29
Height (inches)	Body Weight (pounds)										
58	91	96	100	105	110	115	119	124	129	134	138
59	94	99	104	109	114	119	124	128	133	138	143
60	97	102	107	112	118	123	128	133	138	143	148
61	100	106	111	116	122	127	132	137	143	148	153
62	104	109	115	120	126	131	136	142	147	153	158
63	107	113	118	124	130	135	141	146	152	158	163
64	110	116	122	128	134	140	145	151	157	163	169
65	114	120	126	132	138	144	150	156	162	168	174
66	118	124	130	136	142	148	155	161	167	173	179
67	121	127	134	140	146	153	159	166	172	178	185
68	125	131	138	144	151	158	164	171	177	184	190
69	128	135	142	149	155	162	169	176	182	189	196
70	132	139	146	153	160	167	174	181	188	195	202
71	136	143	150	157	165	172	179	186	193	200	208
72	140	147	154	162	169	177	184	191	199	206	213



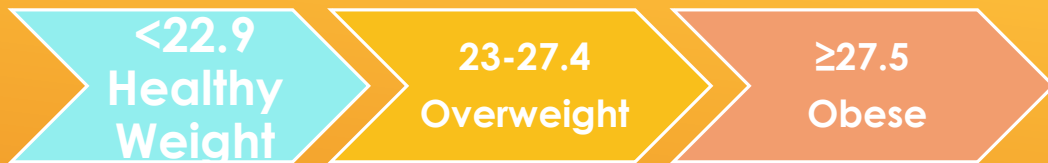
REVIEWING BMI

- Let's find his BMI

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BMI	19	20	21	22	23	24	25	26	27	28	29
Height (inches)	Body Weight (pounds)										
58	91	96	100	105	110	115	119	124	129	134	138
59	94	99	104	109	114	119	124	128	133	138	143
60	97	102	107	112	118	123	128	133	138	143	148
61	100	106	111	116	122	127	132	137	143	148	153
62	104	109	115	120	126	131	136	142	147	153	158
63	107	113	118	124	130	135	141	146	152	158	163
64	110	116	122	128	134	140	145	151	157	163	169
65	114	120	126	132	138	144	150	156	162	168	174
66	118	124	130	136	142	148	155	161	167	173	179
67	121	127	134	140	146	153	159	166	172	178	185
68	125	131	138	144	151	158	164	171	177	184	190
69	128	135	142	149	155	162	169	176	182	189	196
70	132	139	146	153	160	167	174	181	188	195	202
71	136	143	150	157	165	172	179	186	193	200	208
72	140	147	154	162	169	177	184	191	199	206	213





- ▶ Rehan has a **BMI of 25**. Based on his BMI, he is in the overweight category
- ▶ Being overweight increases your risk of developing diabetes or heart disease
- ▶ Losing 5-7% of his total body weight may help him lower his A1c
- ▶ This means that Rehan should lose 8 -11 pounds.

Wt	5%	6%	7%	Wt	5%	6%	7%
130	7	8	9	166	8	10	12
131	7	8	9	167	8	10	12
132	7	8	9	168	8	10	12
133	7	8	9	169	8	10	12
134	7	8	9	170	9	10	12
135	7	8	9	171	9	10	12
136	7	8	10	172	9	10	12
137	7	8	10	173	9	10	12
138	7	8	10	174	9	10	12
139	7	8	10	175	9	11	12
140	7	8	10	176	9	11	12
141	7	8	10	177	9	11	12
142	7	9	10	178	9	11	12
143	7	9	10	179	9	11	13
144	7	9	10	180	9	11	13
145	7	9	10	181	9	11	13
146	7	9	10	182	9	11	13
147	7	9	10	183	9	11	13
148	7	9	10	184	9	11	13
149	7	9	10	185	9	11	13
150	8	9	11	186	9	11	13
151	8	9	11	187	9	11	13
152	8	9	11	188	9	11	13
153	8	9	11	189	9	11	13
154	8	9	11	190	10	11	13
155	8	9	11	191	10	11	13
156	8	9	11	192	10	12	13
157	8	9	11	193	10	12	14
158	8	9	11	194	10	12	14
159	8	10	11	195	10	12	14

Height 5'7 (67 inches)
Weight: 159 pounds



THE HEALTHY WAY TO LOSE WEIGHT

To lose weight, it's best to **eat less and be more active**. Try the following methods to help you lose weight in a healthy way.

Choose foods with fewer calories



Use up more calories than you take in



Be more physically active



IS IT A GOOD IDEA TO SKIP MEALS TO LOOSE WEIGHT?

- ▶ No, not recommended because:
 - ▶ Can lead to over eating later
 - ▶ If you skip a meal, when you eat later, your body will store that energy as fat.
 - ▶ Causes low blood sugar, which can lead to dangerous side effects

HOW MUCH PHYSICAL ACTIVITY?

Aerobic Exercise - your heart pumps fast (cardio)

- ▶ Adults should get at least 30 minutes, five days a week (150 minutes per week total).
- ▶ Youth need at least 60 minutes every day.



30 MINUTES PER DAY x 5 DAYS

Option 1

30 minutes once per day



Option 2

10 minutes at a time, 3 times per day



10

+

10

+

10

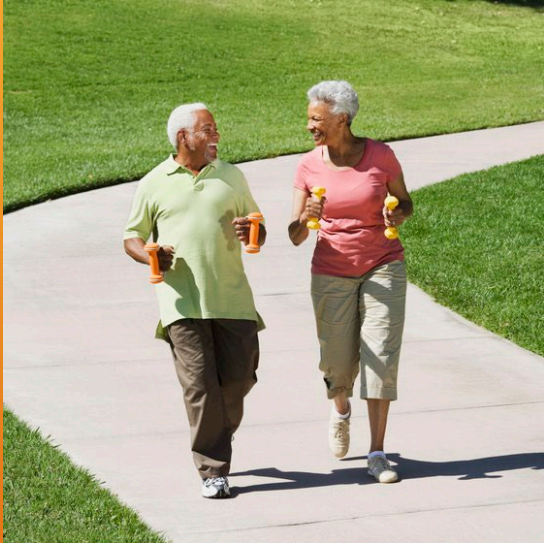
= 30 minutes



Discussion

- Do you do any physical activity to stay active?
 - Do you have a barrier to staying active? Why?
- 
- Several thin, parallel white lines are drawn diagonally across the bottom right corner of the slide, extending from the bottom edge towards the right edge.

DIFFERENT TYPES OF PHYSICAL ACTIVITY



Endurance exercises increase your heart rate.

- Brisk walking
- Jogging
- Zumba class
- Swimming
- Climbing stairs

**Endurance
/ Aerobic**

Strength



Strength exercises strengthen your muscles and bones.

- Doing a squat
- Doing a push-up
- Using weights to do bicep curls
- Using resistance bands
- Jumping

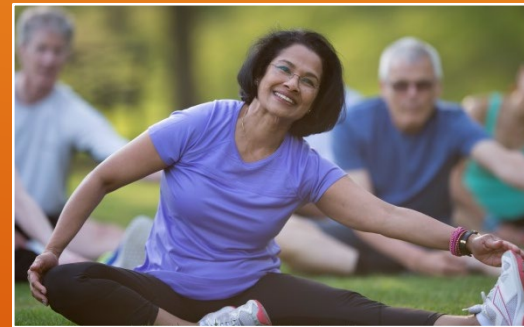
Balance



Balance exercises can prevent falls.

- Standing on one foot

Flexibility



Flexibility exercises can stretch and warm up your muscles.

- Yoga
- Light stretching: touching your toes, stretching your neck and shoulders

TIPS TO BE MORE ACTIVE EVERYDAY

- ▶ Take the stairs instead of the elevator.
- ▶ Park further back in the parking lot.
- ▶ Take extra trips up and down the steps at home to strengthen legs and build endurance.
- ▶ When taking a break at work, stretch or walk around.
- ▶ Try to walk after every meal (this is good for digestion).
- ▶ Move around during commercial breaks while watching television.



FIGHTING EXCUSES

- ▶ **Don't have enough time?** Try to exercise first thing in the morning before your day gets busy. Try exercising after a prayer.
- ▶ **Too expensive?** Try using soup cans or water bottles for some light strength training or brisk walking.
- ▶ **Too boring?** Do activities that you enjoy and try to do a variety of exercises.

EXERCISE PARTNER

When you exercise with a partner, you are likely to:

- ▶ Feel more motivated- When you and your buddy encourage each other you'll work harder
- ▶ Be more consistent- When someone else is counting on you to show up, you won't want to let them down
- ▶ Be more adventurous- It is easier to try new things with a buddy



Ask a family member to be your “exercise buddy.”

TAKE IT SLOW

- ▶ Check with your doctor about recommended levels of physical activity for you or before starting a new activity
- ▶ Start by making small changes:
 - ▶ Taking the stairs more often
 - ▶ Walking around the block
 - ▶ Doing yard work



ANSWER

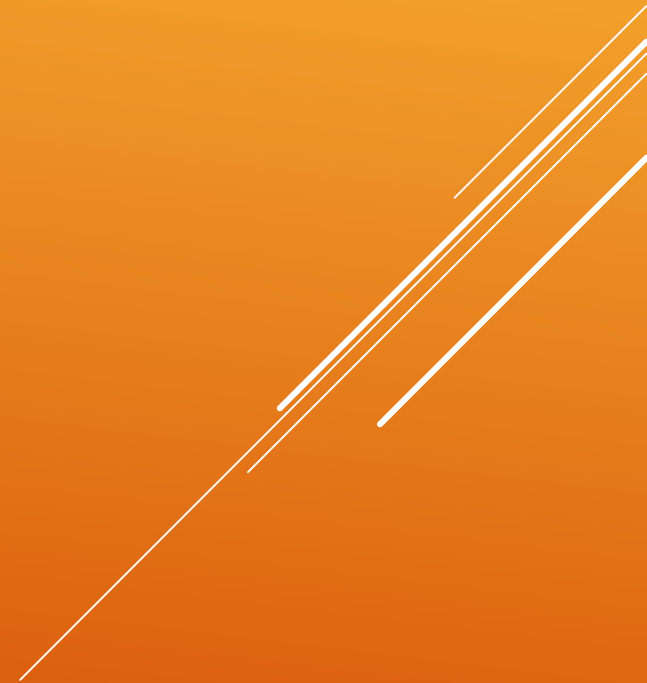
Q 2) Which one below is not a healthy way to lose weight?

- a) Be more physically active
- b) Eating foods with fewer calories
- c) **Skipping meals**

PHYSICAL ACTIVITY GOAL SETTING

- ▶ Name two possible people you can ask to be your exercise partner
- ▶ Goal: Share with the group one way that you will increase your physical activity this week

LET'S GET MOVING!



- ▶ Talk with a health professional if you have any concerns.
- ▶ When starting an exercise program, begin slowly with low-intensity exercises.
- ▶ Wait at least 2 hours after eating a large meal before doing strenuous exercise.
- ▶ Wear appropriate shoes for your activity and comfortable clothing that allows you to move freely.
- ▶ Drink water before, during, and after your exercise session.
- ▶ Stop exercising if you feel any pain or dizziness.

PREVENTING INJURY

- Be sure you are sitting down in a comfortable position (at home, try to find a quiet place).
- Uncross your arms and legs and rest your feet gently on the floor.
- Take a slow, deep breath.
- Hold your breath for about 4 seconds.
- Exhale slowly, pushing out as much air as you can.
- Repeat these steps 5 times.

DEEP BREATHING

Neck Exercise: improves flexibility and relieves tension in neck. (3 reps)

1. Sit in your chair with your back firmly against it.
2. Slowly, turn your head from left to right and hold the position for 10 seconds.
3. Take deep, slow breaths while doing this exercise.

EXERCISES - STRETCHING



EXERCISE - STRETCHING

Chest Stretch: stretches the chest muscles, and is good for posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.

Repeat 3 times



EXERCISE - STRETCHING

Upper Back Exercise: improves flexibility and helps with your shoulder and upper back muscles.

1. Please remain seated and place your feet firmly on the ground.
2. Hold arms in front of you at shoulder height with palms facing outward.
3. Relax your shoulders and reach forward with your hands.
4. Hold position for 10 seconds.
5. Be sure to take slow, deep breaths.

Repeat 3 times



EXERCISE – STRENGTHENING

Stand to Sit: Strengthens your abdomen and thighs, will make it easier to get in and out of a chair

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.



EXERCISE - STRENGTHENING

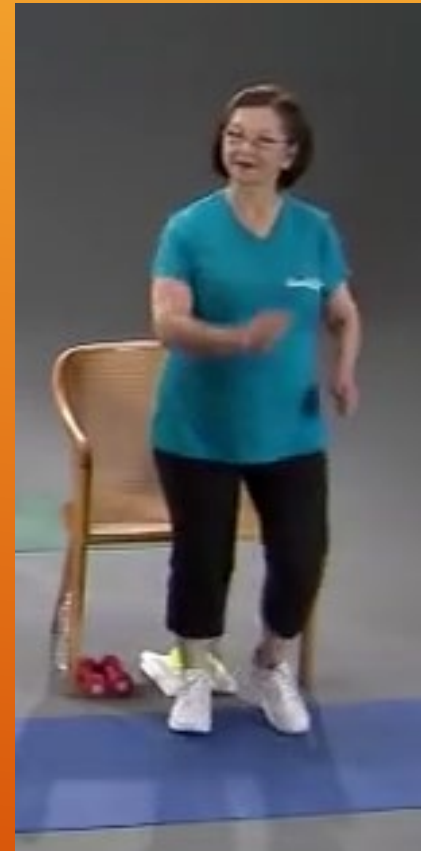
- 4. Extend your arms so they are parallel to the floor and slowly stand up.
- 5. Breathe in as you slowly sit down.
- 6. Repeat 10-15 times.
- 7. Rest; then repeat 10-15 more times.



EXERCISE – WARM UP

Walking in Place

1. Breathe deeply as you walk in place at an easy pace, swinging your arms naturally, for two minutes to warm up your muscles.



EXERCISE - CARDIO

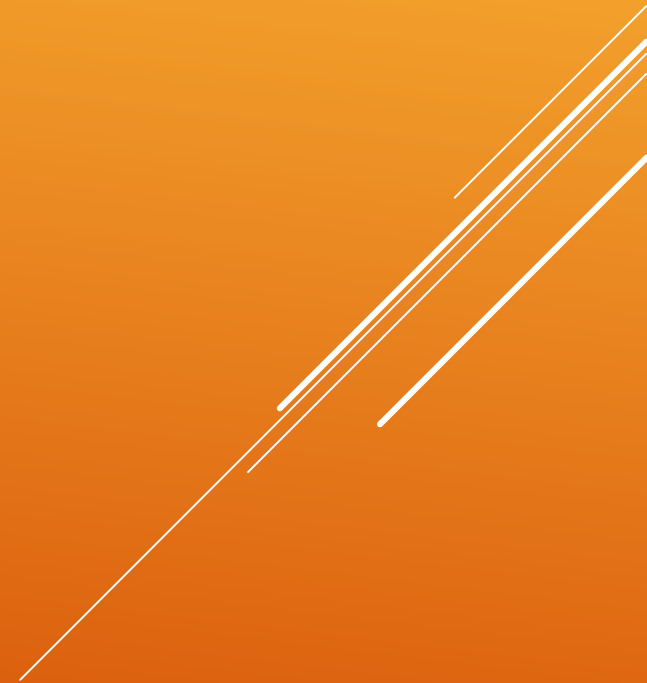
Walking Side to Side: This exercise will slowly increase your heart rate

1. Stand with your feet together
2. Step side to side at an easy pace
3. Remember to keep your stomach tucked in
4. Continue to step side to side for 1 minute



LATEX ALLERGY?

- ▶ We will be using latex resistance bands for the next few exercises. Please do not use the resistance band if you have a latex allergy.



EXERCISE – STRENGTHENING USING A RESISTANCE BAND

Arm Curl: This exercise will strengthen your arm muscles

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



EXERCISE – STRENGTHENING USING A RESISTANCE BAND

Single Lateral Arm Raise: This exercise will strengthen your arm muscles

1. Hook the resistance band firmly under the arch of your feet.
2. Hold the band with arms straight and by your side.
3. Pull the band up and to the side until your arms are level with your shoulder, pointing out to your right and left sides.
4. Slowly lower arms. Repeat 20 times.




EXERCISE – STRENGTHENING USING A RESISTANCE BAND

Standing Arm Raise: This exercise will strengthen your arm muscles

1. Stand tall with feet hip-width apart. Place the resistance band under both feet.
2. Hold the band in each hand, palms facing down, and arms straight slightly in front of you
4. Slowly raise both arms, keeping them straight, up to shoulder height, taking care not to lift your shoulders.
3. Slowly lower your arms. Repeat 20 times.



NEXT SESSION: MANAGEMENT OF DIABETES AND HYPERTENSION

- ▶ I will follow-up with you with a phone call to discuss your plans to increase your physical activity.
 - ▶ Next time: Please join us to learn about health problems related to diabetes and heart disease how to prevent them.
- 
- Three parallel white lines of varying lengths are positioned in the bottom right corner of the slide, slanted diagonally upwards from left to right.