



# **NYU Grossman School of Medicine**

## **Project ADHERE**

### **Blood Pressure Education Program**

#### **Session 4: Being Physically Active (HTN+RD)**

Addressing Disparities in Hypertension and Reducing Racial inequity through Engagement

**As of February 6, 2024**

# Session Objectives

- Understand the benefits of different types of physical activities
- Learn how to incorporate physical activity into your daily routine to meet your health goals

# Session 4 Overview

- Last session we discussed the importance of a healthy diet as a way to manage high blood pressure.
- Today we will focus on the benefits of being physically active
- A combination of a healthy diet and physical activity helps with weight control, your overall health, and stress management

# Why is it important to be physically active?

- Control your blood pressure
- Prevent many chronic diseases
- Maintain a healthy weight
- Improve your mood
- Strengthen and protect bones, muscles and joints
- Sleep better



# Physical Activity Discussion

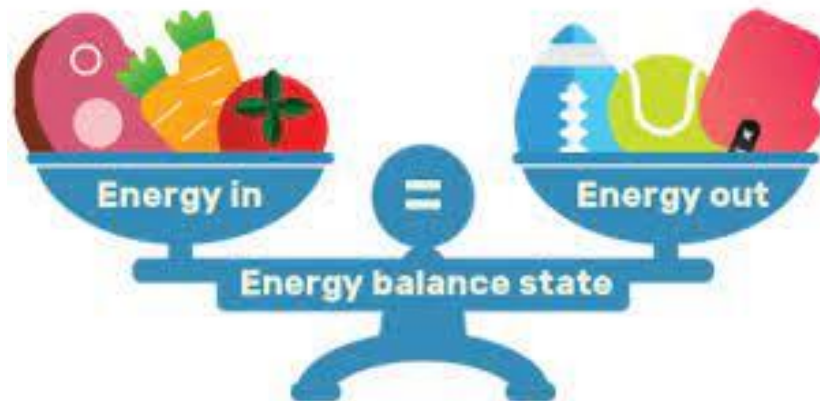
What do YOU do to stay active?

Do you experience racial/ethnic bias when trying to stay active?



# Energy Balance

- **Healthy eating** and **being physically active** are important for a healthy lifestyle and lowering your risk of heart attack and other diseases
- These two behaviors that work together to keep your body in energy balance



# Energy Balance and Calories

- When you eat food, you take in calories (energy).
  - Calories in food come from fat, carbohydrates (starches, sugar), protein, or alcohol.
- The number of calories in any food you eat or drink depends on what's in it.

# Energy Balance and Physical Activity

- Calories also measure the energy you use up
- Your body uses calories to do basic functions necessary for just staying alive
  - like breathing, blood circulation, thinking, etc.
- The number of calories you use in a certain activity depends on several things, including the type of activity, the amount of time you are active, and how much you weigh.
  - In general, 1 mile of brisk walking (which takes most people about 15 - 20 minutes) uses about 100 calories.



# How we lose weight

Choosing food with fewer calories

AND

being more physically active

= Burning more calories than you consume



# How much physical activity do we need?

Adults should get 30 minutes per day,  
at least five days a week.

- At least 150 minutes per week



# Every day activities count too!

- Walking in your neighborhood or local park
- Pushing a stroller
- Cleaning and housework that gets your heart rate up
- Gardening
- Taking the stairs- an every day activity if you live in a walk up or an elevator building



**Do you feel stressed when performing these everyday activities due to your race or ethnic background?**

- It is important to discuss with your doctor what activities are safe for you.

# Do a variety of activities.

- Do a variety of exercises to benefit your body in different ways and avoid getting bored
  - Aerobic activities (like brisk walking, running)
  - Muscle-strengthening activities (like pushups, lifting weights, resistance training)
  - Bone-strengthening activities (like jumping)
  - Balance and stretching activities (like yoga, stretching, martial arts)



# Build activity into your day

- Find yourself a walking buddy
  - The fresh air, exercise and time to have conversation can be a great stress-reliever
- You don't have to get all your physical activity at one time
  - Spread multiple 10-minute workouts throughout your day
- Take advantage of free or low-cost fitness classes online or in your neighborhood
- Buy your own weights, fitness bands, or yoga mat to use at home
- Take a walk as a family after a meal
  - You can count how many steps you walked together with a pedometer or cell phone app

# Ways to be active?

- There are many ways to be active – even without going to the gym!
  - Brisk walking/running
  - Swimming
  - Biking
  - Playing basketball or a sport
  - Dancing
  - Taking an aerobics or Zumba class



# Experiences

- What are your experiences when visiting parks or gyms in your neighborhood?
- Do you feel targeted by others due to your racial or ethnic background in these parks or gyms?
  - Tell me about a time you have shifted your focus when this has happened (s+p)
- Do you feel safe going to other neighborhoods for resources required for your wellbeing?
  - *This could be going to the gym, going for a run, going to a neighborhood park*

# Barriers to Exercise

- What prevents you from exercising regularly?
  - Do you feel that your obligations in life prevent you from taking time in the day to exercise?
  - Do you feel comfortable exercising around other people in your neighborhood due to your racial or ethnic background?
- How can we address the barriers that prevent us from exercising?
- Is there anything else you would like to share about your ability or lack thereof to exercise in your environment?

# Setting Physical Activity Goals

- Set a goal you can meet and write it down. When you meet a goal, reward yourself.
- You are more likely to stick to your goals if you choose activities you enjoy.
  - Do a variety of exercises to prevent boredom (cardio, strength training, stretching, balance).
- Exercise with a friend for emotional and physical support.

# Sample Walking Program

Not sure how to begin? Use this walking guide to help you get started.

*Tips:* Walk with a friend for motivation.

Walk during your break.

Track your time and progress.

		Pace	Time Each Day	Number of Days	Total time For the Week	
Month 1	Week 1	Slow	10 minutes	4 days	40 min	It is good to start slow and for at least 10 minutes at a time.  Pick up your pace after a few weeks.
	Week 2	Slow	10 minutes	4 days	40 min	
	Week 3	Slow	15 minutes	5 days	1 hr 15 min	
	Week 4	Slow-Brisk	20 minutes	5 days	1 hr 40 min	
Month 2	Week 5	Brisk	30 minutes	5 days	2 hrs 30 min	Work up to walking for at least 2 hours and 30 minutes each week.
	Week 6	Brisk	25 minutes	6 days	2 hrs 30 min	
	Week 7	Brisk	30 minutes	5 days	2 hrs 30 min	
	Week 8	Brisk	35 minutes	5 days	2 hrs 55 min	

NIH 2013. Sample Walking Program Guide.

# Creating SMART Health Goals

What is one thing you can do to be more active each day?

Create a SMART Plan to achieve your health goals:

- Specific: *What will I do? Where will I do it? How often will I do it?*
- Measurable: *How can I track it? What progress do I want to see?*
- Attainable: *What might get in the way of my plan? What can I do about it?*
- Relevant and Realistic: *Is it a priority for me? If it's not, change my goal.*
- Time-bound: *When will I do it? For how long?*

# Sample Exercise

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

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



# Sample Exercise

**Toe stand:** makes walking easier by strengthening calves and ankles. (5 reps)

- Remain standing, feet-shoulder width apart.
- Breathe out and slowly stand on your tiptoes and hold for 10 seconds.
- Breathe in as you slowly lower heels to the floor.
- Rest and repeat.



# Breathing Exercise

We will end our session today with a 5 minute breathing exercise



# Next Session: Heart Disease and Risk Factors

- Please join us to learn more about heart attack and stroke.
- I will call you to discuss your health goals, referral needs, and any other questions you might have.