



Reaching Immigrants Through Community Empowerment



SESSION 3: Get Moving!

PHYSICAL ACTIVITY/ EXERCISE

Welcome back!



- Questions, comments, or concerns?
- Changes in diet or exercise?
- Challenges?



Confidentiality and Group Agreement



- Please come to every class
- If you cannot make it to the class, please call me in advance at 212.463.9685
- Come on time
- Respect Confidentiality (what is said in the group stays in the group)
- Listen to and support each other
- Be respectful of your classmates' view points
- Step up, Step back (if you are usually quiet, speak up, if you usually tend to talk a lot, take a step back and let others speak)
- Turn off your cell phone or put it on vibrate
- Practice the goals we set for healthy eating and physical activity

Our Sessions Will Help You:

- Lose weight through healthy eating



- Be more physically active

2 1/2 hours (150 min) each week!



- Manage Stress



- Quit smoking if you smoke, and improve blood pressure and cholesterol



- Get connected to health care and the other services you need!



Physical Activity / Exercise



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

- Describe the importance of physical activity
- Describe physical activity and its forms
- Do simple activities to reach your physical activity goals
- Learn HOW to incorporate physical activity into your daily routines and stick with it

Review: Energy balance



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



Eating and calories



When you eat food, you take in calories or energy.

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



Being active uses calories up

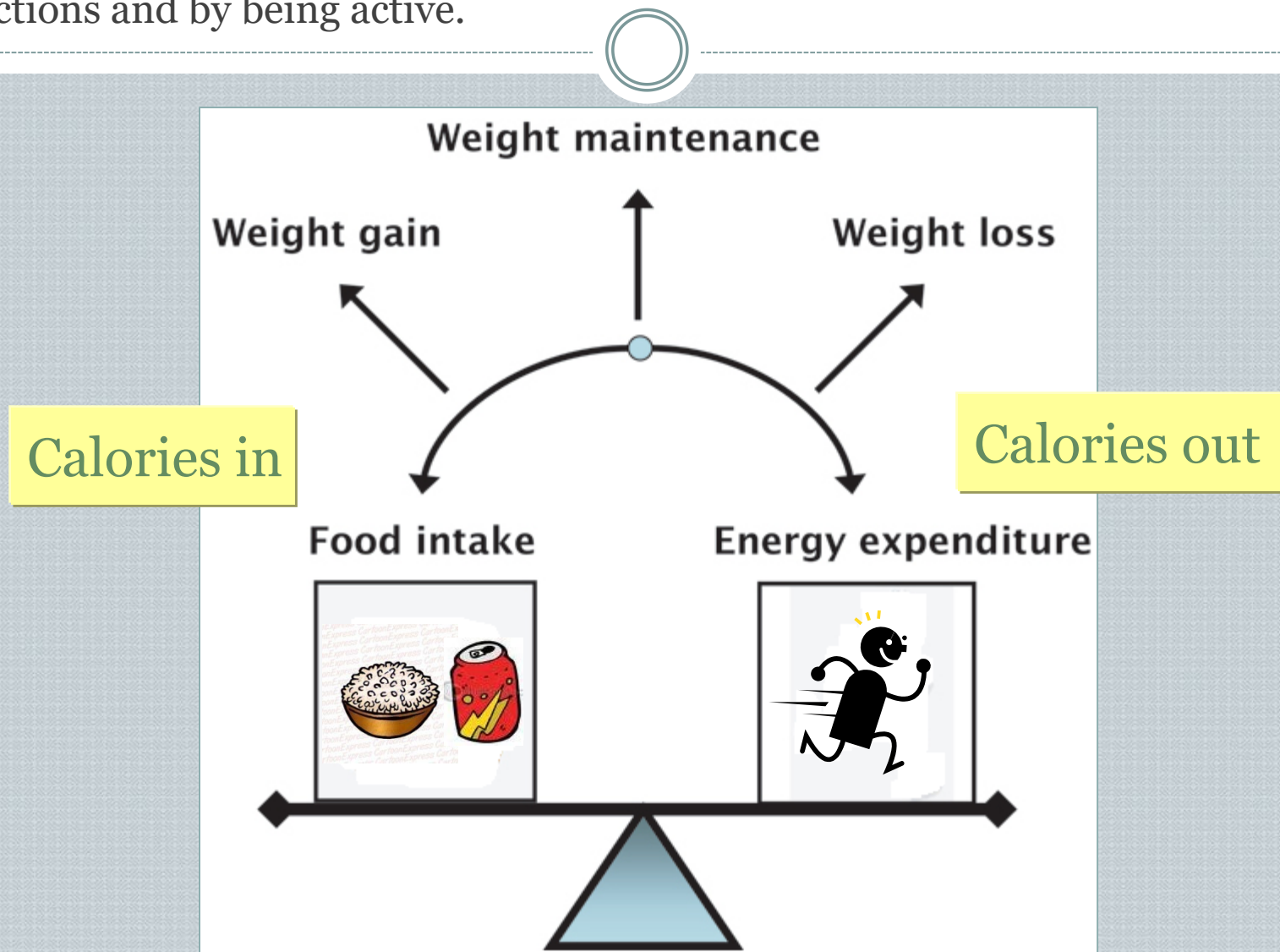


Calories also measure the energy you **use up**.

- Your body uses calories to do basic functions necessary for just staying alive and any activity you do.
- 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.
 - 1 mile of brisk walking uses about 100 calories.



Calorie balance is the balance between the calories (or energy) you take in by eating and drinking, and the calories (or energy) you use up in all your body functions and by being active.



Food, exercise, and your weight



The important thing to **remember** is that:

- **Food and activity work together** to determine how much you weigh.
- To lose weight, it's **best to eat less and be more active.**
- Slow, steady weight loss (1-2 pounds/week) is the best way to lose body fat. We will help you to **make the changes part of your lifestyle, so you will keep the weight off.**

How many calories
do you need?

Calorie needs



Have about 1,200 to 1,600 calories a day if you are a...

- Small woman who exercises (eg. if you are 5 ft 2 in and weigh 121 lbs with small or medium frame)
- Small or medium sized woman who wants to lose weight
- Medium sized woman who does not exercise much

Have about 1,600 to 2,000 calories a day if you are a:

- Large woman who wants to lose weight (eg. 5 ft 5 in and weigh 137-155 lbs)
- Small man at a healthy weight (i.e. 5 feet 4 inches and weigh 143lbs)
- Medium-sized man who does not exercise much (eg. 5 ft 6 in and weigh 157-165 lbs)
- Medium-sized or large man who wants to lose weight

Calorie needs



Have about 2,000 to 2,400 calories a day if you are a...

- Medium-sized or large man who exercises a lot or has a physically active job (eg. 5 ft 9 in and weigh 176 – 185lbs)
- large man at a healthy weight
- Medium-sized or large woman who exercise a lot or has a physically active job

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**“Which burns more calories,
chewing pizza or chewing a cheeseburger?”**

Why is it important to be
active?

Being active can help you:



- Prevent and delay type 2 diabetes
- Lower and control blood glucose (sugar) levels
- Reduce the risk for stroke and heart attack
- Strengthen your heart, lungs, and bones
- Improve balance
- Lower blood pressure
- Help you lose weight and body fat
- Improve circulation
- Reduce stress
- Reduce feelings of depression and anxiety
- Help maintain and improve your physical strength and fitness
- Help improve your ability to do the things you want to do
- Help manage and prevent diseases like diabetes, heart disease, breast and colon cancer, and osteoporosis
- Improve mood and overall well-being
- Help improve cognitive function (your mind), such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information



What is physical activity /
exercise?

Physical Activity vs. Exercise



- Physical Activity - activities that get your body moving such as gardening, walking the dog, raking leaves, and taking the stairs instead of the elevator.
- Exercise - form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or an aerobics class
- The bottom line?

There are many ways to be active every day.

Find something you enjoy doing, include it in your regular routine, and try to increase your level of activity over time.



Forms of physical activity



- Endurance/aerobic exercises
- Strengthening exercises
- Stretching - important at the beginning of both aerobic and strengthening exercise

Endurance / Aerobic Activities



Endurance/aerobic activities are activities that get you moving!

- Increase your breathing and heart rate
- Improve the health of your heart, lungs, and circulatory system
- Help delay or prevent many chronic diseases such as diabetes, colon and breast cancers, heart disease, and others

How much, how often?



- Build up your endurance gradually.
 - Start out with 10 minutes at a time, and then build up to at least 30 minutes of moderate-intensity endurance activity.
- 150 minutes each week sounds like a lot of time, but you don't have to do it all at once.
 - Spread your activity out during the week
 - Break it up into smaller chunks of time during the day.
 - Be sure to do your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Easy to do Aerobic Activities



- walking briskly
- hiking
- climbing stairs
- swimming, water-aerobics class
- dancing
- riding a bicycle outdoors or a stationary bicycle indoors
- taking an aerobics class
- playing basketball, volleyball, or other sports
- playing tennis

What else do you like to do?



"My doctor told me to find an activity I like and do it for at least 30 minutes a day. Watching TV is an activity I like!"

Strength Training



Strength training exercises make you strong

- Doing exercises with hand weights, elastic bands, or weight machines three times a week builds muscle.
- When you have more muscle and less fat, you'll burn more calories because muscle burns more calories than fat.
- Strength training can help make daily chores easier, improving your balance and coordination, as well as your bones' health.
- You can do strength training at home, at a fitness center, or in a class.

How much, how often?

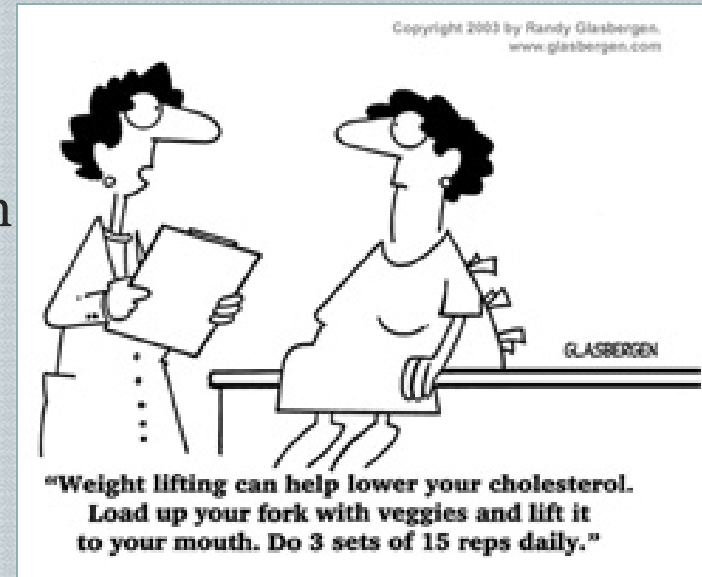


- Do exercises to strengthen your muscles at least 2 days a week.
- Work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).
- Just keep in mind that muscle-strengthening activities don't count toward your aerobic activity total!

How much, how often?



- Muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help.
- A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up.
- Try to do 10—15 repetitions per activity that count as 1 **set**. Start by doing 1 set of muscle-strengthening activities, and build up to doing 2 or 3 sets.
- Gradually increase the amount of weight you use to build strength. When you can do 2 sets of 10 to 15 repetitions easily, increase the amount of weight at your next session.



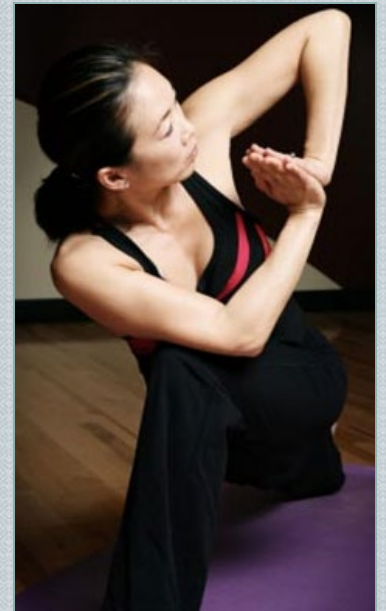
Strength Training Activities



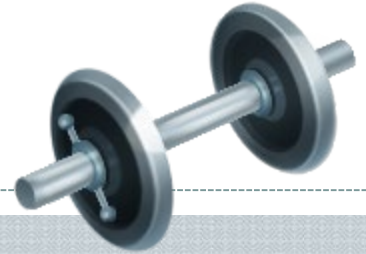
There are many ways you can strengthen your muscles, whether it's at home or the gym.

You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga



Working safely with weights



- Breathe!
 - Holding your breath while straining can cause changes in blood pressure.
- Don't jerk or thrust weights into position. Use smooth, steady movements. Do not let momentum move the weight.
- Avoid "locking" your arm and leg joints in a tightly straightened position.
- Maintain a straight spine when performing all exercises.
Do not hyper-extend your spine.
- When picking weights up from the floor (or putting them down), use your legs, not your back.
- Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first. After doing these exercises for a few weeks, you will probably not be sore after your workout.

Preventing Injury



The health benefits of exercise far outweigh any risks of injury. However, you can take some precautions to exercise safely.

- When starting an exercise program, begin slowly with low-intensity exercises. Talk with a health professional if you have any concerns.
- Wait at least 2 hours after eating a large meal before doing strenuous exercise.
- Wear appropriate shoes for your activity and comfortable, loose-fitting clothing.
- Warm up with low-intensity exercises at the beginning of each exercise session.
- Drink water before, during, and after your exercise session.
- When exercising outdoors, pay attention to your surroundings .

Preventing Injury



Stop exercising if you:

- Have pain or pressure in your chest, neck, shoulder, or arm
- Feel dizzy or sick to your stomach
- Break out in a cold sweat
- Have muscle cramps
- Feel severe pain in joints, feet, ankles, or legs



Be sure to stretch



- You should stretch before and after each exercise session you do.
- Stretching increases your flexibility, lowers stress, and helps prevent muscle soreness after other types of exercise.
- Stretching can help your body stay flexible and limber, which gives you more freedom of movement for your regular physical activity as well as for your everyday activities.

Shoulder and upper arm stretch

Calf stretch

Yoga



How much of each exercise
do you need per week?

Recommended weekly activity



- Do 30 minutes or more of moderate-intensity endurance activity on 5 or more days each week.
- Do strength exercises for all of your major muscle groups on 2 or more days per week for 30-minute sessions each, but don't exercise the same muscle group on any 2 days in a row.
- You should stretch before and after each exercise session you do.

15 Minute Stretch and Cardio



LET'S MOVE!



The key to success is including physical activity in your everyday life.

Seize opportunities whenever they come.

Brainstorm ways to
incorporate physical activity
into your daily routine

Incorporating Physical Activity into your Day

- When you unload the groceries, strengthen your arms by lifting the milk carton or a 1-pound can a few times before you put it away.
- Park the car at the far end of the parking lot and walk briskly where you need to go.
- Get off the bus one or two stops earlier than usual.
- Take the stairs!
- Take a few extra trips up and down the steps at home to strengthen your legs and build endurance.
- Practice deep breathing exercises when waiting in line.
- Walk after every meal (this is good for digestion too!)
- If taking public transport, stand instead of sitting.
- Try to do some of your errands on foot rather than with the car.



Incorporating Physical Activity into your Day



Multi-task the active way:

- While you're waiting in line, practice your balancing skills by standing on one foot for a few seconds, then the other. Gradually build up your time.
- While you're talking on the phone, stand up and do a few leg raises or toe stands to strengthen your legs.
- Take advantage of small bits of “down time” to do an exercise or two. For example, while you're waiting for the coffee to brew or for your spouse to get ready to go out, do a few wall push-ups or calf stretches.

Incorporating Physical Activity into your Day



- Make it a priority
- Make it easy
- Make it social
- Make it interesting and fun!



Barriers to staying active



When/why is it difficult to stay active?

Plan ahead!

I don't have time...

I'm too tired...

I'm not motivated...

I don't know what exercises to perform...

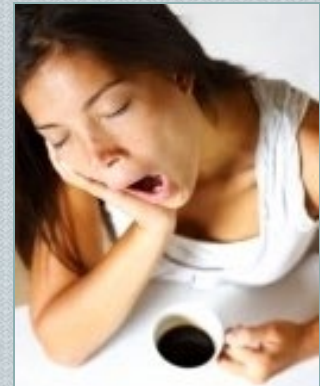
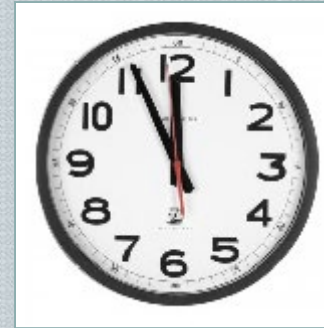
I need someone to exercise with...

I don't have anywhere to exercise...

I get discouraged...

Health problems keep me from exercising...

I'm too old...



Counting your steps



- Step counters (pedometers) can help you keep track of your endurance activity, set goals, and measure progress.
- Most inactive people get fewer than 5,000 steps a day, and some very inactive people get only 2,000 steps a day.

Wear the step counter for a few days to see how you're doing. If you get:

- Fewer than 5,000 steps a day, gradually try to add 3,000 to 4,000 more steps a day.
- About 8,000 steps a day, you're probably meeting the recommended activity target.
- 10,000 or more steps a day, you can be confident that you're getting an adequate amount of endurance activity.
- 10,000 steps a day comfortably, try for 15,000 steps a day, which would put you in the high-activity group.

Where can I go walking?



What are some local parks, recreation areas, or public places like malls that are safe to exercise in?

Let's map out a walking route in your community!



Goals for the next few weeks



- Select one healthy food goal to do (and stick to it!)
- At least 90 minutes of physical activity (such as brisk walking) per week (Go for 10,000 steps!)
- Keep track of all your physical activities/exercise each week



Goal Setting and Follow-Up Phone Calls



- I will call you again next week to check in and see how you are doing.
- I will work with you to help you meet your food and exercise goals.



Next Session: Reducing your risk for chronic diseases



In the next session, we will talk more about how life style changes can reduce your risk for diabetes, stroke, heart disease, and other chronic diseases.

I will provide you with the details for the date and time for the next class.

See you in 3 weeks!

