



**Move More**

# What is Physical Activity?

# What is Exercise?

- Physical activity refers to all body movements produced by the skeletal muscles, resulting in substantial increase in energy expenditure.
- Exercise refers to planned, structured, and repetitive bodily movement done to improve or maintain components of physical fitness.
- It is very important to stay physically active!



# Benefits of Physical Activity

- Reduced likelihood of coronary artery disease and other cardiovascular diseases
- Reduced cancer risk
- Reduced likelihood of high blood pressure
- Reduced risk of falls
- Reduced risk of metabolic syndrome and type 2 diabetes
- Improved bone mass and reduced risk of osteoporosis
  - Physical activity strengthens bones, muscles, and joints
- Improved weight management, reduces risk of obesity
- Improved immunity



# Other Benefits of Physical Activity

- Improved mental health
- Increased self-esteem
- Increased energy
- Increased well-being
- Reduced stress and anxiety
- Improves mood
  - When you exercise, your body releases chemicals called endorphins that trigger a positive feeling in the body



# Activity Guidelines

- Adults are advised to get in at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity along with two or more days of strength training per week
- Working with an exercise specialist such as a physical therapist or personal trainer is the safest, most reliable way to begin an exercise program

# Set Aside the Time!

- There are **1440** minutes in a day.
- We challenge you to set aside **30** minutes a day to get in some physical activity.

**THERE ARE 1,440 MINUTES  
IN EACH DAY.  
HOW WILL YOU USE YOURS  
TODAY?**

**#1440minutes**

# Reasons Why We Don't Exercise

• I don't have enough time →

- Combine physical activity with things that are already part of your routine, such as parking your car further from your work or taking the stairs instead of the elevator.
- Multitask activities so that you can get in activity while getting things done, such as making phone calls while going for a walk or reading a book while on the treadmill.

• The gym is intimidating! →

- Find a workout buddy to go with.
- Workout in the comfort of your own home.

• I get bored →

- Find a workout buddy.
- Try various group exercise classes.

• I don't know what to do →

- Try various group exercise classes.
- Get a personal trainer or ask a friend to help you!

• I am too tired →

- Do low impact workouts such as yoga, walking, pilates, etc.
- Stretch!
- Tell yourself that exercising will increase your energy. It often does! Your blood flow will increase and wake you up.

# Tips for Getting into Exercise

- Choose activities that are personally appropriate, convenient, and enjoyable
- Start slow, plan enjoyable activities, and progress to more strenuous or vigorous activities
- Get friends or family to be active with you and help keep you accountable
- Schedule workout time into your schedule like you would other commitments
- Ride your bike places instead of driving, or park further from your destinations
- Multitask—read while on the treadmill or make phone calls while taking a walk



# Light Physical Activity

- Light intensity activities require the least amount of effort, compared to moderate or vigorous activities
- Does not provide the same health benefits as moderate or vigorous activity
- < 3 METS



# Moderate Physical Activity

- These activities require more oxygen consumption than light activities
- Heart beats faster than normal
- Can talk, but not sing, while engaging in moderate physical activity
- 3-6 METS



# Vigorous Physical Activity

- These require the highest amount of oxygen consumption to complete the activity
- Heart beats fast
- Difficulty talking and maintaining conversations
- $> \text{ or } = 6 \text{ METS}$

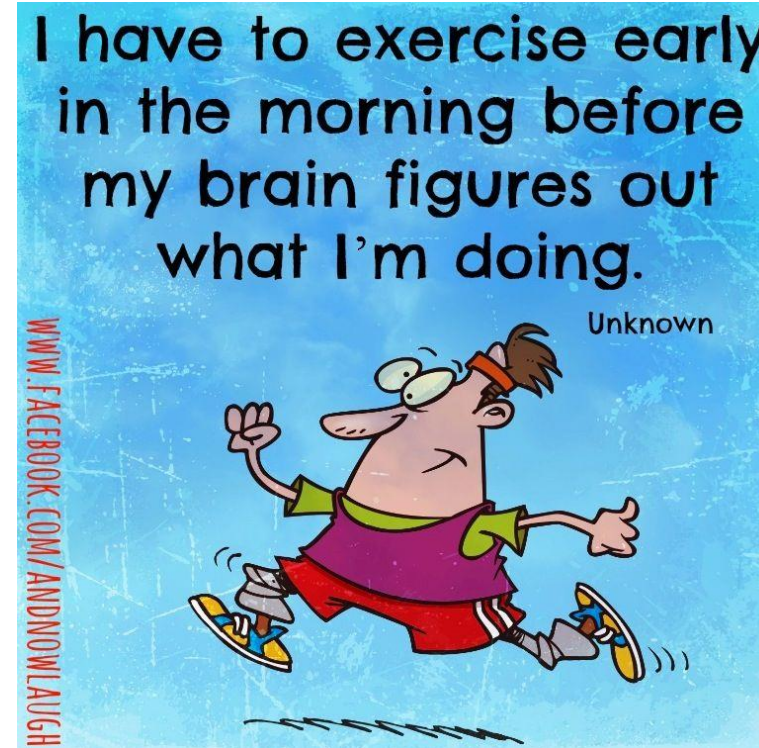


# Moderate vs. Vigorous Activity

| Light Activity           | Moderate Activity  | Vigorous Activity    |
|--------------------------|--|----------------------|
| Walking slowly           | Brisk walking  | Hiking               |
| Cooking                  | Heavy cleaning (ex: washing windows, vacuuming, mopping) | Jogging              |
| Washing dishes           | Mowing lawn (power mower)                                | Shoveling            |
| Playing most instruments | Light bicycling  | Carrying heavy loads |
| Making the bed           | Recreational badminton                                   | Bicycling fast       |
|                          | Tennis doubles   | Basketball game      |
|                          |  | Soccer game          |
|                          |  | Tennis singles       |

# Health-Related Components of Physical Fitness

- Aerobic fitness
- Muscular Fitness
  - Muscular Strength
  - Muscular Endurance
- Flexibility
- Body composition



# Aerobic Fitness

- The body's ability to take in and use oxygen to produce energy for prolonged activity.
- Aerobic activities make you breathe hard and increase your heart rate!
- Benefits: improved cardiovascular efficiency, increases stroke volume and cardiac output, improved body composition



# Muscular Fitness

- Muscular strength - refers to the amount of force a muscle or group of muscles can generate in one contraction
  - To improve – heavier weights, fewer reps
- Muscular endurance - refers to a muscle's ability to exert force repeatedly without fatiguing, or the ability to sustain a muscular contraction for a length of time
  - To improve – lighter weights, more reps
- Benefits: Improved performance, injury prevention, improved body composition, improved self image



# Flexibility

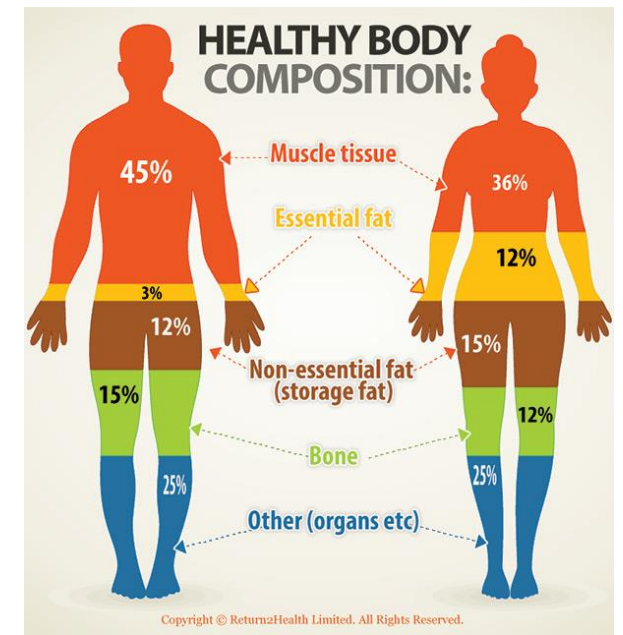
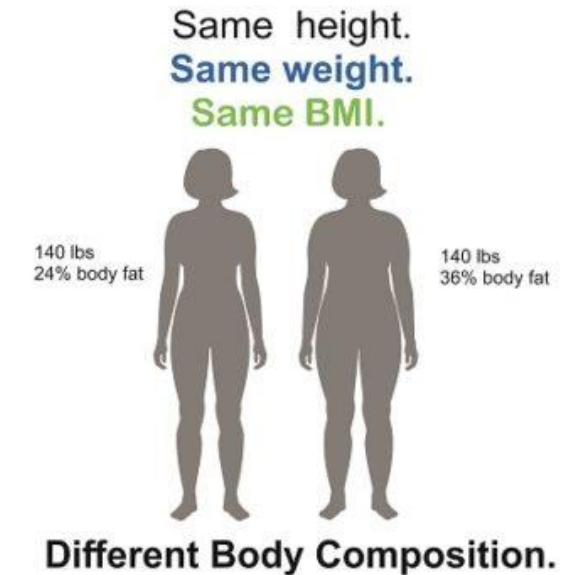
- The ability to bend joints and stretch muscles through a full range of motion
- Benefits: joint mobility, injury prevention





# Body Composition

- Describes the relative proportions of fat and lean tissues in the body
- Not based on how much you weigh, but how much of your weight is fat as opposed to muscle
- Excessive body fat can cause musculoskeletal problems and increase your risk of heart disease and high blood pressure.



# Activity Types

- Aerobic or endurance activities - include running, swimming, biking, hiking, playing sports, dancing and brisk walking.
- Strength or resistance activities - include weight lifting, pushing a wheelchair/ stroller, kettlebells and body weight exercises such as squats, lunges, pushups, sit-ups etc.
- Flexibility activities - include stretching and some forms of yoga.
- Balance activities - include - tai chi, qi gong and some forms of yoga.



# Important Reminders!

- Wear comfortable clothing and footwear
- Keep hydrated before, during, and after exercising
- Stretch to prevent your body from getting injured
- Pay attention to any pain or discomfort you might feel during your workout
- Follow your doctor's recommendations concerning medications or other health conditions that might be of concern.
- Warm up before you start, cool down when you finish!