

Session

5

The Safe Workout

Eat Well & Keep Moving

It's Your Move: Get Active and Stay Healthy!

- **Most people can start a moderate-intensity physical activity program without consulting their doctors.**
- **But before starting a *vigorous* program of physical activity, consult your doctor if**
 - you are a healthy woman over 50 or a healthy man over 40;
 - you have heart disease, diabetes, or other chronic disease;
 - you have high blood pressure or high blood cholesterol;
 - you are a smoker; or
 - you are obese.
- **Everyone else, let's go!**



Get Active and Reduce Inactivity

**To promote health, psychological well-being,
and a healthy body weight,**

- **engage in regular physical activity, and**
- **reduce sedentary activities.**

Physical Activity Recommendations for Adults

- **Be physically active for at least 30 minutes on all or most days of the week; engage in moderate-intensity physical activity.**
- **For greater health benefits and to control body weight, increase the intensity or the duration of your physical activity.**
- **To prevent weight gain, about 60 minutes per day of physical activity may be needed.**

Activity Can Be Accumulated Throughout the Day

The total amount is what counts:

- **You can be active for a steady 30 to 60 minutes.**

Or

- **You can accumulate activity in 3 to 6 short (10-minute) bouts throughout the day.**

Young People Need Even More Activity!

- **Children and teenagers should get at least 60 minutes of physical activity every day, which can be broken up into multiple sessions throughout the day.**
- **This can include active free play, as well as structured activities that are age-appropriate, enjoyable, and offer variety. Any episode of moderate- or vigorous-intensity physical activity, however brief, counts toward the daily goal.**

What Is Moderate Physical Activity?

- **Hiking**
- **Light gardening or yard work**
- **Dancing (including video games that require players to dance, such as Dance, Dance Revolution)**
- **Golf (walking and carrying clubs)**
- **Bicycling (<10 miles per hour, or 16 kilometers per hour)**
- **Walking (3.5 miles per hour, or 5.6 kilometers per hour)**
- **Weightlifting (general light workout)**
- **Stretching**

What Is Vigorous Physical Activity?

- **Running or jogging (5 miles per hour, or 8 kilometers per hour)**
- **Bicycling (>10 miles per hour, or 16 kilometers per hour)**
- **Swimming (slow freestyle laps)**
- **Aerobics**
- **Walking (4.5 miles per hour, or 7 kilometers per hour)**
- **Heavy yard work (chopping wood)**
- **Weightlifting (vigorous effort)**
- **Basketball (vigorous)**

Tips to Avoid Injury

- **Warm up and cool down.**
- **Wear appropriate shoes and clothing.**
- **Slow down or stop if you feel pain, fatigue, or shortness of breath.**

Tips to Stick With It!

- **Plan ahead and find activities that fit into your life.**
- **Set simple goals and reward yourself for reaching them.**
- **Try different types of activities so you don't get bored.**
- **Keep an activity diary.**

Ways to Get Active

Instead of

- **lying on the couch and watching TV,**
- **using the elevator,**
- **sitting around,**
- **playing computer games,**

try

- **exercising while you watch TV.**
- **using the stairs.**
- **going for a walk.**
- **playing ball.**

Ways to Fit Activity Into a Busy Day

- **Park a little farther from your job to fit in a 10-minute brisk walk to work.**
- **Bike to work or to the grocery store.**
- **Take the stairs whenever you can.**
- **Walk on your lunch break.**

Ways to Make Physical Activity More Fun

- **Do things with your family or friends.**
- **Play with your kids or grandchildren.**
- **Work in your garden.**
- **Join a league sport.**
- **Go dancing.**

What Can Regular Physical Activity Prevent?

- **Heart disease**
- **Some cancers**
- **Some diabetes**
- **Weakening of the bones**
- **Other long-term diseases**

Physical activity can also slow the aging process!

What Does Regular Physical Activity Help You Do?

- **Control body weight**
- **Lower blood cholesterol**
- **Elevate energy levels**
- **Decrease stress**
- **Reduce blood pressure**
- **Improve sleep**
- **Improve digestion**
- **Lessen depression**
- **Improve flexibility and balance**
- **Enhance job performance**

Remember . . . It's Your Move!

Physical Activity Goals of *Eat Well & Keep Moving*

1. To increase students' level of physical activity to at least an hour per day
2. To decrease students' level of physical inactivity, specifically by limiting students' television and other recreational screen time to 2 hours or less per day



Physical Activity in the Classroom

- **Several *Eat Well & Keep Moving* classroom lessons use physical activity.**
- **Physical activity in the classroom helps students make the connection between healthy eating and active living.**
- **Classroom activity is not meant to replace physical education classes—it is just a supplement to a physical education program.**

The Safe Workout

- **Step 1. Warm-up**
- **Step 2. Fitness activity**
- **Step 3. Cool-down**
- **Step 4. Stretch**

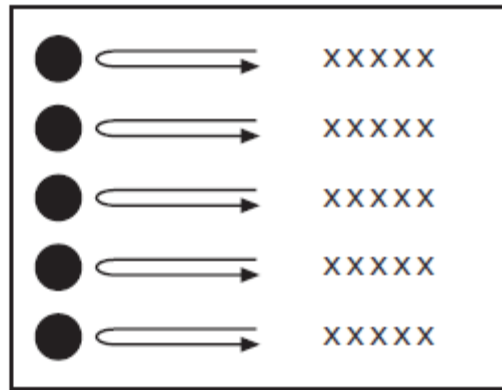
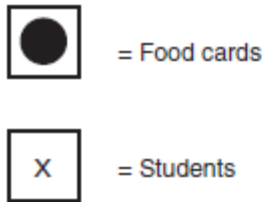
Benefits of Physical Activity in the Classroom

- **Activity adds fun and excitement to lessons.**
- **Children love being active.**

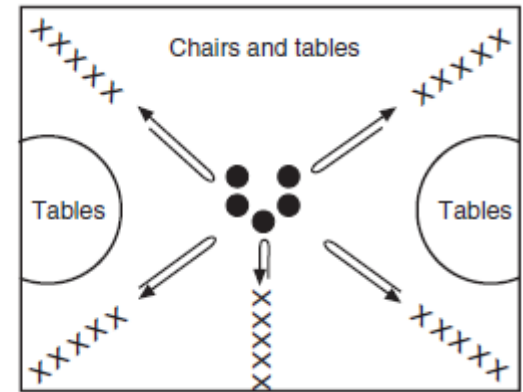
You don't need to be an athlete to lead students through the workout!

The Setting

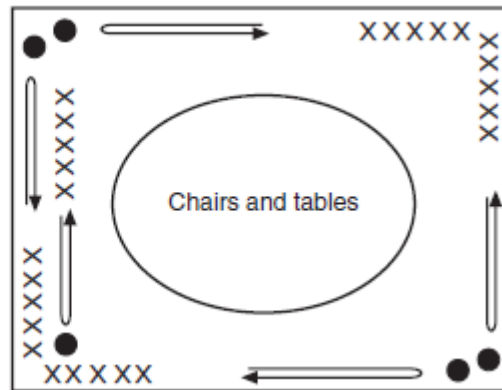
Option #1



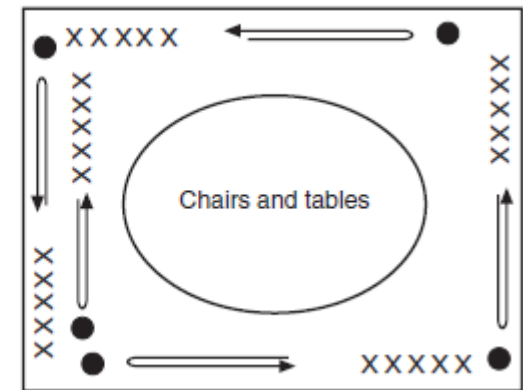
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Option #3



Option #4



Step 1. Warm-Up

- Helps prevent injuries
- Increases body temperature
- Gets body ready for rest of the workout
- Perform a series of slow movements for 5 to 10 minutes. It's best if the slow movements are similar to those that will be done in the fitness activity.
- Examples include slow jogging in place, walking, or slow jumping jacks.

Step 2. Fitness Activity

The fitness activity has two components:

- Strength fitness improves the ability of your muscles to move or resist a workload.
- Endurance fitness improves your cardiorespiratory fitness and your heart, lungs, and blood vessels.

Step 3. Cool-Down

Cooling down helps your body recover from activity and prevents injuries.

- Walk slowly.
- Walk in place slowly.

Step 4. Stretch

- Improves flexibility, muscles' ability to work, and body's ability to move
- Reduces injuries
- Safe stretching rules:
 - Don't go beyond your comfort level.
 - Hold stretch for 10 to 15 seconds maximum.
 - Don't bounce; stretch slowly.
 - Use good form.

The Neck Stretch



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Palms to Ceiling and The Wave

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Questions?