Exercise Within Reach

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Agenda

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Learning Objectives

- ‡ h v Œ • š v š Z u Œ] v , Œ š • • }] š] activity recommendations.
- ‡ Identify one personal motivator and one way to remove a barrier to becoming more physically active.
- ‡ Establish a personal plan that works for you.

Benefits of Exercise

- Increased energy
- Lower blood pressure
- Improve blood sugar
- Reduce feelings of stress
- Improve quality of sleep
- Improve memory

Exercise That Works for You

- Social or individual
- Make it a habit
- Time of day
- Give yourself attainable options that fit your life
- Start with shoes
- Smaller sessions count
- Set goals
- Keep going!

Barriers To Exercise

- Time
- No social support
- Motivation and/or energy
- Lack of resources
- Life obligations and/or caregiving responsibilities
- Fear of injury
- Lack of skill

Barrier: Time

- Monitor activities
- Find time slots for physical activity
- Select activities that fit into routine
- Set a schedule
- Make the time!

Barrier: Social Support

- Explain your goals
- Invite others
- Plan together
- Join active groups

Barrier: Motivation / Energy

- ‡ Plan ahead
- ‡ Schedule specifics
- ‡ Time of day
- ‡ Find fitness partners
- ‡ Play games or sports
- ‡ Keep workout clothes handy
- ‡ Physical activity is a mood lifter!

Barrier: Lack Of Resources

Barriers

- Money
- Equipment
- Access to facilities
- Transportation

Solutions

- Select activities that do not require equipment
- Use household items
- Identify community resources
- Plan ahead for accommodations
- Ask others and explore options

Barrier: Life Obligations

‡ Exercise with others

‡ Make it fun

- Play games
- Everyone benefits
- Work together

Barrier: Fear of Injury

‡ Warm up and cool down

‡ Learn how to exercise appropriately

‡ Choose activities with minimum risk

- Walking
- Water aerobics
- Yoga

‡ Listen to your body

Barrier: Lack of Skill

1. Do what you know how to do
   - Hiking
   - Strolling
   - Take the stairs
   - Dancing
   - Stretching
2. Take a class to develop new skills
   - Explore meeting with a trained professional
   - Watch fitness videos

Fuel Up for Exercise

‡ Hydrate with water

Target Heart Rates

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

____ X 6 = Beats Per Minute

Maximum Heart Rate = 220 - Age

Warm Up

- 5 to 10 Minutes
- More intense activity needs longer warm up
- Do planned activity at slower pace
- Use entire body as best you can

Muscle Strengthening Alternative: Side Lunges

Cardio: Jumping Jacks

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Cardio Alternative: Dance

- Dance to increase your heart rate
- Have fun!

Cool Down

‡ Move slowly to lower heart rate

‡ About 5 minutes

‡ Stretch

- Hold 10 to 30 seconds
- Stretch both sides
- Do not bounce
- Remember to breathe

SMART Goal Example

Goal:

I will be more physically active.

SMART Goal:

I will do muscle strengthening activities for 20 minutes Tuesdays and Thursdays on my lunch break.

Thank You!