

Weekly Wellness

WEEK ONE

MAY 2016

OCHD — HEALTH PROMOTIONS

MONTHLY OVERVIEW

May is National Physical Fitness Month. Let's get moving!

Week 1:

- Benefits, Recommendations And Tips

Week 2:

- Stay Hydrated!

Week 3:

- What Counts?

Week 4:

- Let's Move!
- Prevent Injury

Physical Activity

- So far, we've covered a lot of ground. Last month we talked about stress and sleep and the important role they play in our health.
- Now, let's talk about the important roles physical activity and water play in our total wellness plan.
- This month you will learn several things to consider about physical activity and water intake, and ways to incorporate more of them into your day—**EVERYDAY!**
- Let's get started with a review of the benefits of physical activity...some of these may surprise you. Be sure to check out the recommendations from the AHA and some of the tips below to help make following them a little easier.

Benefits of Exercise:

Weight loss/management
Decreased risk for type 2 diabetes
Better sleep, mood and energy
Improved balance and flexibility
Lower blood pressure and cholesterol
Stronger muscles
Lower stress
Decreased risk of heart attack or stroke

Tips:

- Schedule your activity just like any other **IMPORTANT** event
- Start with just 10 minutes at a time—if you can, work up to this 3 times per day, you'll be at 30min/day in no time!
- Track your progress—however this works best for you
- **MAKE IT FUN!**

AHA Recommendations:

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **or** At least **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **or** At least **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity At least **2** days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4** days per week

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Helping you be
healthy, one week at
a time



Stay Hydrated

Water is one of the most important, yet one of the most commonly under-consumed, nutrient that our bodies need. You may know that water is important for our external appearance and flushing out waste, but did you know it also helps regulate our body temperature, lubricate and cushion our joints, and protect our spinal cord and other sensitive tissues?

It is recommended that we get **at least 64 oz** of water every day; that's just 8 cups.

We need even more when we're:

- Active
- In hot or humid climates—like NC
- Running a fever



Tips:

- Drink when you are thirsty and with meals
- Choose foods with higher water content (tomatoes, celery, melons)
- Have a water bottle (frozen or non) available for drinking all day
- Choose water over sugar-sweetened beverages—you'll save money and **CALORIES!**
- If you need to add some flavor, use a lemon or lime wedge. There are also **naturally-sweetened, non-caffeinated** water enhancers available.
- Keeping track of your water intake can help you stay on track to meet your needs.

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What Counts as Physical Activity?

- **Aerobic activity**, or "cardio", gets you breathing harder and your heart beating faster. Remember, at least 10 minutes at a time—three times per day—counts towards our 150 minutes per week (minimum) goal.
- In addition to aerobic activity, it is also important to incorporate exercises to **strengthen your muscles** at least two days per week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms). **This does not necessarily mean picking up a set of dumbbells.** This can include something like swimming (chest, shoulders, arms, abs, hips, and legs), which can also be very aerobic. Additionally, exercises using your own bodyweight count, such as pushups, sit-ups, or squats. Be creative to make it fun.

Aerobic Activity

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

Walking fast	Doing water aerobics
Pushing a lawn mower	Playing doubles tennis
Riding a bike on level ground or with	Doing Yard Work

Muscle Strengthening Activities

- + To gain health benefits, **muscle-strengthening activities** need to be done to the point where it's hard for you to do another **repetition** without help.
- + Try to do 8-12 repetitions per activity; that count as one **set**.
- + Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.
- + Also incorporating ANY KIND of resistance to your aerobic activity adds muscle-strengthening benefits.

A supplemental document will provide a sample workout

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SMILING IS MY FAVORITE EXERCISE.

Let's Move!!!

- Now, it's time to put it all together! So, grab a buddy and get moving!
- Below is an example of a weekly schedule to help plan out your physical activity and a few sites and resources that have been used personally.
- It doesn't have to be "exercise." It should be simple and fun for YOU and fit into your routine.



Sample Week Schedule 1

Example 1: Moderate Intensity Activity and Muscle Strengthening Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minute brisk walk	30 minute brisk walk	30 minute brisk walk	Weight training	30 minute brisk walk	30 minute brisk walk	Weight training
						

Total: 150 minutes moderate-intensity aerobic activity
+ 2 days muscle-strengthening activity

Prevent Injury

- Stretch regularly
- Start slow and spread throughout the day/week
- Warm up and cool down for at least 1 min
- Listen to your body—discomfort and pain are not the same thing
- Wear proper clothing/gear—it doesn't have to be "gym" attire, but clothing that fits well and allows your body to breathe; shoes that are supportive to your feet; etc

