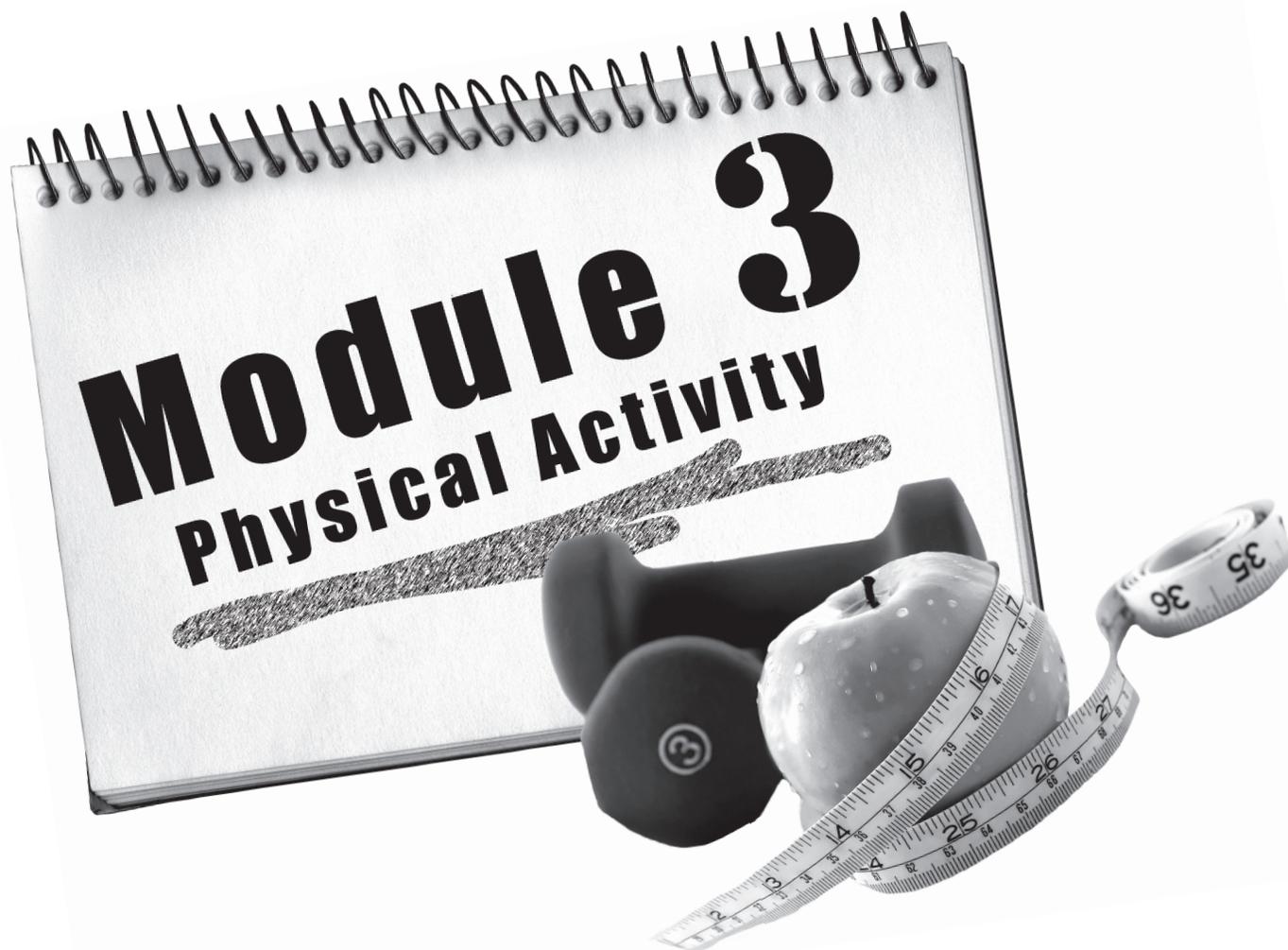


Healthy Lifestyles Training

MODULE 3

Presentation Script



Living the Active Life

Get Strong, Be Fit, Have Fun!



Module 3
Physical Activity

**Be Strong, Get Fit,
Have Fun!**

Physical Activity

*Based upon the 2005 Dietary Guidelines
for Americans*

cdde

TEAM
NUTRITION • USDA

Colorado Department
of Public Health
and Environment

SAY:

Welcome to this training on the 2005 Dietary Guidelines for Americans. To open, what words come to mind when you think of physical activity?

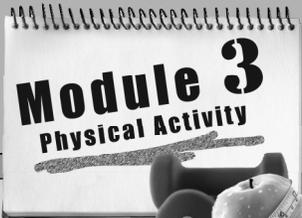
*Give the group a chance to say the words out loud. You can write them down on a large pad of paper or a board if you have one. Look at the words that have been said and evaluate them to determine whether they are mostly positive, negative or balanced. Then talk about the qualities of the words that the group has shared. **This will vary based upon the group of people that you are training.** Note whether words related to strength, fun, fitness are among the words suggested by the group. If these words have not been suggested by the group, ask the group whether they think about activity in terms of making them stronger, fit and whether they associate it with having fun.*

SAY:

The purpose of the training today is to learn about different kinds of activity and the benefits of different kinds of activity, what people need to be comfortably active and ways to make activity accessible to everyone.

What the training is NOT about is making activity exclusive to just the few of us who are natural athletes, or trying to make everyone into an athlete. Think of this as an equal opportunity event with the goal of opening the door to feeling better and stronger, to gaining benefits for your physical and psychological health and as an opportunity to bring more fun into your life.

Now let's get started.



Module 3
Physical Activity

**Be Strong, Get Fit,
Have Fun!**



Physical Activity

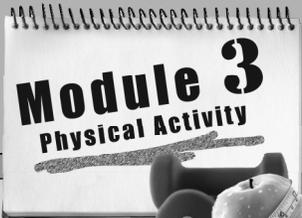
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Module 3
Physical Activity

Be Strong, Get Fit, Have Fun!



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3 Keys to Active Living

- Make an activity routine
- Vary your activities
- Be comfortable



SAY:

What is the number one reason that people say they don't exercise?

- It's interesting really. When people choose not to eat a particular food they usually state that they "don't like it."
- When people give a reason that they aren't as active as they should be, it's usually that "they don't have enough time."

•It turns out that we have enough time to watch several hours of television and we have enough time to do things for other members of our family while they are out being active. But women, in particular, seem to have a very hard time convincing themselves that they can schedule in time to be active in their day. It turns out that having a routine for activity, just like for homework and bedtime for kids, is a key to successfully maintaining our activity levels as adults.

•Another key to maintaining activity levels is to vary your opportunities for physical activity. Getting stuck in a rut and doing the same activities time and time again will become less interesting and may not provide as good of a benefit for all parts of the body. Include all sorts of physical activity: a short walk in the morning (with the dog); walking up the stairs instead of the elevator; parking farther away from the entrance to shops; a vigorous bike ride or hike; lifting weights at home or the gym; dancing and water aerobics; and also stretching and yoga. All of these make for an active, healthy, fun lifestyle.

•The last key? Be comfortable. Choose good shoes, loose clothing that "breathes" and places that let you get the most out of the activity while feeling your best. If you aren't comfortable, you aren't likely to continue choosing to be more active.

Different Activities = Different Benefits

- **Stretching**
 - Flexibility, relaxation, ↓ injury
- **Resistance**
 - Strength, endurance, healthy bones
- **Aerobic**
 - Weight control, ↓ disease risk, less illness, better mood, increased brain function

SAY:

Different activities confer different benefits

Stretching is an often neglected part of activity and it's too bad since stretching comes with the following benefits:

- Increased flexibility and improved posture
- Increases in mental and physical relaxation
- Releases muscle tension and soreness
- Reduction in injury and chronic pain

Stretching, just by itself, can make a great deal of difference in how we feel mentally and physically.

Resistance activities (e.g. using weights, using resistance bands):

- Lead to greater increases in muscular strength and endurance
- Help to maintain or increase muscle mass. Increases in muscle mass lead to greater energy expenditure at rest and help with balancing calorie intake with how much you burn. i.e. if you have increased muscle, you increase the amount you burn and the number of calories you need to eat to maintain weight increases.
- Weight training also has been shown to help fight osteoporosis—or loss of bone mineral that leads to broken bones in older age.
- Finally, in older populations, resistance training can help maintain the ability to perform everyday tasks such as walking, rising from a chair, climbing stairs and even carrying their own groceries. This independence gained by increased physical ability can do wonders for self-confidence, quality of life and outlook on life.

SAY:

Many people are intimidated by the idea of resistance training or are afraid of injury. A great idea is to consult an expert for the first few times to build your knowledge and confidence. Try it with a friend to reduce the pressure and make it more fun. For more information and to locate a trainer contact, The American Council on Exercise. www.acefitness.org

Vigorous activities confer greater benefit for fitness than do other activities. They burn more calories in the same unit of time (e.g. per minute) and therefore facilitate prevention of weight gain.

Regular aerobic physical activity increases your fitness level and your ability to perform exercise. It also plays a role in preventing cardiovascular disease. Physical **inactivity** is a major risk factor for heart disease and stroke and is linked to death from cardiovascular disease.

Regular physical activity can help control blood cholesterol levels, diabetes and obesity. Aerobic physical activity can also help you reduce blood pressure. Healthy people -- as well as many patients with cardiovascular disease and diabetes-- can improve their fitness by increasing their activity.

The following will not be read but will serve as reference material:

Lee IM, Sesso HD, Oguma Y, Paffenbarger RS. Relative intensity of physical activity and risk of coronary heart disease. *Circulation*. 2003;107:1110-1116.

A study of more 7,000 men who graduated from Harvard before 1950 suggests that older people, those who are out of shape, or those with disabilities may get as much benefit from 30 minutes of slower walking or other exercise as younger, more fit people get from the same amount of more intense activity. In other words, if an exercise or physical activity feels hard, then it is probably doing your heart - and the rest of you - some good, even if it doesn't fall into the "moderate" category.

Build Your Muscles, Build Your Brain

Kempermann G, Gast D, Gage F. Neuroplasticity in old age: Sustained fivefold induction of hippocampal neurogenesis by long-term environmental enrichment. *Ann Neurol*. 2002;52 (2):135-143.

An active lifestyle has benefits beyond the body. A new study suggests that being active can stimulate brain cell growth and lower the risk of developing Alzheimer's disease.

German researchers put 30 adult female mice in an "enriched environment" that included toys, a running wheel and unlimited food and water for 10 months.

Compared to mice kept in cages, the active mice grew five times more new brain cells and showed fewer sign of age-related brain degeneration. They also were more curious about their surroundings and better able to learn new things.

"Our study suggests that, in mice, we can reduce the effects of aging on the brain with a sustained active and challenging life, even if this stimulation is only begun in middle age," writes Gerd Kempermann, M.D., lead author of the study.

While study results in mice don't always transfer to humans, Kempermann suggests that people who change their behavior because of this study "will certainly do no harm" and that "they might even do something good for the brain cells that are involved in learning and memory processes."

Strong Muscles, Strong Bones

Stewart KL, Deregis JR, Turner KL, Bacher AC, Ung J, Hees PS, Tayback M, Ouyang P. Fitness, fatness and activity as predictors of bone mineral density in older persons. *J Intern Med*. 2002;252(5):381-388.

Exercise in any form - mild, moderate or intense - is good for you and can help reduce the risk of disease and keep the heart healthy.

But when it comes to strengthening bones, milder forms of activity may not be enough.

Thirty-eight men and 46 women, ages 55 to 75 years, all of whom were generally healthy but didn't exercise regularly, were recruited to help determine the link between physical activity and bone strength.

Researchers concluded that neither overall aerobic fitness nor mild physical activity had a significant effect on bone density. Greater muscle strength, however, was associated with stronger bones.

"Although some activity may be better than none at all for certain aspects of health, like heart health, milder forms of activity may not be sufficient to hold off or attenuate the age-related decline in bone," says lead researcher Dr. Kerry J. Stewart of Johns Hopkins University School of Medicine in Baltimore, Maryland.

Be a Tortoise, Not a Hare

Westerterp KR. Pattern and intensity of physical activity. *Nature*. 2001;410:539

You've heard the old saying: Slow and steady wins the race. Well, it may also burn more calories, at least in the long run. Researchers at Maastricht University in the Netherlands concluded that people who engage in moderate physical activity, such as walking and biking, had the highest overall physical activity levels. Their study of 30 men and women over a two-week period also revealed that those who exercised vigorously for short periods of time compensated for that activity by spending a greater part of their day being sedentary. Sure, vigorous exercise burns more calories, but the moderate exercisers tended to be more active overall.

Yoga May Alleviate Chronic Pain

Gaur S. Preliminary findings of the Harbor-UCLA Medical Center study. Presented at: the Annual Meeting of the American Psychiatric Association; May 2001.

Yoga fans are quick to tout the flexibility and stress-relieving benefits of this ancient practice, but a new study suggests it may be an effective pain-management tool as well.

Researchers at Harbor UCLA Medical Center in Los Angeles, Calif., found that just four weeks of regular yoga sessions significantly reduced the frequency and severity of chronic pain.

Eighteen men and women with persistent chronic pain attended 90-minute Iyengar yoga sessions, three times per week for one month. Iyengar yoga combines various yoga poses with meditative breathing exercises.

Using weekly questionnaires, researchers concluded participants were using less pain medication and had lower levels of anxiety than at the start of the study. Mood significantly improved as well.

Lead investigator Dr. Sonia D. Gaur believes yoga may be an effective pain management tool for those who live with chronic pain, but suggests more studies need to be done to confirm these benefits.

Reduces DOMS

McHugh MP, Connolly DAJ, Eston RG, Kremenic IJ, Nicholas SJ, Gleim GW.
The Role of Passive Muscle Stiffness in Symptoms of Exercise-Induced Muscle Damage. *Am. J. Sports Med.* 1999;27:594-599.

How do some exercisers get away with less soreness than others?

A new study suggests flexibility reduces susceptibility to exercise-induced muscle damage and delayed-onset muscle soreness (DOMS).

Eccentric exercise frequently causes muscle damage and DOMS. To induce muscle damage, subjects performed six sets of 10 isokinetic eccentric hamstring contractions at 60 percent of maximum strength, so everyone exercised at the same relative intensity.

On the following three days, subjects were tested for DOMS symptoms.

The least flexible subjects (as measured by passive stiffness) felt significantly more muscle tenderness and pain than the most flexible subjects on the second and third days.

The least flexible subjects also experienced a statistically significant loss of isometric strength, and increased creatine kinase activity (another indicator of muscle damage).

Researchers theorize that the strain of lengthening stiff muscles during eccentric contraction results in muscle fiber damage.

"Exercise in the presence of muscle damage involves a greater metabolic stress, and limits exercise intensity and duration.

Therefore, more flexible people may be able to exercise at a higher intensity or for a greater duration on the days after a bout of eccentric exercise," they conclude.

Exercise May Keep Alzheimer's at Bay

American Academy of Neurology, 50th annual meeting: Minneapolis, Minn: April 28, 1998.

Exercise not only helps keep you young, research shows that it may ward off one of the most dreaded diseases of the old - Alzheimer's.

The study compared the exercise habits of 126 elderly patients with Alzheimer's and 315 healthy older adults.

Researchers were particularly interested in the subjects' exercise habits between the ages of 20 and 59.

"The healthy individuals reported significantly more physical activity over the four decades than those with Alzheimer's disease," said Dr. Arthur L. Smith, a clinical research fellow at the University Hospitals of Cleveland/Case Western Reserve University, Cleveland, Ohio.

"The results suggest that lifelong regular exercise may be protective against the development of Alzheimer's disease."

Running, swimming, tennis, weight training, biking and golf were among the activities favored by those who demonstrated a lower risk for developing Alzheimer's.

According to Smith and his associates, about four million Americans are believed to be affected by Alzheimer's disease, a number that will likely double by 2030.

In addition to exercise, previous studies suggest that individuals who possess intellectually demanding occupations and higher levels of education and social activity are at a reduced risk for developing Alzheimer's.

How Much Activity Is Enough?

- 30 minutes of moderate intensity activity, **above your usual activity**
- Most days of the week
- Benefit accrues quickly



SAY:

How much is enough? Well that all depends on what your goal is.

To achieve a decrease in risk for chronic disease, like heart disease, stroke, and diabetes, 30 min of activity like walking or biking (stationary or bicycle) will do the trick. Here is a key piece: this needs to be **30 minutes above your normal activity level in your daily life or job**. If you have an active job, then creating the time to do 30 minutes of planned activity is the goal. If you have a more sedentary job (a lot of sitting or one that does not require much movement, like standing to prepare food or to teach) then finding another 30 minutes to participate in moderate activity is the goal.

You should try for this level of activity, 30 minutes in a day, most every day to achieve the maximum benefit.

Here is the good news: you can benefit from this much exercise in just a few weeks. A study in California showed that in as little as 3 weeks, 11 individuals who were overweight and who participated in activity and a diet low in fat and high in fiber had improvements in blood pressure and in cholesterol levels. All this from a moderate level of walking on a treadmill for 45-60 minutes.

That is pretty good for just 3 weeks of increased effort! Of course, if you do more activity, then you can achieve more benefit.

The following will not be read but will serve as reference material:

Three Weeks to a Healthier Heart

Roberts CK, Vaziri ND, Barnard RJ. Effect of Diet and Exercise Intervention on Blood Pressure, Insulin, Oxidative Stress, and Nitric Oxide Availability. *Circulation*. 2002;106:2530-2532.

Just three weeks of healthy eating and daily moderate exercise can significantly reduce a man's risk of heart disease by lowering both blood pressure and cholesterol levels.

Researchers at the University of California, Los Angeles put 11 obese men on a three-week health kick consisting of a very-low-fat, high-fiber diet and daily 45- to 60-minute walks on a treadmill.

At the end of three weeks, participants hadn't lost a significant amount of weight, but the seven men who previously had high blood pressure now had normal blood pressure, and the entire group reduced their cholesterol levels by an average of 19 percent.

Insulin levels dropped 46 percent and free radicals by 28 percent, both of which are associated with heart disease.

"This is the first study to show that this type of diet and exercise can reduce oxidative stress, lower blood pressure and improve risk factors for other chronic diseases in a very short time," wrote lead researcher R. James Barnard.

How Much Activity to Improve Your Weight?

- 60 minutes of moderate - vigorous activity
- Needed most days to **prevent weight gain**
- More activity needed to get weight loss
- This is true for both children & adults



SAY:

WARNING: The information on this slide is pretty hard to take it—60 minutes most days to prevent weight gain?

MORE to help you lose weight? No wonder we don't lose weight!

Let's step back a moment and learn more about this.

It's true that the recommendations in the 2005 Dietary Guidelines suggest that we need to get 60 minutes of moderate activity to keep ourselves from that slow weight gain that most of us experience each year.

BUT, it doesn't say that we have to get all of it in the same hour...that is, you can choose to walk for 15-20 minutes in the morning, again at lunch and then get a little more activity after dinner. Alternatively, you can ride your bike or dance for an hour and this would also fulfill the requirements. So even though 60 minutes is a lot of time, if you think about it, I bet you could find 10 or 15 minutes here and there in your day during which you could be more active than sitting or sleeping.

Remember, standing is more active than sitting; stretching is more active than standing; walking more active than stretching; and running, dancing or moving fast is most active of all.

SAY:

Here is another fact:

While experts suggest that 90 minutes of activity is needed for weight loss, this only takes into account losing weight from burning more energy. There are 2 parts of the energy balance equation:

1) how much energy we burn and

2) how much energy we consume. So, increasing activity can be paired with reducing our calorie intake (as little as reducing your intake by 100 calories a day which is the same as about 12 potato chips) to produce weight loss instead of just increasing activity.

One last point: Children should get just as much activity each day as adults: about 60 minutes each day.

The following will not be read but will serve as reference material:

Donnelly JE, Hill JO, Jacobsen DJ, Potteiger J, Sullivan DK, Johnson SL, Heelan K, Hise M, Fennessey PV, Sonko B, Sharp T, Jakicic JM, Blair SN, Tran ZV, Mayo M, Gibson C, Washburn RA. Effects of a 16-month randomized controlled exercise trial on body weight and composition in young, overweight men and women: the Midwest Exercise Trial. *Arch Intern Med.* 2003;163(11):1343-1350.

BACKGROUND: In light of the current obesity epidemic, treatment models are needed that can prevent weight gain or provide weight loss. We examined the long-term effects of a supervised program of moderate-intensity exercise on body weight and composition in previously sedentary, overweight and moderately obese men and women. We hypothesized that a 16-month program of verified exercise would prevent weight gain or provide weight loss in the exercise group compared with controls. **METHODS:** This was a randomized controlled efficacy trial. Participants were recruited from 2 midwestern universities and their surrounding communities. One hundred thirty-one participants were randomized to exercise or control groups, and 74 completed the intervention and all laboratory testing. Exercise was supervised, and the level of energy expenditure of exercise was measured. Controls remained sedentary. All participants maintained ad libitum diets. **RESULTS:** Exercise prevented weight gain in women and produced weight loss in men. Men in the exercise group had significant mean \pm SD decreases in weight (5.2 \pm 4.7 kg), body mass index (calculated as weight in kilograms divided by the square of height in meters) (1.6 \pm 1.4), and fat mass (4.9 \pm 4.4 kg) compared with controls. Women in the exercise group maintained baseline weight, body mass index, and fat mass, and controls showed significant mean \pm SD increases in body mass index (1.1 \pm 2.0), weight (2.9 \pm 5.5 kg), and fat mass (2.1 \pm 4.8 kg) at 16 months. No significant changes occurred in fat-free mass in either men or women; however, both had significantly reduced visceral fat. **CONCLUSIONS:** Moderate-intensity exercise sustained for 16 months is effective for weight management in young adults.

To Keep Weight Off

- It takes 60-90 minutes of moderate intensity activity on most days
- How do we find the time to do that?



SAY:

For those of you who have lost weight and want to keep it off, the important news is that increasing your physical activity level is a good way to help keep those pounds off.

If you can make the time and routine to get 60 or more minutes of physical activity on most days, you will greatly increase your odds of keeping that weight off.

In fact, some experts say that reducing calorie intake is essential for losing weight and activity is equally essential for keeping it off.

The next question is *“How am I supposed to find 60 minutes every day to be active when I can’t find enough time to do everything that I have to do now?”*

Let’s talk next about some ways that other people have found to help them get more activity into their busy day.

The following will not be read but will serve as reference material:

Jakicic JM, Otto AD. Physical activity considerations for the treatment and prevention of obesity. *Am J Clin Nutr.* 2005;82(1 Suppl):226S-229S. *Journal of Clinical Nutrition.* 82(1 Suppl):226S-229S, 2005 Jul.

Overweight and obesity present significant public health concerns because of the link with numerous chronic health conditions. Excess body weight is a result of an imbalance between energy intake and energy expenditure. Physical activity is the most variable component of energy expenditure and therefore has been the target of behavioral interventions to modify body weight. It appears that physical activity is an important component on long-term weight control, and therefore adequate levels of activity should be prescribed to combat the obesity epidemic. Although there is evidence that 30 min of moderate-intensity physical activity may improve health outcomes, the amount of physical activity that may be necessary to control body weight may be >30 min/d. There is a growing body of scientific literature suggesting that at least 60 min of moderate-intensity physical activity may be necessary to maximize weight loss and prevent significant weight regain. Moreover, adequate levels of physical activity appear to be important for the prevention of weight gain and the development of obesity. Physical activity also appears to have an independent effect on health-related outcomes when compared with body weight, suggesting that adequate levels of activity may counteract the negative influence of body weight on health outcomes. Thus, it is important to target intervention strategies to facilitate the adoption and maintenance of an adequate amount of physical activity to control body weight. Sustaining weight loss takes even more effort. Most adults don't need to see a doctor before they begin moderate intensity activities; men older than 40 and women older than 50 need to see a physician before they begin a vigorous activity program or if they have a history of chronic disease.

Top Excuses

- Lack of time
- It's too expensive
- I can't do *that!*
- I don't like it
- I don't like doing it by myself



SAY:

Most people have a reasons that explain why they don't get enough activity—and some of them are very valid!

"I don't have time." This is probably the most common reason given by people for not being active. Granted, it seems as though we don't have time for much of anything nowadays. However, how many of you find time for watching TV or chatting on the phone occasionally? If you raised your hand or shook your head, it might be a matter of priorities. Being active takes some commitment.

"I don't have the money to spend on a club or gym membership." Good news: **You don't have to!** It's not necessary to join a club or a gym to be physically active. Walking, jogging, dancing, or running up and down the stairs are accessible to you each and every day and usually are free. Look around, be creative, you'll be amazed at what you can do right in your own home and yard to get more active.

SAY:

"I'm so uncoordinated, I couldn't possibly do that." Great point...but you can learn or do something else! Choose an activity that you feel comfortable doing or learning. Learning something new can be fun and it's also good for the brain! And more importantly, don't expect yourself to be perfect the first time **because you won't be.** You'll also miss out on the fun. You can always start out at home with a tape or DVD where you have the privacy to learn. Once you feel comfortable with the basic moves, you can try a class. If it's not fun, try a different class!

"I get bored and I don't like it." Then you need to get creative and add some fun into your activity. If it's not fun and enjoyable, you'll never stick with it. Add a new twist to liven things up or participate in a variety of activities (cross-training). There are so many things that you can do to be active that "getting bored" just means it's time to find something new.

"I don't like doing it alone." Find a fitness partner. If you have a spouse or significant other, try involving them. Studies have shown that couples who participate in regular physical activity together are more likely to stay active throughout their lives than couples where only one person is active. Other alternatives are to find a friend that enjoys the same activities as you; take a class; or join your local walking, hiking or biking club. You don't have to be active alone if you don't want to be. It also helps to have a commitment to that other person on the days when you really don't feel like it—you won't want to let them down so you'll be less likely to miss days of activity.

So, let's move on to ways that others have found to fit more activity into their day.

Get Yourself In Gear

- Plan activity as part of your day
- Short bouts of moderate intensity activity work too (10-15 minute periods)
- Build up slowly
- Limit sedentary pastimes
- Don't stress on 1 missed day
- Set a goal



SAY:

You've got a lot to gain by becoming more active.

First, you'll feel better, have more energy and you might even sleep better at night and feel more like being active the next day!

The accumulated total is what counts—not so much how you get it.

If you learn to look for opportunities to be more active, and look for ways to plan them into your day, activity can become a routine. Will there be days that you don't feel like it? SURE. But if you can get yourself to do it, you'll feel better afterwards.

Another thing to recognize is that you don't have to do the whole 30-60 minutes at one time. For some people, planning 3 or 4 times in their day when they can take a 10-15 minute break is a whole lot more "doable" than finding a whole hour.

Avoid getting too active too quickly. Rome wasn't built in a day and neither will increasing your fitness level be accomplished overnight. Make small increases in activity that can be sustained. Small successes count!

SAY:

Probably the biggest time thief is T.V. time. Did you know that the average American adult watches 4 hours of television each day? Couldn't part of that be used for physical activity? Interestingly, 49% of Americans admit they watch too much TV. How about being one of those who does something about it! It will benefit children too, as children continue to watch too much TV.

Kids' Rooms No Place For T.V.

Here's a simple step parents can take to lower their child's risk of obesity: Keep the television out of the child's bedroom.

A new study suggests that children aged one to five years who have televisions in their bedrooms watch nearly five hours more TV and videos each week than children without TV sets in their rooms. These children are also more likely to be overweight.

Parents and guardians of more than 2,700 children from 49 New York state agencies of the Supplemental Nutrition Program for Women, Infants and Children were surveyed about their TV/video viewing habits. Each child's BMI was also measured.

Nearly 40 percent of those surveyed reported having a television set in their bedroom, which raised their risk of being overweight by nearly one-third.

These results are consistent with previous studies of older children, indicating that increases in BMI often coincide with increases in the number of hours spent in front of the TV.

"Because most children watch TV by age 2, educational efforts about limiting child TV/video viewing and keeping TV out of the child's bedroom need to begin before then," writes Barbara Dennison, M.D., lead researcher, in her report, published in the June 2002 issue of *Pediatrics*.

The American Academy of Pediatrics recommends that children's total media time be limited to one to two hours per day.

Source: Dennison BA, Erb TA, Jenkins PL. Television viewing and television in bedroom associated with overweight risk among low-income preschool children. Pediatrics. 2002;109(6):1028-1035.

Get back in the saddle. If you miss a day, don't be down...just get back in gear and go with someone the next day.

Set yourself a goal. Set realistic goals and write them down. Keep track of your progress. Doing this with a friend or family member helps you keep on track.

Go to this website to find other great ideas about how to put more activity into your day.

21 easy ways to get more action into your day

[http://www.goforyourlife.vic.gov.au/hav/admin.nsf/images/21_easy_ways_to_get_more_action_into_your_day.pdf/\\$File/21_easy_ways_to_get_more_action_into_your_day.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/images/21_easy_ways_to_get_more_action_into_your_day.pdf/$File/21_easy_ways_to_get_more_action_into_your_day.pdf).

Now that you have some ideas about how to find the time, what do you need to get together to be prepared to be more active?

Fitness Essentials

- Lightweight, loose-fitting tops so you can move easily.
- Clothes made of fabrics that absorb sweat and remove it from your skin.
- Women should wear a good support bra.
- Lots of water
- A workout partner
- Supportive athletic shoes for weight-bearing activities.



Source: Weight-control Information Network of the National Institute of Diabetes and Digestive and Kidney Diseases. Active at Any Size page. Available at http://win.niddk.nih.gov/publications/active.htm#How_do_I_get_started.

These basic, inexpensive items are suggested for safety and comfort when exercising.

Fitness Essentials (cont.)

- Free weights
- Safe, well-made equipment
- Time



Source: Weight-control Information Network of the National Institute of Diabetes and Digestive and Kidney Diseases. Active At Any Size page. Available at http://win.niddk.nih.gov/publications/active.htm#How_do_I_get_started.

Here are some additional items that may be a little more difficult to come by but could add to your strength training routine. Some, like free weights, can be made from household materials like large cans or plastic bottles filled with sand, use a milk jug and it gets easier to lift like a dumbbell, or fill tennis balls with pennies or metal washers. You can make most any weight on your own.

When you do use equipment like cardiovascular machines, make sure the equipment has been well-maintained and that it is safe for your weight level.

If you decide to buy a home gym, check its weight rating (the number of pounds it can support) to make sure it is safe for your size. If you want to join a fitness center where you can use weights, shop around for one where you feel at ease.

Weight gloves may be beneficial for improving grip and avoiding slippage and this can prevent injury.

Last, and probably most important, you need to MAKE the time.

Stay Hydrated

- When it's hot
- During prolonged activity
- Drink fluid during the activity
- Drink several glasses of water after the activity

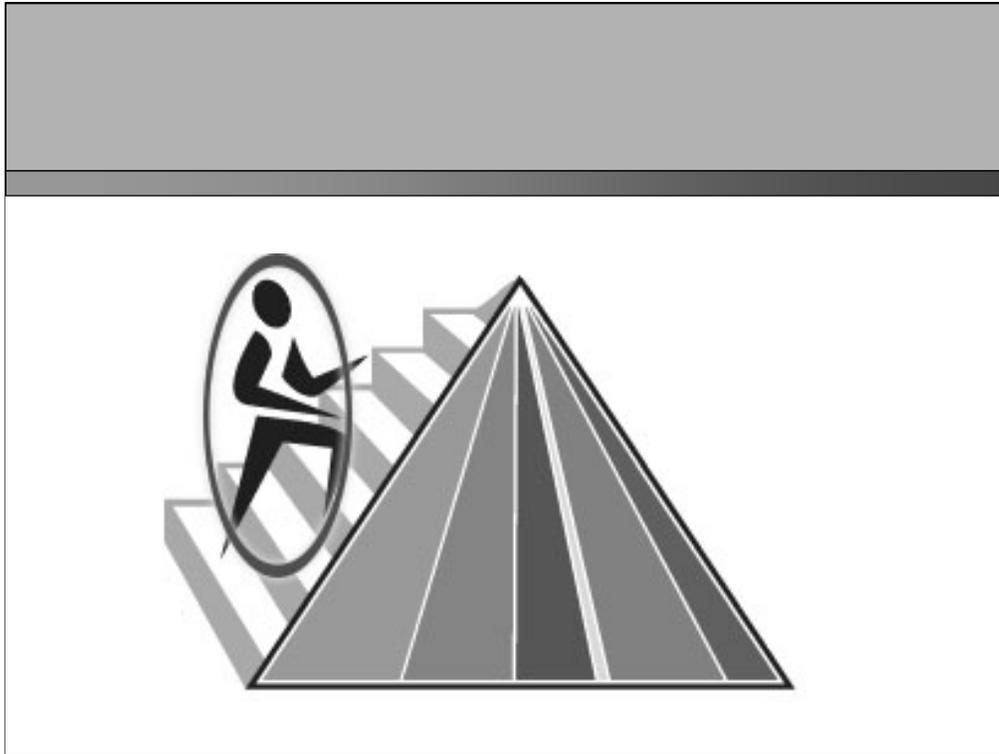
SAY:

I want to take a moment to talk a little more about one of the essentials you saw listed earlier—fluid.

When it's hot or you are active for a long period of time, be mindful of your hydration status. Be sure to drink fluid during the activity *AND* after the activity.

Don't depend on feeling thirsty as your cue to drink fluid. By the time you feel thirsty, you are already dehydrated.

On most occasions, choose water over sports beverages. Sports beverages are expensive, provide calories we don't need, and do not provide additional benefit to the average person.



SAY:

My Pyramid is a tool that has been developed by the United States Department of Agriculture to help Americans become more active and eat more healthfully.

The part of this tool that we have focused on today has been the physical activity portion. If you visit MyPyramidtracker.gov you can use the website to get an accurate assessment of your daily energy expenditure and the extent to which your food intake is balanced by your activity level.

You simply enter your activities and then the program analyzes them. It's a great tool for seeing how your food intake matches to your energy expenditure. You can also do this over an extended number of days and see how your physical activity varies from day to day.

All Together Now

- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog—don't just watch the dog walk.
- Plant and care for a vegetable or flower garden
- Play with the kids—tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.



Source: U.S. Department of Agriculture. Inside the Pyramid, Tips for Increasing Physical Activity page. Available at: http://www.mypyramid.gov/pyramid/physical_activity_tips.html

SAY:

Look for opportunities to be more active each and every day. And make it fun!

Here are some fun ways to make active living a fun, family activity.

Activity Is For Everyone Health at Every Size

- People come in all shapes and sizes.
- You don't have to be a super athlete to get the benefits of being more active.
- Being active can help you feel good about your body.
- Feeling good about your body can help you stay motivated to be more active.



Source: Ikeda, J. *Tenets of Size Acceptance*. Available at www.uwyo.edu/winwyoming/tenets.htm. Used with permission.

SAY:

Joanne Ikeda, a registered dietitian, points out that:

Human beings come in a variety of sizes and shapes. It is most productive to celebrate this diversity as a positive characteristic of the human race.

Every body is a good body, whatever its size or shape.

Helping people feel good about their bodies and about who they are, can help motivate and maintain healthy behaviors.

Each person is responsible for taking care of his or her body.

Good health is not defined by body size: it is a state of physical, mental, and social well-being.

People of all sizes and shapes can reduce their risk of poor health by adopting a healthy lifestyle.

These are some of the underpinnings of Health at Every Size.

Choosing Health

- You are in charge.
- Remember take small steps; avoid radical changes.
- Choosing health decreases stress & illness.
- You deserve time to be healthy.
- Find your balance.



SAY:

So, the bottom line:

You are responsible for your health.

It will take time to improve your fitness level—REVEL IN IT as something you deserve and something that you do for yourself.

Join the leagues of those who are less stressed, have less illness, stay mentally sharper, longer, have less pain, and have more quality family time.

The following will not be read but will serve as reference material:

Moderate exercise linked to increased immunity and decrease risk of illness

Matthews CE, Ockene IS, Freedson PS, Rosal MC, Merriam PA, Hebert JR. Moderate to vigorous physical activity and risk of upper-respiratory tract infection. *Med Sci Sports Exerc.* 2002;34(8):1242-1248.

Researchers at the University of South Carolina compared a year's worth of data on the health behaviors of nearly 550 healthy men and women with an average age of 48. Their findings included information on physical activity, intensity and the number of colds the people had over the course of the study. The activities of the group ranged from at least 30 minutes of moderate exercise to doing no exercise at all. The finding showed that the group who got at least moderate exercise on most days averaged one cold, while the less active group reported over 4 colds in the year. The most obvious benefit to exercise appeared in the fall when nearly 40 percent of the colds were reported. The active group showed a risk reduction of 32 percent during the prime season for colds.

Other studies have also found that exercise may have a positive effect when it comes to recovering from colds. David Nieman of Appalachian State University found that women who walked regularly and still got colds had symptoms that lasted less than five days, while similar women who did not walk had colds that lasted seven days. Researchers speculate that being physically active may stimulate immune cells that target cold infections. This stimulation appears to last only a few hours, but having this stimulation consistently for days and weeks may lower the overall risk of being susceptible to colds.

There is also evidence that too much intense exercise can lower the immune response. The classic case is of a marathon runner who has a higher risk of a cold for several days after the event. Overtraining can also cause an athlete to develop a greater risk of catching colds bugs.

Based upon the various evidence available, it appears as though there is still a good argument to be made for moderation in all things. Even exercise.

Feeling Stressed? Work It Out

Carmack CL, Boudreaux E, Amaral-Melendez M, Brantley PJ, de Moor C. Aerobic fitness and leisure physical activity as moderators of the stress-illness relation. *Ann Behav Med.* 1999;21(3):251-257.

A new study confirms what many of already know: Regular exercise is one of the best ways to combat daily stress.

Researchers at the University of Texas, Houston, asked 135 college students to fill out questionnaires to assess their daily stress loads as well as their moods, physical activity patterns and overall health.

Those who reported exercising less often experienced 37 percent more physical symptoms and 21 percent more anxiety during periods of high stress than those who exercised more frequently.

Exercise, it seems, offered students a temporary respite from their problems, a period of rejuvenation before returning to the pressure of daily stress.

According to lead researcher Dr. Cindy L. Carmack, "Minor, everyday stress contributes to the development and exacerbation of physical and mental health problems. However, people experiencing minor stress develop different degrees of symptoms, depending on their level of physical activity."

More Smart Rules to Live by:

- Get active
- Get in balance
- Vary your activities
- Make active time social time
- Make active time fun
- Change your point of view

ACTIVITY IS FOR YOU!



SAY:

So, if you want to live healthfully and live smarter:

Get active! Don't miss out on the fun, the family time, the time for yourself, the time for friends.

Don't miss out on health—get activity when you can, how you can, and do what you most enjoy.

Get an attitude adjustment—Activity *IS* for you...and you...and you, too. Choose it!