

Module 3

Physical Activity

Be Strong, Get Fit,
Have Fun!

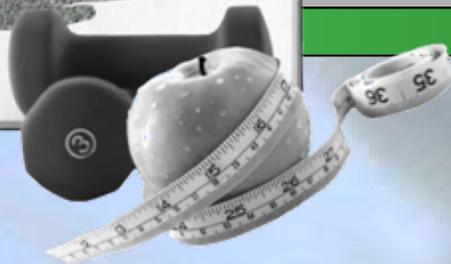
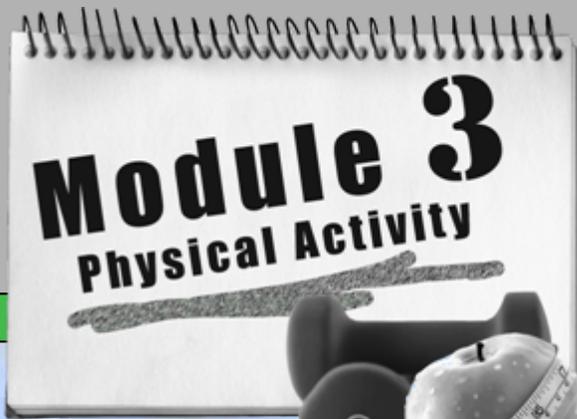


Physical Activity

*Based upon the 2005 Dietary Guidelines
for Americans*



Colorado Department
of Public Health
and Environment



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Physical Activity

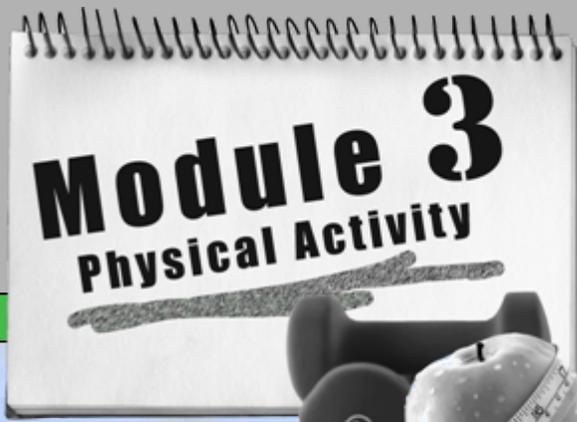
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Team Nutrition Statement

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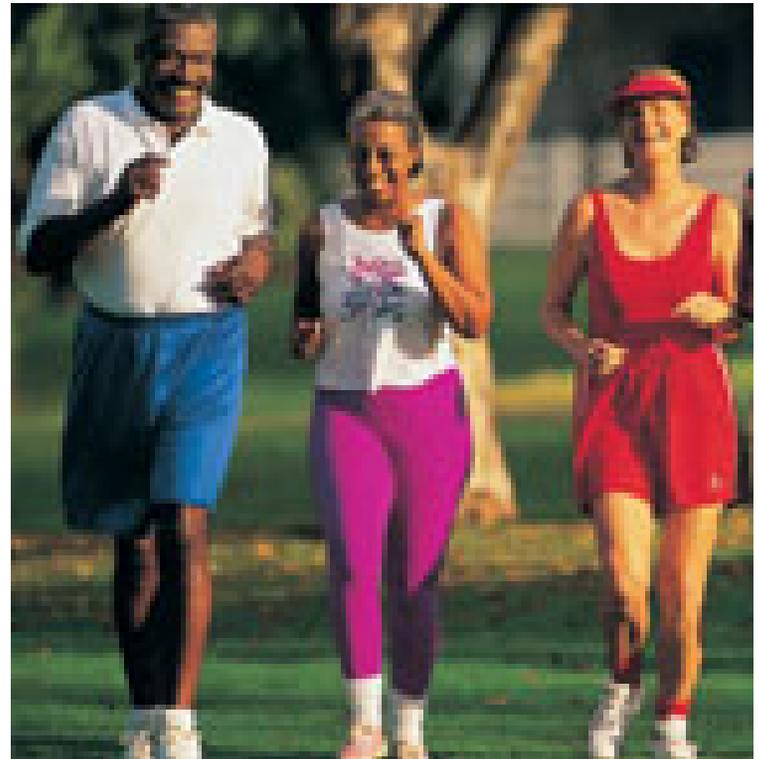
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3 Keys to Active Living

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



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

How Much Activity Is Enough?

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



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



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?



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



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



Fitness Essentials

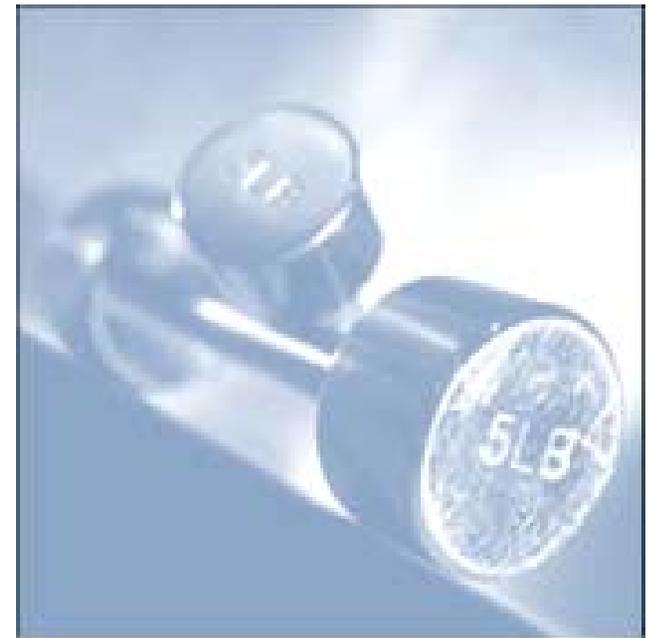
- Lightweight, loose-fitting tops so you can move easily.
- Clothes made of fabrics that absorb sweat and remove it from your skin.
- Women should wear a good support bra.
- Lots of water
- A workout partner
- Supportive athletic shoes for weight-bearing activities.



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.

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.

Stay Hydrated

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



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

Activity Is For Everyone Health at Every Size

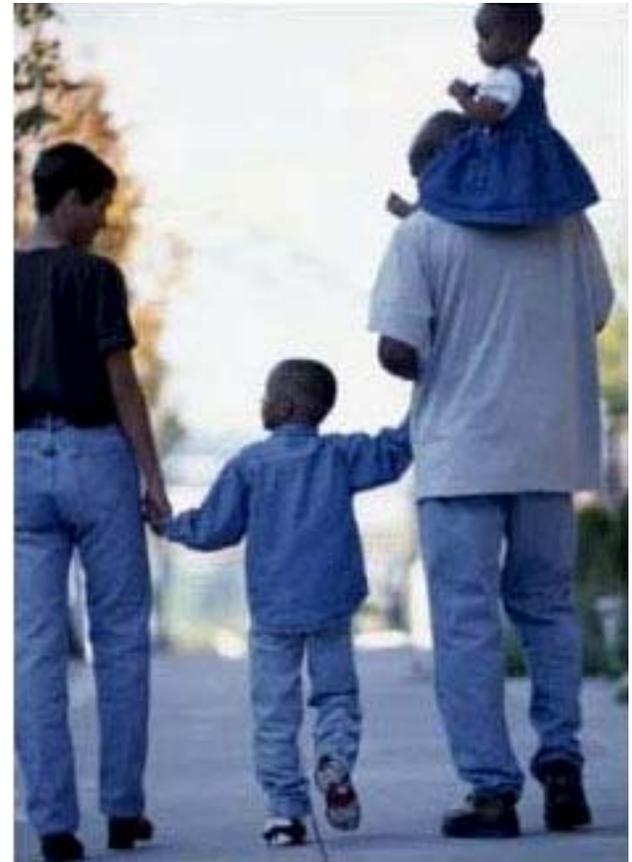
- People come in all shapes and sizes.
- You don't have to be a super athlete to get the benefits of being more active.
- Being active can help you feel good about your body.
- Feeling good about your body can help you stay motivated to be more active.



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

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.



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!

