



Physical Activity

Bonus Presentation

Introduction to the Physical Activity PowerPoint presentation:

Physical activity is an essential part of a healthy lifestyle. While many people think that they need to follow the old adage “no pain, no gain,” in reality, nothing could be further from the truth. In fact, a person who focuses on getting 30 minutes of *moderate* (think brisk walk) physical activity most days of the week can gain significant improvements in their cardiovascular health, maintain a healthy weight, reduce stress, and reduce their risk for a number of diseases.



You don't need to purchase gym memberships or expensive equipment to become physically active or to improve your level of physical fitness. Make sure that you have comfortable clothing and good shoes... that's it! There are infinite opportunities to be physically active every day. Some suggestions are provided in this presentation, but we encourage you to open it up for discussion about ways to get everybody more physically active.

This presentation also introduces a concept called “Target Heart Rate.” Target Heart Rate is a term used to describe the heart rate at which a person derives the maximum cardiovascular benefit from aerobic exercise. Participants should strive to maintain a heart rate in their Target Heart Rate range when participating in physical activity. Because each individual's body and fitness level is unique, some individuals may need to jog or even run to get their heart rate into the Target Heart Rate range while others may only need to walk in order to reach this range. Encourage participants to monitor their own heart rate in order to ensure that they are getting the greatest benefit from physical activity.

Suggested Enhancement Activities:

- Have participants wear comfortable clothing and walking shoes for this presentation. At the conclusion of the presentation, show participants what “moderate” physical activity feels like. Walking at a “moderate” pace means walking at about 4 miles per hour (the range varies between 3.5 and 4.5 mph). That means walking at a pace of about 15 minutes per mile. Try this pacing exercise with participants: Bring participants to a track or other area where the distance is measured (you may need to ask your P.E. teacher for help with this, especially if you need to walk around your gym). It takes 4 laps on a traditional outdoor track to make a mile (1600 meters). Ask participants to walk one mile and have them try to stay on-pace with a 15-minute mile. Using a stopwatch, give participants their time with each lap and encourage them to speed up or slow down to stay on-pace. You may also want to give them feedback after the first 100 meters so that they can get a feel for how fast they should be walking. To be on-pace with a 15-minute mile, participants should walk at the following pace:
 - **The first 100 meters** (the straightway of a track... this is usually already measured and marked on an outdoor track): 0:56
 - **Lap 1 (400 meters)** – 3:45
 - **Lap 2 (800 meters)** – 7:30
 - **Lap 3 (1200 meters)** – 11:15
 - **Lap 4 (1600 meters)** – 15:00
 - After they complete their mile walk, have participants find their pulse and determine their heart rate (have them count their heart beats for 10 seconds and multiply that number by 6 to determine beats per minute). Have participants write down this number and compare it to their Target Heart Rate which they will determine on slide #8 of the presentation.
- Encourage participants to put together a team to walk/jog in a community event. It may be a 5k fun run, a Relay for Life event, or another activity-based event. Participants will get some additional exercise, participate in a community event, and maybe even raise some money for a good cause. Everybody benefits!
- Arrange a tour of your local gym or fitness facility. If you are in a school that has a good fitness center, ask your P.E. teacher or your Strength and Conditioning Coach (see if your school district or a local college or university employs a strength and conditioning coach) to give participants a “tour” of the different equipment in your own school. These individuals can also show participants how to adjust the machines, the proper form when lifting, etc.
- Are you heart smart? Visit the American Heart Association’s website and test your knowledge with the “Healthy Heart Workout Quiz”
<http://www.americanheart.org/presenter.jhtml?identifier=947>.



Messages to send to participants about Physical Activity:

- Being active helps you to relax and to feel less stress.
- Feeling stressed? Take a fitness break instead of a coffee break!
- Don't just sit there! Make your moves with aerobics, kickboxing, karate, yoga, dancing or taekwondo. The activity itself doesn't matter---just MOVE!
- Sedentary people who begin physical activity programs should start with short sessions (around 10 minutes) of physical activity and gradually build up to the desired level of activity.
- Forget about driving or asking for a ride. Put your feet to the ground and start walking! Your body will thank you... Mother Nature will thank you too (walking instead of driving can help cut down on pollution).
- How do I know if my body is getting a good workout? If you can talk while doing physical activity, you're probably moving at a good, moderate pace. If you're too breathless to talk, slow down. If you can sing, you may not be working hard enough... pick up the pace!
- Adults need recess too! With a little creativity and planning, even the busiest person can make room for physical activity. Treat physical activity as another appointment/meeting in your day if that's what it takes to fit it in. You can also try walking, biking or playing (with your kids, your neighbor's kids, your friends, even your dog!) just before or after work. Look for opportunities to be physically active every day... every little bit helps!
- Keep a pair of comfortable walking or running shoes in your car or office. That way you'll always be ready for activity wherever you go!
- Physical activity doesn't have to be all work and no play. Workouts don't always need to be strenuous, in fact you'll be more likely to be active and stay active if you choose activities that you enjoy and look forward to. Do physical activity for enjoyment and watch the health benefits follow!
- Make a standing appointment with your dog. The dog loves it and you get exercise... you both win!
- Exercise while watching TV (push-ups, sit-ups, stretches, hand weights, stationary bikes, and treadmills are all ways to make TV time active.
- Social support from family and friends has been consistently and positively related to regular physical activity.
- More than 60% of adults in the United States do not engage in the recommended amount of activity while approximately 25% of U.S. adults are not active at all!
- "Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way." From Tips for Exercise Success, American Heart Association.
- "Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine." From Tips for Exercise Success, American Heart Association.
- "Even low-to-moderate intensity activities, when done for as little as 30 minutes a day, bring benefits. These activities include pleasure walking, climbing stairs, gardening, yard work, moderate-to-heavy housework, dancing and home exercise." From Physical Activity and Cardiovascular Health Fact Sheet, American Heart Association.



Physical Activity

*“If your dog is fat, you’re not getting
enough exercise”
-Unknown-*



What is Physical Activity?

- Movement of the body that uses energy. Examples?
- In order to achieve health benefits physical activity must be moderate or vigorous and add up to at least 30 minutes each day.



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Physical activity is a term that refers to any movement of the body that uses energy. What are some examples of this? (Wait for responses. Some responses may include walking, running, biking, etc.) Physical activity can also refer to movements that we don't think of as being strenuous: getting up out of bed, walking around the grocery store, or even changing channels with the remote control! So if these actions are all considered physical activity, why isn't everyone physically fit? (Wait for responses.) Not every bit of physical activity is challenging enough for your body to gain health benefits from it. Although you are moving, activities that do not increase your heart rate do not contribute to your overall level of fitness.

In order to achieve health benefits from physical activity, one must be moderately to vigorously active for at least 30 minutes each day. This type of physical activity is generally referred to as "exercise."



Safety First!

- **It is important to consult your physician before beginning ANY new exercise program. This is ESPECIALLY true if you have a health condition that may limit your ability to perform moderate to vigorous physical activity.**



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Moderate Physical Activity:

- Walking briskly (about 3 ½ -4 mph)
- Hiking
- Gardening/yard work
- Dancing
- Golf (if you walk and carry your clubs)
- Bicycling (less than 10 mph)
- Weight training (general light workout)



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When talking about physical activity, the term “moderate” refers to the intensity at which the physical activity is being performed. Moderate physical activity is between 40-70% of your maximum heart rate, a term that we will discuss more later. Many health benefits result from regular, moderate-intensity physical activity. While there are countless examples of moderate physical activity, some of the more popular examples are listed here for you. Walking briskly at about 3 ½ - 4 miles per hour, hiking, gardening, dancing and golf (IF you walk and carry your clubs) are all types of moderate physical activity. If you bike at a pace less than 10 miles an hour or do a light weight training workout, you are also performing moderate-intensity physical activity.

Vigorous Physical Activity:

- Running/jogging (5 mph)
- Bicycling (more than 10 mph)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ mph)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)



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Vigorous-intensity activity is activity performed between 70-100% of maximal heart rate. This type of exercise can further enhance a person's level of fitness. While moderate physical activity leads to a number of health benefits, regular vigorous physical activity is associated with even more health benefits, including a longer lifespan. Some examples of vigorous physical activity include running, biking, swimming, aerobics, walking very fast, heavy yard work (like chopping wood), weight lifting and competitive basketball.



Taking Your Pulse During Exercise

- Carotid Artery (located on the neck)
 - Place your index and middle fingers on the side of the windpipe, just under the jaw and press gently.
 - Take your pulse for 10 seconds. Multiply that number by 6 to determine your heart rate in beats per minute.



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When exercising, it is important that you can determine your level of intensity for that activity. The easiest way to do this is to measure your heart rate by taking your pulse during exercise. The easiest pulse to find during exercise is at the carotid artery. These blood vessels are located on either side of the neck, near the windpipe and supply blood to the brain. Make sure that when you check your pulse at the carotid artery that you only check one side. To check your pulse at the carotid artery, place your index and middle fingers near the midline of your neck and gently slide your fingers to the side of the windpipe, just under the jaw and press gently. Do not move your fingers around in a massaging motion while trying to find your carotid pulse. This can lower your blood pressure and cause dizziness. Take your pulse for 10 seconds. Multiply that number by 6 to determine your heart rate in beats per minute. If multiplying by 6 is difficult for you during exercise, you can take your pulse for 6 seconds and multiply by 10 (just add a zero). The number is a little less accurate, but may be easier to calculate without interrupting your workout.



How Do I Know if I Am Working Hard Enough?

- Use the “Talk Test”
- Know your **maximum heart rate**
 - The highest number of heart beats per minute when exercising maximally.
- Work out in your **target heart rate range**.
 - 60-85% of your maximum heart rate
 - The heart rate at which one derives maximum cardiovascular benefit from aerobic exercise.



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It can be difficult to determine the intensity of a workout. Most individuals should strive for a moderate level of physical activity; it is a realistic, attainable goal, and being moderately physically active provides many health benefits. The simplest method for determining a moderate level of physical activity is the “Talk Test.” If you are exercising at a moderate rate, you should be able to talk without much difficulty. If it is difficult to talk during exercise, you’re working too hard! Slow down a little and get your breathing rate and pulse down to a more moderate rate. If you can sing, you’re not working hard enough... pick up the pace to get the most health benefits from moderate physical activity.

Another way to determine if you are working hard enough is to use your heart rate as your guide. There is a little bit of math involved, but if you do it once, you’ll be able to more accurately determine if you are exercising at a moderate rate. You will need to know 3 numbers: your maximum heart rate, and the lower and upper limits of your target heart rate range (sometimes called your *target heart rate zone*). Your maximum heart rate is the highest number of heart beats per minute when exercising maximally. This is most accurately determined by a maximal exercise test, but can be estimated mathematically as well. Your target heart rate range is the heart rate at which your body derives maximum cardiovascular benefit from aerobic exercise.

Mathematically Estimated MHR

- $220 - \text{age} = \text{Estimated MHR}$ 
- $\text{Estimated MHR} \times .60 = \text{Lower end of Zone}$
- $\text{Estimated MHR} \times .85 = \text{Upper end of Zone}$



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You can mathematically estimate your maximal heart rate by simply subtracting your age from 220. Refer to the worksheet emailed to you earlier this week. Fill in the blanks for each of the equations. First, determine your maximal heart rate (abbreviated here as MHR). Insert your age into the blank space for the estimated maximal heart rate equation. Subtract. Simple enough right? Your number should be one-hundred and something... if your number is above 200 or below 100, check your work.

Let's Look at an Example:

- A 37 year-old man
- Estimated Maximal Heart Rate = $220 - \text{age}$
 - Estimated MHR = $220 - 37$
 - Estimated MHR = **183** 
- Target heart rate range is 60 – 85% of MHR:
 - Lower end of range: **183** x 0.60 = 110
 - Upper end of range: **183** x 0.85 = 156

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Now, to determine your target heart rate range, you will multiply. Remember from earlier that your target heart rate range is 60-85% of your maximal heart rate. To find the number at the lower end (60%) of this range, multiply your estimated maximal heart rate (just determined in the previous equation) by .60. To find the number at the upper end (85%) of your target heart rate range, multiply your estimated maximal heart rate by .85. Round the numbers to the nearest whole number and remember that your estimated maximal heart rate is 220 minus your age, the number you determined just a couple of minutes ago.

The answers to all three equations are measured in beats per minute. So using this example, if this gentleman wants to get the maximum cardiovascular benefit from exercise, he should stay within the range of 110 and 156 beats per minute. If he takes his pulse part way through his workout it should be somewhere between these two numbers.

Different Types of Exercise

- **Aerobic Exercise** - A key component of a weight loss exercise program. It requires oxygen use for an extended period of time (preferably 20-60 minutes).
- **Anaerobic Exercise** - Exercise in which the body's demand for oxygen is greater than the supply – they are performed in short bursts of energy.



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There are 2 main types of exercise: aerobic and anaerobic.

•Aerobic exercise is a key component of a weight loss exercise program. This type of exercise requires oxygen use for an extended period of time. Ideally, aerobic exercise should last between 20 and 60 minutes. Some highly trained individuals are able to exercise aerobically longer than 60 minutes, but to exercise at a moderate level (and achieve a moderate level of fitness), 30 minutes a day recommended. Aerobic exercise, done regularly and at the appropriate intensity, can improve an individual's cardiovascular endurance, increase lean tissue and reduce body fat. Examples of aerobic exercise include brisk walking, jogging, biking, swimming, dancing, tennis and hiking. Remember to check your pulse from time to time to ensure that you are in your Target Heart Rate Range.

•Anaerobic exercise is exercise in which the body's demand for oxygen is greater than the supply. Because of this intense demand on the body, this type of exercise can only be performed in short bursts of energy. Anaerobic exercise, done regularly and at the appropriate intensity, can improve muscular strength and muscular endurance. Examples of anaerobic exercise include weight lifting and sprinting.

Designing Your Workout

- 3 Main Components:
 - Warm-up (with stretching)
 - Exercise (Aerobic or Anaerobic)
 - Cool-down (with stretching)



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An aerobic workout consists of 3 basic components: a warm up, the exercise itself, and a cool down.

- A warm up should consist of about 5 minutes of brisk walking to increase both your heart rate and breathing rate as well as to get the blood flowing to the muscles. This should be followed by about 5 minutes of basic stretching. Stretch the muscles that you will be exercising, for example if you will be jogging, make sure that you stretch your legs, back and shoulders.
- The exercise portion should take up the bulk of your workout. This is where you should aim to get your 30 minutes of aerobic exercise in your target heart rate range or 30-60 minutes of anaerobic exercise. Aerobic activities could include brisk walking, jogging, biking or swimming. Anaerobic activities may include weight lifting or sprinting.
- At the conclusion of your workout, you should do a cool down to slowly return your heart rate and breathing rate to normal. You can cool down by reducing the intensity of your activity (usually accomplished by slowing your pace). Over the next 5-10 minutes, slow things down to a walk. Conclude with a few stretches to reduce the incidence of a stiff or sore feeling later, and you're done!

A Long-Term Plan:

- **Beginning:**
 - First 4-6 weeks, intensity should be at the lower end of your target heart rate range
- **Progression**
 - The next 16-20 weeks, increase time and intensity of activity to reach your goal.
- **Maintenance**
 - A lifelong commitment to physical activity and healthy lifestyle. During this time, try new things to keep from getting bored.



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To map out a long-term plan, it is important to be **realistic** about your goals and your commitment to your exercise program. For example, if you are already a very busy person, it is not very realistic to set a goal to get 2 hours of physical activity each day. An unrealistic goal could sabotage your entire program leading to frustration, fatigue or injury. To avoid these pitfalls, make sure that you take it slow, and build up both the time and intensity of your program along a conservative, but realistic timeline. For example, if you have never run before and your goal is to run a marathon, that's great, but make sure that your timeline gives you adequate time to prepare (even highly-trained athletes train for months before a marathon!). In the meantime, set a goal to run a 5K (5 kilometers, which is 3.1 miles) a few months away, this will help boost your confidence and give your exercise program a specific focus.

At the beginning of an exercise program, it is important to keep the intensity level within the lower part of your target heart rate range (the range you determined earlier) and start with a shorter duration of activity. While you should still try to get 30 minutes of moderate-intensity physical activity each day, these can be split into segments as short as 10 minutes, performed three separate times throughout the day.

After the first 4-6 weeks, slowly increase both the time and intensity of your aerobic activity until you reach your goal. That goal may be to walk or jog for 30 minutes without stopping, to bike 5 miles or to swim 15 laps. It is important to remember that you need to progress slowly to avoid injury or frustration with your program.

Once you've reached your goal, you enter the "maintenance" phase where your aim is to keep up the level of fitness you've worked so hard to attain. During this time, it is a good idea to try new and different types of activity to keep from getting bored and to work different muscle groups in different ways.

Anaerobic Exercise



- **Weight Training Routine:**
 - **Repetitions (“reps”)** – the number of times a specific exercise is repeated.
 - **Set** – a number of repetitions completed at one time.
- **Your workout should last 30-60 minutes.**

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•When developing a weight training routine, there are two terms you need to understand: reps (repetitions) and sets. Repetitions, often called reps, are the number of times that a specific exercise is repeated. For example, if you do 10 push-ups... you’ve completed 10 reps. A set is the number of repetitions completed at one time. The 10 reps you did of push-ups are one set of push-ups. You may decide to do a second set of push-ups. If so, you’ve done 2 sets of 10 reps each for a total of 20 push-ups.

•Your entire anaerobic workout should last between 30 and 60 minutes. Remember that you will not be working the entire time; generally anaerobic exercise is performed in short bursts (about one to two minutes) and then your muscles should have a recovery period (another one to two minutes or more depending on the intensity of the workout) before exercise is resumed. In total, your anaerobic workout (with exercise and rest periods) should last between 30 and 60 minutes.



Anaerobic Exercise

- **Safety:**
 - Proper equipment
 - Free weights, machines, resistance bands and gravity
 - Correct form
 - A realistic, well thought-out plan



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• Safety is a very important component of any weight training program. Until you have established a program and are familiar with all the exercises and equipment in that program, you should work under the supervision of a trainer. Most gyms provide several free training sessions to help a person establish a routine and learn about the equipment.

• When completing a weight training program, it is important that you choose the appropriate equipment for you. Each type of equipment has its own specific advantages and disadvantages:

- Free weights, like barbells and dumbbells, allow for greater freedom of movement, causing more muscles to work to not only lift, but balance the weight. However, free weights can also lead to injury from improper form or from dropping weights; generally you need a “spotter” (someone to provide assistance and support in case a weight is too heavy or you become fatigued) to safely lift free weights.

- Weight machines are generally safer and can be used without a “spotter” but only work muscles in one, specific direction.

- Resistance bands (sometimes called thera-bands or dyna-bands) are a great way to get the benefits of free weights with the safety of weight machines, but resistance bands have a limited amount of resistance compared to free weights or machines.

- Many exercises, like push-ups and sit-ups, use gravity and your own body weight as resistance. Again these are generally safe, but the amount of resistance is limited to a person’s weight... and as a person becomes more physically fit, their body weight may actually decrease leading to even less resistance.

• Correct form is VERY important in order to receive the maximal benefits from a weight training program while maintaining minimal risk for injury. Even if it is more difficult to perform an exercise correctly, it is better to perform one set of an exercise with *correct* form than to perform multiple sets of an exercise improperly.

• If you have access to a trainer, work together to come up with a realistic plan that progresses at a pace you can handle. Your trainer may ask what you are hoping to get from your weight training program. Your answers may include: increase strength, gain weight (muscle), lose weight and/or become more toned. Think about this before you meet so that he or she can help you plan the most effective program based on your goals. If you don’t have access to a trainer, you may need to do a little research to help you make a plan that meets your specific goals. Your school’s P.E. teacher may be able to help you get started. You can also use the RealAge Workout book as a guide to help you get started. Remember that even if you don’t regularly meet with a trainer, you really should set at least one meeting with a professional who can show you the correct form for different exercises, how to use different weight machines, and give you some important safety tips.

How Much Exercise is Enough?

- 30-60 minutes of moderate activity most days of the week that includes:
- Weight training two or three times each week.
- Aerobic activity 5 or more times each week.



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- You should try to be physically active 30-60 minutes most days of the week. Ideally, you should aim for 30-60 minutes of moderate physical activity every day. Walk your dog, take a walk or bike ride with your spouse, kids, neighbors or friends, work in your garden, clean your house... anything that gets your heart rate into your target heart rate range and keeps it there for at least 30 minutes a day counts!
- Ideally, weight training should be completed two or three times each week. This allows a person's muscles enough time to recover and rebuild from one workout to another.
- Aerobic activity, like brisk walking, performed at a moderate intensity, can be completed 5 or more times a week. Remember to start slow and set realistic goals. This may mean breaking down the 30 minutes of activity into 3 bouts of 10-minutes each. A short, brisk walk over lunch, an evening walk with family or friends, and a brisk loop around your local mall, school hallways, or the grocery store could get you your day's 30-minute total. These amounts are goals: you may not be able to start all of this at once, but work toward getting both aerobic and anaerobic activities into your week's routine, and slowly increase the duration and amount of exercise until you reach this level.

Health Benefits

- Longer life
- Healthier heart and lungs
- Protection against cancer
- Less risk of disease
- Brighter mood
- Better mental health and functioning
- Better bones
- Lower weight
- A more active aging process



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this slide is animated to reveal just one bullet per each click of the mouse

•Becoming physically active can lead to a longer life. “Formerly sedentary people... who begin to exercise live longer, on average, than those who remain inactive.” (from “An Invitation To Health” by Dianne Hales).

•Individuals who are physically active are half as likely as their sedentary counterparts to die of a heart attack. Regular exercise can help to improve blood cholesterol levels, blood pressure, and maintain a healthy body weight, all of which help to reduce the risk of heart disease.

•Physical activity, and the maintenance of a healthy body weight, can reduce the risk of colon and rectal cancer. Some links have even been found between regular exercise and a lowered risk for breast cancer in women.

•Exercise may help strengthen the immune system, leading to fewer instances of illness among physically active people. Additionally, regular exercise helps to maintain a healthy weight which reduces the risk for heart disease and type 2 diabetes.

•During longer workouts, some individuals report feeling a “runner’s high,” which is the release of the body’s natural “feel-good” hormones called endorphins. Exercise also improves concentration and alertness and helps people handle stress better. This can lead to both a brighter mood and better mental health and functioning. Regular exercise has also been found to be effective in treating mild to moderate cases of depression and anxiety disorders.

•Resistance training as well as moderate to vigorous aerobic training have been found to reduce bone loss in women and can actually help build bone mineral density.

•Aerobic exercise burns calories during a workout, but that boost to your metabolism can last for up to 12 hours after exercise! Burning these extra calories can lead to weight loss and can help maintain a healthy weight.

•Even as you age, exercise can provide health benefits. Exercise can help boost strength and stamina, can lessen the time spent in wheelchairs and can give elderly individuals a greater sense of control and a more positive outlook.

RealAge® Benefits

- *RealAge® Workout Book*
- Younger cardiovascular system.
- Younger musculoskeletal system.
- Benefits to physical, psychological and social health.



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A copy of the RealAge Workout Book was included with the Power Panther Professionals kit. You may want to show this book to participants and announce whether this book will be given as a prize at the end or if it will simply be made available as a resource for everyone.

- Each participating site has been provided with a copy of the *RealAge® Workout Book*. You can use this to help you as you set goals and guide you as you begin to become more physically active.
- Regular, moderate physical activity leads to a moderate level of fitness. It also helps maintain a healthy weight which results in “younger” cardiovascular (heart and lungs) and musculoskeletal (muscles and bones) systems.
- In addition, the health benefits of physical activity reach beyond just physical health. Many people find that exercise helps them to unwind, regroup or even work through anger and frustration... all of which are beneficial to one’s psychological health. Joining an exercise group, whether it’s a group class like aerobics, or a team like softball, also supports one’s social health as you build and maintain beneficial relationships with others.



What Can I Do?

- Consult your physician before starting a new exercise program.
- Focus on finding ways to increase your level of physical activity. Any ideas?
- Take a walk during lunch or break time. Remember that those 30 minutes of activity can be split into segments as short as 10 minutes each!



- Find an exercise partner, or group of people. Support one another as you work toward your goals and a greater level of physical fitness.

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There are lots of things that you can do to get more physical activity into a busy day.

- Make sure that before you start a new exercise program that you consult your physician.
- Work to find ways to increase your level of physical activity. Does anybody have any ideas? (allow participants time to answer). Some possibilities include: take the stairs rather than the elevator/escalator, walk over to someone else's desk/classroom/office instead of sending an email, park your car further away and walk to the entrance of the store or work, etc.
- Take a walk during your break or during lunch. The recommended 30 minutes of activity can be split into segments as short as 10 minutes each!
- Find an exercise partner or a group of people with similar goals or a similar level of fitness. Pick regular times to meet and exercise together. Support one another as you work toward your goals and toward a greater level of fitness. There may be a number of groups that already exist in your community including running/track clubs, community basketball/soccer/softball teams, fitness groups for new mothers, and numerous group exercise classes in community centers and gyms.



Be a Healthy Role-Model

- Encourage your students to be more physically active:
 - Take a nature walk with students.
 - Play a physical activity-based review game.
 - Whatever it takes to get students up and moving!
- Lead by example:
 - Park your car farther away from the front door.
 - Participate in school-sponsored fitness events.

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You can be a healthy role-model to your students by encouraging students to be more physically active. Find ways to make classroom activities and lessons involve more exercise. Take nature walks with kids, take a 5-minute break to “shake out” extra energy during a longer lesson, play a physical activity-based review game with students, whatever it takes to get students up and moving!

Lead by example. Park your car further away from the front door. Participate in school-sponsored fitness events. Some schools have a family fun and fitness night where students and parents play games and learn about fitness. Other schools have faculty/staff basketball games as fundraisers. Some schools even sponsor recreation leagues in the after-school hours until parents get home from work. Each school is different, look for opportunities in your school to show students that physical activity is important.



Power Panther Professionals School-Wide

- Announce to students that teachers will be focusing on increasing their levels of physical activity. Encourage students to “catch” teachers doing something physically active.
- Take students on at least a 10-minute walk.
- Incorporate physical activity into a lesson plan.
- Sponsor a school-wide fitness activity like a fitness night or an intramural league.

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Optional last slide:

- There are a number of ways to encourage physical activity among staff and students. Announce to students that teachers will be focusing on increasing their levels of physical activity and encourage students to “catch” teachers doing something physically active.
- You may choose to award “bonus points” to teachers who take the initiative to get their students more physically active. Try taking students on at least a 10-minute walk or incorporating physical activity into a lesson plan.
- Sponsor a school-wide fitness activity like a fitness night or an intramural league to get parents and the community involved as well.