



YW1

YOUR WELL-BEING

Exercise Within Reach

Time: 75 Minutes

Get ready to stretch, strengthen and even jump – all exercises that can be done easily at home or in your backyard. Regular exercise and physical activity are a part of good health and well-being and work hand-in-hand with good nutrition. Learn how to integrate healthy food and proper hydration into your fitness routine. Set your goals, identify personal motivators and create an exercise plan that works for your lifestyle.

OBJECTIVES:

Understand the AHA's physical activity recommendations (150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week).

Identify one personal motivator and one way to remove a barrier to becoming more physically active.

Establish a personal plan that works for you.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up three stations with exercise signs and appropriate equipment (if needed) and instructions.
- Review recommended exercises to familiarize yourself.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (15 Minutes)

- Play video(s) or demonstrate content (see demo script).

ACTIVITY (20 Minutes)

- Participants will break into groups and rotate through three stations with specific exercises of varying intensity levels.

RECAP (10 Minutes)

- Pass out handout(s) and review with participants.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimers before activity: [Exercise Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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Exercise Within Reach Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Exercise Within Reach Demo](#)
- Article – [Stretches for Exercise and Flexibility](#)
- Recipes – [Healthy Post-Workout Snack Recipes](#)
(choose one for after the workout)

Find these resources in this lesson

- Handout – [How Much Physical Activity Do You Need? Infographic](#)
- Handout – [Life's Simple 7 – How To Be More Active Infographic](#)
- Handout – [Exercise Descriptions](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Three exercise stations
- Pens for participants
- Folders
- Computer, internet access and projector, if available

ACTIVITY SUPPLIES*

- Reusable water bottles
- Post-workout snack (choose food with carbohydrates and protein; whole-grain bread with low-fat nut butter)
- Yoga mats
- Exercise signs

*Purchase appropriate number of supplies for your participants.

Exercise Within Reach Demo Script

Use if video capabilities are unavailable.



SAY:

Some of the benefits of regular physical activity are increased energy and better cardiovascular health (heart health). Find an activity that best fits your personality and lifestyle. Here are some tips to help you enjoy physical activity.



If you are a social person, do something that engages you socially, like going to a group exercise class, joining a kickball team or walking with a group of friends.



Or, if you prefer having time alone, walking or jogging solo might be a better fit for you.



Finding a peer group is the perfect way to connect with others who share your goals, lifestyle, schedule and hobbies.



Make it a habit. Be honest with yourself. If you are not a morning person, don't plan on somehow getting up at the crack of dawn to work out.



There are many ways to fit physical activity into your life. You don't have to make a big financial investment. You can borrow exercise videos from the library. Do weight or resistance training with items around your home (for example, use canned goods as light weights).



Walking is a great option as well. The only investment is a good pair of shoes. It's usually convenient, comfortable and safe to work out at home. It's okay to break up your physical activity into smaller sessions.



Set goals for yourself. The AHA recommends 150 minutes per week of moderate-intensity aerobic activity, like walking or biking, or 75 minutes of vigorous aerobic activity, like jogging or playing basketball, or a combination of both, preferably spread throughout the week. Include muscle-strengthening activity, such as resistance or weights, on at least 2 days per week for even more health benefits. If all that sounds overwhelming, start with 10-minute workout sessions.

Keep going. If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you get back at it the next day.



Who can tell me some barriers (or obstacles) you may have with exercising?

Pause, wait for responses (lack of time, no social support, lack of motivation/energy, lack of equipment, caregiving responsibilities, etc.). Ask participants to brainstorm or share stories of overcoming these barriers. See below for examples of barriers and solutions.

Barrier: Lack of time



Solutions: Monitor your activities for one week and identify any time slots you could use for physical activity.



Select activities that you can fit into your home or work routine, such as walking in your neighborhood, climbing stairs, parking farther away or exercising while you watch TV.

Barrier: Friends and family don't share your interest in physical activity



Solutions: Explain your fitness and/or health goals to friends and family and ask for their support. Invite friends to participate in physical activity with you and plan activities involving those friends. If you have the option, join a gym or walking or running group to give you that social support.

Barrier: Lack of motivation and/or energy



Solutions: Plan ahead. Schedule physical activity for specific times/days and "check" it off your list or calendar each time you complete it. Determine what time of day you feel most energetic and try to fit activity into that time frame. Join an exercise group or class and seek out others in the group to motivate you to attend and keep you accountable. Try packing your workout clothes the night before and taking them with you when you go to work as a reminder.

Continued on page 4

Exercise Within Reach Demo Script (Continued)

Barrier: Lack of resources/equipment



Solutions: Select activities that don't require gym equipment or a membership, such as walking, jogging, jumping rope or calisthenics. Identify inexpensive, convenient resources in your community, such as parks and recreation programs, walking clubs, etc. Use soup cans or gallon-size milk containers filled with water as weights.

Barrier: Family caregiving obligations



Solutions: Exercise with your kids. Go for a walk together, play tag or other running games. You can spend time together, while making sure they're getting the daily physical activity they need to stay healthy. If you have a specific exercise class you like to attend, try alternating babysitting time with a neighbor.



SAY: It is also important to remember to fuel your body with the right foods and liquids before, during and after exercising.



Fuel up two hours before you exercise by:

- Hydrating with water.
- Eating healthy carbohydrates, such as whole-grain toast, fruits and vegetables. If you only have five minutes before your workout, eat an apple or a banana.
- Take small sips of water to keep your body hydrated during your workout.
- After you exercise, make sure to drink water and snack on healthy carbohydrates and protein to repair your muscles.



Be sure and consult with your health care provider about dietary requirements and recommendations before you start an exercise program.

Pass out the AHA's Target Heart Rate General Guidelines handout.



SAY: When you work out, are you doing too much or not enough? There's a simple way to know: Check your target heart rate.



Before you learn how to calculate and monitor your target training heart rate, you should know your resting heart rate. Your resting heart rate is the number of times your heart beats per minute while it's at rest. You can check it in the morning after you've had a good night's sleep and before you get out of bed.



According to the National Institutes of Health, the average resting heart rate:

- for children 10 years and older and adults (including seniors) is 60 - 100 beats per minute



As you exercise:

- Take your pulse on the inside of your wrist, on the thumb side.
- Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
- Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent and 85 percent of your maximum heart rate. This range is your target heart rate.

Watch and let participants practice.



SAY: Your maximum heart rate is about 220 minus your age. You can also look at your handout I passed out.



In the age category closest to yours, read across to find your target heart rate.



Your heart rate during moderate aerobic activities is about 50%-70% of your maximum heart rate; your heart rate during vigorous (hard) aerobic physical activity is about 70%-85% of the maximum heart rate.



These figures are averages, so use them as general guidelines.

Exercise Within Reach Activity Script

Divide up participants into teams to rotate through the exercise stations. Read the [Exercise Liability Disclaimer](#). Pass out water bottles (if participants didn't bring their own) and the Exercise Descriptions handout.



SAY:

Today, we will rotate through three exercise stations where you will stretch and then try a few different exercises. I will have a timer out and when you hear the buzz, you can rotate to the next station (clockwise). Follow me around the room and I will demonstrate each exercise. You will have 5 minutes at each station. Be sure to drink water throughout this activity.

(Demonstrate all exercises while explaining.)



SAY:

STATION 1 is our stretching area.

We will practice **calf stretches**. We will do the stretches twice for each leg. It's important to stretch both before and after exercising.



Now we will practice a **calf stretch**.



- Stand facing a wall with both hands on it.
- Position one foot forward (knee bent) and the other leg back with the leg straight, toes pointing at the wall.
- With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of the back leg.
- Hold for 20–30 seconds on each leg.



SAY:

STATION 2 is our muscle-strengthening area.



We will practice **squats**. We will do 10 squats. Squats strengthen your abs, quadriceps (thigh muscles), and glutes (muscles in your buttocks).



- Place your feet hip-width apart.
- Bring your arms forward, sitting back as if reaching for a chair that someone is pulling away. Be sure your knees do not move over your toes throughout the squat. Now, lower your body toward the floor, pushing your bottom out. Go down as far as you can until your thighs are parallel to the floor. Your weight should be in your heels.
- Return to the standing position by pushing on your heels and lifting your upper body.



SAY:

STATION 3 is our cardio area.

We will practice jumping jacks. We will do 30 jumping jacks. Jumping jacks will increase your heart rate. Jumping exercises also strengthen your bones.



- Stand with your feet together.
- Extend your arms full length by your sides.
- Jump to spread your feet beyond your hips and bring your straight arms overhead so your hands touch—do these movements at the same time.

After the participants have completed all the stations, pass out the post-workout snack (see Resource List for ideas) to all participants.



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How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



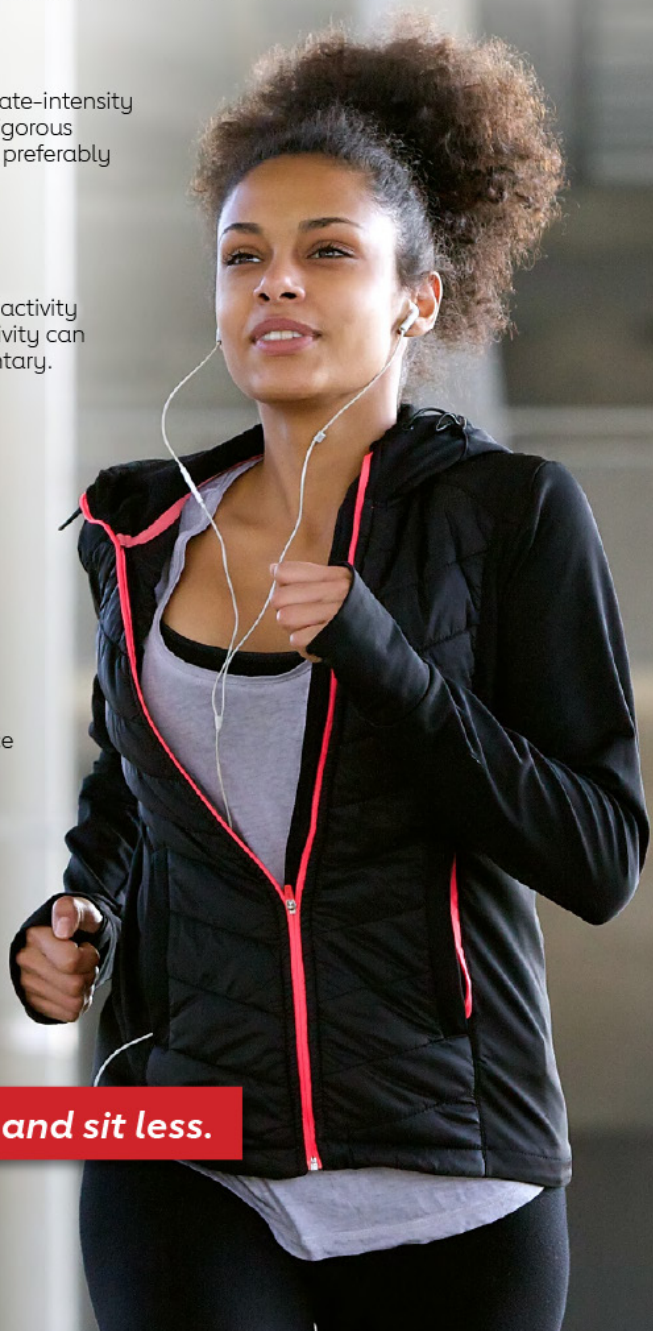
Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.



Move more, with more intensity, and sit less.

Find out how at [heart.org/movemore](https://www.heart.org/movemore).



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HOW TO BE MORE ACTIVE

1 MOVE MORE

Adults should get a weekly total of at least

150 minutes of moderate aerobic activity  **OR** **75** minutes of vigorous aerobic activity 

or a combination of both, spread throughout the week.

-  **BE STRONG**
Include muscle-strengthening activity (like resistance or weight training) at least twice a week.
-  **ADD INTENSITY**
Increase time, distance, amount or effort for more benefits.
-  **SIT LESS**
Get up and move throughout the day.

KIDS & TEENS should get at least **60 minutes** of physical activity every day.



LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/BEACTIVE

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2 TIPS FOR SUCCESS

SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.

KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.

WALK MORE

There are many ways to get active. You may find walking the easiest way to start.








ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.

MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.

Exercise Descriptions

EXERCISE	DESCRIPTION AND INSTRUCTIONS
	<p>Side lunge</p> <p>Hold 20-30 seconds on each leg</p>
	<p>Calf stretch on wall</p> <p>Hold 20-30 seconds on each leg</p>
	<p>Toe touch</p> <p>Repeat 1-2 times</p>
	<p>Squat</p> <p>10 squats</p>
	<p>Push-up</p> <p>10 push-ups</p>
	<p>Tricep dip on floor</p> <p>10 tricep dips</p>
	<p>Jumping jacks</p> <p>30 jumping jacks</p>
	<p>Seated leg raises</p> <p>10 leg raises</p>

Please talk to your medical provider before starting an exercise routine.
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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
