

Exercise Within Reach

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**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life[®] Initiative.**



Agenda

- Introduction
- Learn about Exercise
 - Benefits
 - Barriers
- Group Activity
- Re-fuel
- Workout Plan
- Goal Setting



Learning Objectives

- Understand the American Heart Association's physical activity recommendations.
- Identify one personal motivator and one way to remove a barrier to becoming more physically active.
- Establish a personal plan that works for you.



Ice Breaker



Benefits of Exercise

- Increased energy
- Lower blood pressure
- Improve blood sugar
- Reduce feelings of stress
- Improve quality of sleep
- Improve memory
- Support mental well-being
- Increase self-confidence



Exercise That Works for You

- Social or individual
- Make it a **habit**
- **Time** of day
- Give yourself **attainable** options that **fit your life**
- Start with shoes
- **Smaller** sessions **count**
- Set **goals**
- Keep going!



What Are Some Barriers To Exercise?

Barriers To Exercise

- Time
- No social support
- Motivation and/or energy
- Lack of resources
- Life obligations and/or caregiving responsibilities
- Fear of injury
- Lack of skill



Barrier: Time

- Monitor activities
- Find time slots for physical activity
- Select activities that fit into routine
- Set a schedule
- Make the time!



Barrier: Social Support

- Explain your goals
- Invite others
- Plan together
- Join active groups



Barrier: Motivation / Energy

- Plan ahead
- Schedule specifics
- Time of day
- Find fitness partners
- Play games or sports
- Keep workout clothes handy
- Physical activity is a mood lifter!



Barrier: Lack Of Resources

Barriers

- Money
- Equipment
- Access to facilities
- Transportation

Solutions

- Select activities that do not require equipment
- Use household items
- Identify community resources
- Plan ahead for accommodations
- Ask others and explore options



Barrier: Life Obligations

- Exercise with others
- Make it fun
 - Play games
 - Everyone benefits
 - Work together



Barrier: Fear of Injury

- Warm up and cool down
- Learn how to exercise appropriately
- Choose activities with minimum risk
 - Walking
 - Water aerobics
 - Yoga
- Listen to your body



Barrier: Lack of Skill

- Do what you know how to do
 - Hiking
 - Strolling
 - Take the stairs
 - Dancing
 - Stretching
- Take a class to develop new skills
 - Explore meeting with a trained professional
 - Watch fitness videos



Fuel Up for Exercise

- Hydrate with water
 - Small sips during workout
- Eat healthy carbohydrates
 - Whole-grain toast
 - Fruits
 - Vegetables
- Re-fuel after exercise
- Remember to talk to your doctor



Target Heart Rates

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm



_____ X 6 = Beats Per Minute

Maximum Heart Rate = 220 - Age



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50 years	85-145 bpm	170 bpm
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60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm









Get Active



American
Heart
Association.

Exercise Liability Disclaimer

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

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

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Adaptive Exercises

Air Punches



Make a tight fist with each hand and place them up near your chin. Elbows should be pointing straight down. Use one hand at a time to extend your arm.

Arm Circles



Grip two weights. Elevate your arms to your side at shoulder height. Move your hands in a circular motion forward and backward. Remember to breathe!

Bicep Curls



Grip the weights tight with your palms toward the ceiling. Bend your elbows up to your shoulders. Slowly lower your arms to the starting position.

Butt Kicks



Place your feet three to four inches apart. One leg at a time, bend your knee to try to kick your heel to your butt. You may grab a chair or table for balance!

Forearm Curls



Grip the weights tightly. It is important to keep a tight fist to hold onto the weights. Begin to curl your wrist in. Return to the starting position.

Hand Flashes



Elevate both arms in front of you at shoulder height. Quickly open your hand as wide as you can, and close into a fist. Do these as quickly as possible.

Heel Raises



Position feet shoulder width apart and flat on the ground. Roll the weight of your body toward the front and up on the balls of your feet while lifting heels up.

Knee Raises



Place your feet three to four inches apart. One leg at a time, lift your knee. Your leg should remain bent. Slowly, lower your leg back to the ground.

Lateral Raises



Grip the weights tight by your side with palms down. Lift both arms at the same time until both hands and elbows are out to your side at shoulder height.

Leg Lifts



Place feet three to four inches apart. Extend each leg up and in front of you as high as possible. This exercise should be as slow as possible.

Oblique Side Bends



Grip the weight by your side. One side at a time, lean down until you feel a stretch. Remember to breathe, and if you feel pain you've gone a little too far.

Plank



Lay on your stomach. Place your forearms on the ground, and bring your hips off the ground. Keep your back as straight as possible!

Push Ups



Get in starting position by placing your hands in front of you at shoulder height. Next, put your hands on the wall or floor and lift yourself down and back up.

Russian Twist



Stand or sit holding the weight at the center of your body. Rotate your hands to one side until you feel a comfortable stretch. Slowly turn to the center.

Shoulder Press



Grip two weights. Lift your arms next to your head in an "L" shape. Palms should face forward. Lift both hands above the head, and slowly return to "L" shape.

Shoulder Shrugs



Grip the weights tight by your side. Keep your arms straight down to the side and simply raise your shoulders as high as you can up towards your ears.

Tricep Raises



Grip the weights tight and lift your arms up to the side until your elbows are near the sides of your face and your hands are behind your head.

Wall Sits



Lean your back against a sturdy wall. Slowly bend your knees and lower your body into a seated position. You may also do leg lifts!

www.wellness4ky.org/resources/project-cheer-adaptive-exercise-videos/

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.



Warm Up

- 5 to 10 Minutes
- More intense activity needs longer warm up
- Do planned activity at slower pace
- Use entire body as best you can



Stretching: Calf Stretch



Standing



Seated

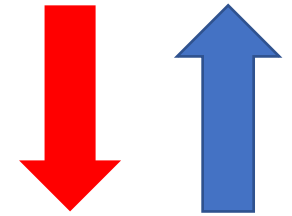




Calf Stretch

12

Muscle Strengthening: Squats



10 TIMES





Squat

09

Muscle Strengthening Alternative: Side Lunges





Lunge

12

Cardio: Jumping Jacks



1



2



3



4



American Heart Association®



Jumping Jacks

19



Cardio Alternative: Dance

- Dance to increase your heart rate
- Have fun!



Cool Down

- Move slowly to lower heart rate
- About 5 minutes
- Stretch
 - Hold 10 to 30 seconds
 - Stretch both sides
 - Do not bounce
 - Remember to breathe



Re-Fuel After Exercise

Hydrate and Eat
a Healthy Snack!

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.

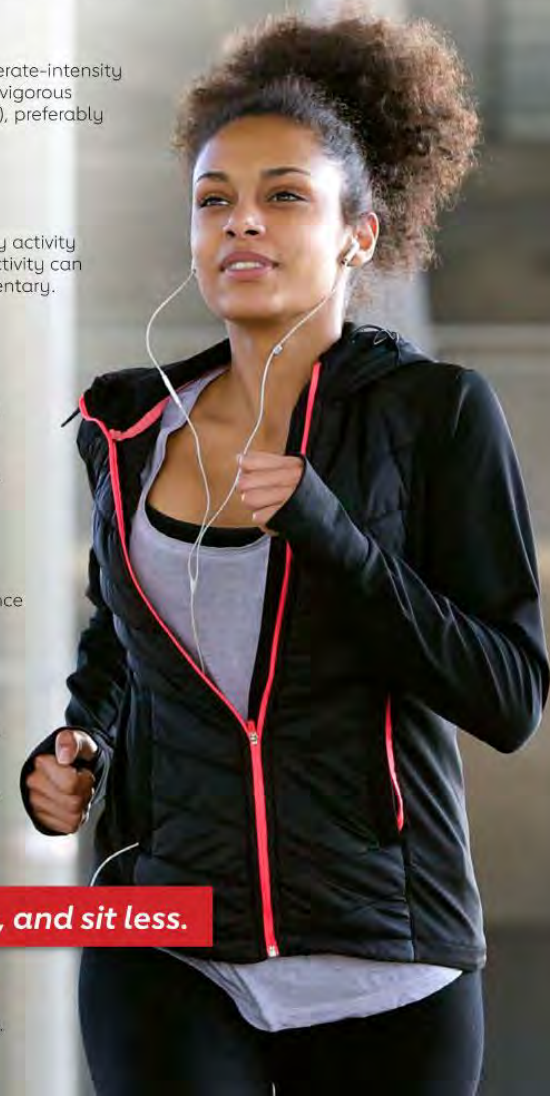


Feel Better

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).



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.



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.

ADULTS



What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? Start with just 5 minutes. It all adds up!

Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.

Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's moderate-intensity activity
- If you can only say a few words before you have to take a breath, it's vigorous-intensity activity

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together.
You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner



Physical Activity Plan

Make Your Own

SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				



SMART Goal Example

Goal:

I will be more physically active.

SMART Goal:

I will do muscle strengthening activities for 20 minutes
Tuesdays and Thursdays on my lunch break.





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

