

Choose Life Balance

Move Your Body

Denise E. Sullivan
Extension Agent-Family & Consumer Sciences
K-State Research & Extension
Leavenworth County



Welcome to the Choose Life Balance self-study course from K-State Research & Extension.

Balanced Living Topics

- Manage Your Time
- Manage Your Stress
- Feed Your Body
- **Move Your Body**
- Rest Your Body



This self-study course will examine five topics that are important for balanced living: time management, stress management, nutrition, physical activity and sleep. This session will focus on the importance of physical activity in balanced living.

Balanced Living Definition

- Stability, equality, harmony
- Caring appropriately for all life areas
- Don't over-do or under-do



A reminder that the definition of balance is stability, equality, and harmony. Overdoing or underdoing even good things can lead to imbalance. Ultimately, living an unbalanced life can lead to stress, health problems, poor relationships, and lost productivity.

Overview

- Physical activity assessment
- Physical activity and fitness basics
- Strategies for physical activity
- Overcoming activity barriers



Today you will evaluate how physically active you currently are. Next, you will learn some basic information about physical activity and fitness. Next, you will learn about different strategies for including physical activity in your life. Last, you will explore personal barriers to being more active, brainstorm ideas for overcoming your barriers, and make a goal.

How Physically Active Are You?

- Use handout 1 to evaluate how physically active you are



Use Handout 1, to evaluate the types and amount of physical activity in your life.

What Is Physical Activity?

- More than just exercise
- Any body movement
- Muscles contract to move your body

1.



When many people think about being active, they think about exercising. Exercise is planned, structured, and repetitive activity. Although exercise is an important part of physical activity, being active includes much more than just exercise.

Physical activity is any body movement. It occurs when muscles contract to move your body. Because you are moving your body, you use calories.

Benefits of Physical Activity

- Improves health
- Strengthens bones and muscles
- Improves mental health and mood
- Boosts brainpower
- Increases energy
- Improves sleep



Physical activity has many health benefits. It improves health by lowering the risk of certain chronic diseases like heart disease, stroke, high blood pressure, diabetes, and certain forms of cancer. Being physically active on a regular basis strengthens bones and muscles, improves mental health and mood, boosts brainpower, increases energy, and improves sleep.

Types of Physical Activity



- Aerobic



- Muscular strength



- Flexibility



Fitness is the ability to carry out daily tasks with energy and strength.

The three basic types of fitness are aerobic, muscular strength, and flexibility. We will discuss each one of these in more detail in the following slides.

Aerobic Fitness

- How efficiently your cardiovascular system transports oxygen
- Moves large muscle groups
- Increases your heart rate and breathing
- Improves endurance



Aerobic fitness is how efficiently your heart, lungs, and blood vessels are able to transport oxygen throughout your body. The better your aerobic fitness, the easier it is to complete routine physical tasks and rise to unexpected physical challenges.

The characteristics of aerobic activity include repeatedly moving the large muscle groups of your body (like arms, legs, and hips); increasing your heart rate and breathing; and improving cardiorespiratory (cardio = heart, respiratory = lung) endurance.

Aerobic Recommendations

- 150 minutes of moderate-intensity activity a week
- Or 75 minutes of vigorous-intensity activity a week



The 2008 Physical Activity Guidelines for Americans issued by the U.S. Department of Health and Human Services recommend the following as minimum physical activity for adults to obtain substantial health benefits.

- 150 minutes (2 hours and 30 minutes) of moderate-intensity activity a week. Moderate intensity activities increase your heart rate and breathing but allow you to be able to talk comfortably. Many activities can be either moderate or vigorous depending on how much effort you extend. Some examples of moderate-intensity activities include walking at a moderate to brisk pace, dancing, water aerobics, swimming, mowing the lawn, housework, and bicycling
- Or 75 minutes (1 hour and 15 minutes) of vigorous-intensity activity a week. Vigorous-intensity activities cause a large increase in heart rate and breathing. Some examples of vigorous-intensity activities include jogging, running, high-impact aerobics, swimming laps, bicycling at a fast pace or uphill, and most competitive sports (such as football, basketball, soccer, rugby, kickball, handball, and racquetball).

Additional health benefits may be gained by being physically active beyond these amounts.

Power March

- March in place
- Lift knees high
- Pump your arms



Now that you know about the aerobic activity recommendations, try this aerobic activity, a power march for 1 minute. Stand up and march in place lifting your knees high as you pump your arms.

Muscular Strength Fitness

- Ability of a muscle to exert force
- Built by working against resistance



Muscular strength is the ability of a muscle to exert force. Muscular strength is built by working against resistance. When you improve muscular strength, you will often also increase the size of your muscles and strengthen connective tissues.

Strength-Building Activities

- Weight training
- Elastic exercise bands
- Calisthenics



The key to making muscles stronger is to work them against resistance, whether the resistance comes from weights or gravity. Some examples of activities that build strength include:

- Weight training. You can lift free weights, use weight machines, or lift household items such as cans, books, and jugs. It is NOT recommended to use ankle weights or wrist weights while walking for aerobic activity, as this can put excessive strain on joints leading to injury.
- Elastic exercise bands. An alternative to lifting weights is using elastic exercise bands. They build muscle strength while putting little or no strain on your joints.
- Calisthenics. Calisthenics or other forms of exercise build strength by working muscles against gravity. Examples include taking the stairs and doing jumping jacks, sit-ups, or push-ups.

Strength-Building Recommendations

- At least 2 days a week
- Include 8–10 different exercises
- Do 8–12 repetitions for each exercise



The 2008 Physical Activity Guidelines for Americans recommend the following minimum guidelines for muscle-strengthening activities.

- At least 2 days a week, go through a strength-building routine.
- Include 8 to 10 different exercises in each routine. Each exercise should work at least one major muscle group: arms, shoulders, back, chest, abdomen, hips, and legs. For example, you might do push-ups to build arms, shoulders, and abdominal strength, and deep knee bends for leg strength.
- Do each exercise 8 to 12 times, called a set of repetitions or reps. One set is enough to build strength, if resistance is adequate, though two to three sets may be more effective.

Weight Training Tips

Do

- Lift right amount of weight
- Use proper form
- Breathe
- Seek balance
- Rest

Don't

- Forget shoes
- Skip warm-up
- Work through the pain
- Overdo it
- Rush



Do

- Lift the right amount of weight. Use a weight heavy enough to tire your muscles after 8 to 12 repetitions. You should barely be able to finish the last repetition. Once you can easily lift the weight for 8 to 12 repetitions, increase the weight by up to 10 percent. Continue the 10 percent increases until you are satisfied with the amount of weight you are lifting.
- Use proper form. Learn to perform each exercise correctly. If you are not sure whether you have proper form, consult a personal trainer or other fitness specialist for help. Better form gives better results and less chance of injury. If you are not able to maintain proper form, either decrease the weight or the number of repetitions.
- Breathe. Many people tend to hold their breath while they lift weights. This can lead to dangerous increases in blood pressure. Breathe out as you lift the weight and in as you lower the weight.
- Seek balance. It is important to strengthen opposing muscles, like your biceps (front of upper arm) and triceps (back of upper arm), in a balanced way to avoid injury.
- Rest. Avoid exercising the same muscles 2 days in a row. This can be accomplished in one of two ways. You may work all major muscle groups in one session two or three

times a week. Another option is to have daily weight training sessions in which you only work on specific muscle groups. For example, on Mondays, Wednesdays, and Fridays you would work your arms, shoulders, back, and chest, while on Tuesdays, Thursdays, and Saturdays you would work your stomach, buttocks, and legs.

- Don't

- Forget shoes. Shoes are important for weight training because they protect your feet and provide traction to keep you from slipping.
- Skip warm-up. Warm up by doing 5 to 10 minutes of aerobic activity, such as walking, before lifting weights. Muscles that have been warmed up are less likely to be injured than cold muscles.
- Work through the pain. There are several possible causes for pain during weight training. If an exercise causes pain, stop because you may have an injury. Try the exercises again in a few days or try them with less weight. If you still experience pain, consult a physician.
- Overdo it. Using too much weight or doing too many sets of exercises may cause injury.
- Rush. In order to isolate and build specific muscles, it is important to move the weight in a slow and controlled manner. This makes your muscles do the work instead of relying on momentum.

Wide Leg Squat

- Stand with feet shoulder-width apart
- Bend knees and squat, pushing out your rear
- Keep knees behind toes
- Push up from heels



To give you an opportunity to try a strength-building activity, try to do 10 repetitions of a wide leg squat.

This activity may be challenging for some people. Stand with your feet slightly greater than shoulder-width apart, about 6 to 8 inches in front of your chair.

Leaning slightly forward at the hip, bend your knees and squat, pushing out your rear until you are in a seated position. Keep your chest lifted and your back, neck, and head in a straight line. Pause for a breath in the seated position. Leaning slightly forward, stand up slowly, making sure to keep your knees directly above your ankles. As you do this, push up from your heels through your lower legs, thighs, hips, and buttocks, which will help keep your knees from moving in front of your feet.

Flexibility Fitness

- Ability to move joints and muscles through the full range of motion
- May prevent injuries
- Flexibility activities:
 - Stretching
 - Yoga
 - Pilates
 - Tai chi



Flexibility is the ability to move joints and muscles through the full range of motion. Having good flexibility may prevent injuries.

Activities that improve flexibility include stretching, yoga, pilates, and tai chi.

Flexibility Recommendations

- Perform when muscles are warm
- 2–3 days a week
- Do not bounce or strain
- Hold for 15–30 seconds



Perform flexibility activities when your muscles are warm, either after your warm-up or after you are active. Try to include flexibility activities at least 2 to 3 days a week. Perform the activities within your own range of motion. Do not bounce or strain. Hold each position between 15 and 30 seconds.

Standing Calf Stretch

- Stand with hands holding onto chair
- Step one leg back
- Bend front knee until back leg feels stretched
- Hold for 30 seconds
- Switch legs and repeat



To give you an opportunity to practice a flexibility activity, why not try a standing calf stretch for both legs.

Stand at arm's length from your chair with your hands holding onto the back of the chair. Step one leg back with your knee straight and your heel flat on the floor. Slowly bend your elbows and front knee and move your hips forward until you feel a stretch in the calf of your back leg. Do not bend the front knee past your toes. Hold this position for 30 seconds. Repeat the stretch with your other leg.

Physical Activity Progression

- Start slowly
- Progress gradually
 - Add another area of fitness
 - Increase one aspect of activity
 - Frequency
 - Intensity
 - Time/Duration



Whether you are just beginning to be physically active or it is already a consistent part of your life, it is important to progress. You do not want your physical activity to be static or always the same. Your body will receive more benefit from your physical activity if you progress. Here are some suggestions.

- Start slowly. It is important that you start out slowly, especially if you have not been active for a while. This may be 15 to 20 minutes of aerobic activity, one set of eight repetitions of strength training, or 10 minutes of gentle stretching two times a week.
- Progress gradually. When the physical activity is no longer challenging and you are ready for more, progress gradually. There are two different ways to progress.
 - Add another area of fitness. If you are currently doing aerobic activities, add strength training or flexibility training.
 - Increase one aspect of activity. The different aspects of physical activity include:

Frequency: how often you are physically active. If you are active for 3 days a week, increase to 4 days.

Duration: the amount of time that you are physically active. If you walk for 20 minutes,

increase to 30 minutes.

Intensity: how hard or fast you are physically active. If you walk for your physical activity, increase your pace to a brisk walk or jog.

Increase only one aspect of your activity at a time. Doing more may be too much and may overwhelm you.

Schedule Time to Be Active

- Plan ahead
- Make physical activity your second job
- Have a back-up plan



- Plan ahead. In your busy life, you will have to plan ahead to be active. Set aside time each day when you schedule nothing else but physical activity. Plan what, where, when, how, and with whom. By making a plan, you will be more likely to be physically active.
- Make physical activity your second job. With a job, you have to go to work even if you do not want to. Treat your physical activity the same. Do it even if you do not want to. (However, by choosing physical activities that you enjoy, you may find that you want to be physically active.)
- Have a back-up plan. If something vital comes up and you are not able to be physically active when you wanted, have some easy alternatives planned. For example, if you miss your physical activity in the morning, plan on squeezing in some physical activity during lunch or after work.

Strategies for Physical Activity

- Fit into daily life
- Several short sessions
- One long session



Many different strategies can help you include or increase your physical activity.

Three that we will discuss are:

1) fit into daily life (the lifestyle approach)

2) several short sessions

3) one long session. It is important that you do what works for you because the most important thing is that you are active. You may find that using one or a combination of the strategies works on different days or at different times of your life. Plan ahead. Be flexible and creative to make physical activity happen.

Fitting Physical Activity into Life

- Planned inefficiency
- Be creative
- Use a pedometer



Technology has saved us time, money ... and activity. With technology, we have been trained to be as efficient as possible in order to get more done. Often we give up physical activity to be more efficient. However, you can fit physical activity into the things you are already doing. This is called the lifestyle approach to being active. What matters is the total amount of time you are active, so you can accumulate activity throughout the day. It is recommended that you accumulate at least 30 minutes of activity a day.

Advantages to this physical activity approach are that it may be easier to fit into life, it can take less time, and it is a great place to start being more active. A disadvantage is that you may not improve your health quite as much as through other types of physical activity. However, keep in mind that any increase in physical activity will improve your health, and research has shown the lifestyle approach to physical activity has comparable results in improving physical activity, aerobic fitness, blood pressure, and weight. Lifestyle physical activity also appears to be easier for people to maintain and is more cost effective.

- Planned inefficiency. For the lifestyle approach to work, you have to think differently. One way to be more active is to be less efficient. An example may be to carry the groceries into the house in several trips rather than just one.

- Be creative. Use your creativity to add more activity into what you are already doing. Handout 2 provides some ideas about how to squeeze in fitness during other day-to-day activities.

- Use a pedometer or fitness tracker. A great way to track how much activity you are currently getting through the lifestyle approach is to use a pedometer. For the first week you use a pedometer, track your daily steps. Then figure out your average daily steps by dividing the total number of weekly steps by the number of days you kept track of your steps. Once you know your average daily steps, you can strive to increase your average daily steps each week by 500 steps per day until you average at least 10,000 steps per day.

Several Short Sessions

- Mini-workouts
- Accumulate 30 minutes a day
- Strive for variety
 - Intensity
 - Interval training



Another strategy for being physically active is to do several short workouts throughout the day. This is a great option if you lack the time for one long physical activity session. Additionally, some research suggests that several shorter sessions of physical activity may improve certain aspects of health more than one long session. However, you might not place as much importance on short sessions of physical activity as you do on one longer session, which may lead you to put off physical activity and let other things get in the way.

Here are some tips if you do several short sessions:

- Mini-workouts. Most research indicates that you need at least 5 minutes of continuous activity to have much effect. You may begin to feel an endorphin rush after 5 to 7 minutes of activity, so a 10-minute mini workout may be more satisfying than a shorter one. However, even 2 or 3 minutes of activity at a time can make you feel good.
- Accumulate 30 minutes a day. Strive to accumulate at least 30 minutes of activity on most days to see substantial health benefits.
- Strive for variety. To get the greatest benefits from this physical activity strategy, vary the time, intensity, or type of activity. You can vary your activity during a single

physical activity session or from session to session.

- Intensity. With shorter physical activity sessions, it is especially important to increase the intensity (the strength, force, or speed) of your activity in order to get the same health benefits as a longer session.
- Interval training. Interval training is the ultimate form of varying your physical activity. It is alternating periods of high-intensity activity with periods of low-intensity activity during the same session. For example, walk for 2 minutes, run for 2 minutes, and repeat until you reach 10 minutes. Interval training improves cardiovascular health and performance more than traditional methods of physical activity. Additionally, research indicates that interval training burns more calories than long, slow endurance exercise. On the negative side, interval training and high-intensity mini-workouts may contribute to more injuries in those who are not prepared for the physical demands of these types of workouts, therefore, interval training is not for those who are just starting to be active.

Like all forms of physical activity, you will get better results and fewer injuries if you start out and progress slowly so that your body has time to adapt.

One Long Session

- Strive for at least 20–30 minutes
- Include all aspects of fitness
- Vary frequency, duration, intensity, and activities



The traditional form of physical activity is to do one long session of activity a day. This may be the best strategy to improve cardiovascular and muscular endurance. Some people find it hard to fit one long session of physical activity into their already busy schedule. Others prefer this method because they get it over with all at once.

- Strive for at least 20 to 30 minutes. These recommendations are the minimum guidelines to promote and maintain health and prevent chronic disease.
- Include all aspects of fitness. Many people tend to focus their physical activity on one aspect of fitness. For overall health and well-being, include all aspects of fitness into your routine: aerobic, muscular strength, and flexibility.
- Vary frequency, duration, intensity, and activities. As your body adapts to being physically active, it is important to gradually progress by increasing some factor of the activity – frequency, duration, or intensity. Including different types of activities into your routine, such as walking, biking, and swimming, will also keep your routine fresh and challenging.

Overcoming Barriers

- Use handout to:
 - List your barriers
 - Prioritize from biggest to smallest
 - Choose one to work on



Think about all the excuses you have for not being more physically active.

What barriers get in your way? Use Handout 3 to list as many of your barriers as come to your mind. Once you have your list, prioritize your barriers from biggest to smallest. Pick one and think of ideas for overcoming this barrier. If you are struggling with ideas to overcome this barrier, feel free to ask your family or friends to help you.

Choose one of your ideas and try it for a week. If it works, continue to use this strategy to overcome this barrier. If it doesn't work, try another strategy. Keep trying new ideas until you find some that work for you.

SMART Goals

- Set a physical activity goal that will help balance your life.
 - S = Specific
 - M = Measurable
 - A = Achievable
 - R = Rewarding
 - T = Time-bound



Today you have learned different aspects of being physically active. You evaluated how physically active you currently are and learned basic information about physical activity and fitness. You learned several strategies to include physical activity into your life. You also explored personal barriers to being more active, brainstormed ideas for overcoming your barriers, and chose a barrier to work on.

Your goal this week is to set a specific goal for physical activity that will help balance your life. Using **Handout 4**, write down your goal and monitor your progress.

- **S = Specific.** Rather than say, “I will simplify my mornings,” choose something specific such as “I will set the table for breakfast before I go to bed.”

- **M = Measurable.** If your goal is measurable, it is easier to track. An example would be to say “I will relax for 30 minutes before bed each night,” rather than “I will relax more.”

- **A = Achievable.** Goals that are too lofty set you up for failure. Paying off all your debts in a year may not be achievable. It would be better to

set a goal to not add further debt and to focus on paying off one debt at a time.

- **R = Rewarding.** You will be more motivated to complete goals that are personally rewarding.

- **T = Time-bound.** Set a time frame for accomplishing your goal. Don't say "I'll clean out my closet when I have time." Set a deadline instead, such as "I will spend 10 minutes per day cleaning my closet until it is done," or "I will clean my closet on Saturday morning before lunch."

Please Provide Feedback

Your thoughts and opinions matter! Please provide feedback to help us to improve this program.

The link below will take you to our online survey system where you can tell us how you will use this information and evaluate the program.

https://kstate.qualtrics.com/SE/?SID=SV_9SpjL6K4bzRXWzH



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K-STATE
Research and Extension

Leavenworth County Extension Office

613 Holiday Plaza
Lansing, KS 66048
916-364-5700

www.leavenworth.k-state.edu

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