Physical Activity and Sleep

What is Physical Activity?

Physical Activity is anything that makes you move your body and burn calories.

Why should I be more active?

- Helps with weight management—losing weight and maintaining weight
- Reduces the risk of heart disease, diabetes, osteoporosis, and certain types of cancer
- Reduces stress
- Relieves symptoms of depression and anxiety
- Improves mood
- Increases energy
- Promotes better sleep
- Improves quality of life

Ask Yourself:

How can physical activity help me?

____ Manage my weight
____ Improve strength and endurance
____ Give me more energy
____ Help me sleep better
____ Lower my blood pressure
____ Lower my cholesterol
____ Reduce my stress
____ Improve my blood sugar
____ Improve my mood
Moderate Activity:
This means your heart is beating faster. You can still carry on a conversation, but you’ll be breathing heavier. And you’ll notice that you are starting to sweat.

Examples:
- Walking at a brisk pace
- Water aerobics
- Ballroom dancing
- Riding a bike <10 miles per hour

Vigorous Activity
Vigorous activity is higher intensity and feels more taxing. Your heart is probably beating much faster. More difficult to carry on a conversation.

Examples:
- Running/jogging
- Swimming laps
- Jumping rope
- Hiking up a hill with a heavy backpack

Activities of Daily Living
- House work—laundry and dusting
- Going to the restroom one floor up or down
- Play with your pet
- Walk around while on the phone
- Grocery shopping
- Bathing the dog
- Plant a garden
- Taking stairs instead of elevator
- Park further away in a parking lot
- Dancing around the house

How much physical activity do I need?

For Cardiovascular Health:
At least 30 minutes of moderate activity at least 5 days per week for a total of 150 minutes
OR
At least 25 minutes of vigorous activity at least 3 days a week for a total of 75 minutes; or a combination of moderate and vigorous activity.
AND
Moderate to high intensity muscle—strengthening activity at least 2 days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol
An average 40 minutes of moderate to vigorous activity 3 or 4 times a week
Ask yourself...

What works for me and my lifestyle?

How much time do I have for exercise?

____________________ Minutes  ________________ Days/week

Where do I like to exercise?

_________ Gym  __________ Home  ___________ Outside  ____________ Work

When is the best time for me?

_________ morning  __________ Evening  _________ midday  __________ weekends

What kind of activities do I like?

_________ alone  ______ with a friend  __________ group

List 3 activities you enjoy

__________________________________________________________________________________

Getting Started

- Begin slowly
- Set weekly goals
- Try something new
- Find a buddy
- Check your footwear (change sneakers every 3-6 months)
- Consider chair exercises, walking, or water aerobics

Fluids when exercising

- Drink 1 cup water before exercise
- 1/2 cup or 4 oz for every 15 minutes of exercise
- 1 cup or more after exercise
Overcoming Barriers:

Lack of time:
- Monitor your activities for one week and identify at least 3, 30-minute slots you can use for exercise
- Select activities that you can fit into your home or work routine to save time

Family and Friends not interested in fitness
- Share your fitness goals to friends and family as ask for support
- Invite friends to participate in exercise with you
- Join a local YMCA or walking club to find people with similar goals to offer support

Lack of motivation or energy
- Plan ahead
- Schedule exercise for specific times/days and “check” it off your list as you complete it
- Determine what time of day you feel more energetic and try fitting in exercise then
- Join an exercise group or class and seek others in your group to help motivate you and keep you accountable

Lack of resources
- Select activities that require minimal facilities or equipment, such as walking, jogging, jump rope or calisthenics
- Identify inexpensive, convenient resources in your community such as parks and recreation programs, worksite wellness groups, walking clubs, etc...

Family caregiving obligations
- Exercise with your kids- set a good example
- Try alternating babysitting time with a neighbor

Frequent work travel
- Join a YMCA to use facilities all over the country
- Pack a jump rope and resistance bands in your luggage
- Book hotels that have a pool and/or fitness room

Exercise precautions:

Talk to PCP to make sure it is ok for you to exercise
See a PT if you have injuries or pains
Wear good shoes
Use proper equipment
Avoid extreme heat
Keep an exercise journal
Exercise with someone or let someone know if you have diabetes

How can I stay Motivated?

Set activity dates with a friend or take a class
Set timers or an alarm on our watch, cell phone, or computer
Keep exercise in sight
Keep a log
Set new goals
Make it fun
Wear clothes that make you feel good
Make exercise part of your daily routine
Reward yourself
Ask yourself....

How can I reward myself?

___ Concert tickets    ___ Travel/vacation    ___ Spa day
___ Night out         ___ Relaxation         ___ New clothing, shoes, purse
___ Health Benefits   ___ Amusement park    ___ New book/Music/Movie

Fitness Apps and Tools

- Fitbit
- MapMyWalk or MapMyRun
- 7 minute workout
- Nike + Training Club
- Popsugar Active
- Couch to 5K
- Jillian Michaels
- Google Fit
- Fitstar
- Fitnotes
- Lose it
- You Tube channels

Sleep Habits and Weight Management

How much sleep is enough?

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Amount of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants aged 4-12 months</td>
<td>12-16 hours a day (including naps)</td>
</tr>
<tr>
<td>Children aged 1-2 years</td>
<td>11-14 hours a day (including naps)</td>
</tr>
<tr>
<td>Children aged 3-5 years</td>
<td>10-13 hours a day (including naps)</td>
</tr>
<tr>
<td>Children aged 6-12 years</td>
<td>9-12 hours a day</td>
</tr>
<tr>
<td>Teens aged 13-18 years</td>
<td>8-10 hours a day</td>
</tr>
<tr>
<td>Adults aged 18 years or older</td>
<td>7-8 hours a day</td>
</tr>
</tbody>
</table>

Ask yourself?

How many hours of sleep do I get a night? ____________________________
Tips for getting more sleep:

Maintain a sleep schedule (including weekends)
Limit day naps to 15-20 minutes and avoid naps after 3pm
Stop screen time (TV, phone computer) an hour before bedtime
Avoid a large meal within a couple of hours of bedtime
Avoid caffeine and nicotine - both are stimulants that can affect sleep
Avoid alcohol before bed (it reduces deep sleep)
Get some sunlight during the day
Exercise - at least 3 hours before bedtime
Keep your bedroom quiet, cool, and dark

Ask yourself...
What can I do to get more sleep at night?
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________