



## 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?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Manage my weight     | <input type="checkbox"/> Improve strength and endurance | <input type="checkbox"/> Give me more energy  |
| <input type="checkbox"/> Help me sleep better | <input type="checkbox"/> Lower my blood pressure        | <input type="checkbox"/> Lower my cholesterol |
| <input type="checkbox"/> Reduce my stress     | <input type="checkbox"/> Improve my blood sugar         | <input type="checkbox"/> 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	Golf
Water aerobics	Doubles tennis
Ballroom dancing	General gardening
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	Singles tennis
Swimming laps	Biking >10 mph
Jumping rope	Heavy gardening
Hiking up a hill with a heavy backpack	Aerobics



## Activities of Daily Living

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

## 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?

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

### 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?

