

WORKSHOP

6

Physical Activity is Key to Living Well



**Eat Healthy • Be Active
Community Workshops**



WORKSHOP

6

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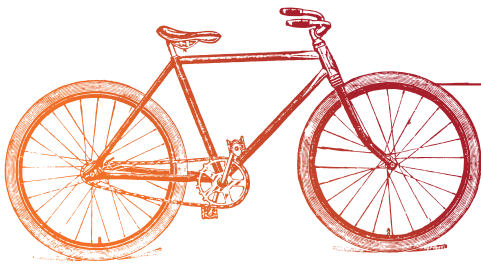


Instructor Guide

BEFORE WORKSHOP BEGINS

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
 - **Icebreaker:** *Find Someone Who . . .* handout for each participant, healthy prize items
 - **Activity 1:** Two soup cans or resistance bands of modest tension for each participant
 - **Activity 2** (Group Walk): Comfortable shoes to walk in
- **Note:** It would be a good idea to let participants know you will be doing some light exercising during this workshop and they may want to wear comfortable clothing and shoes.
- Photocopy handouts (1 per participant):
 1. **Find Someone Who . . . (1 page)**
 2. **Be Active Your Way: A Fact Sheet for Adults (2 pages)**
 3. **Muscle-Strengthening Exercises (3 pages)**
 4. **My Aerobic and Strengthening Activities Log (1 page)**
 5. **How Many Calories Does Physical Activity Use? (1 page)**
 6. **Be Active Your Way As You Get Older (if you have older adults in the workshop; 2 pages)**
 7. **Workshop Evaluation (1 page)**





WORKSHOP OUTLINE

The workshop should last ~1 hour, including activities.

- **Icebreaker activity** (5 minutes)—do this while people are coming into the workshop
- **Introduction** (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives
- **Objective 1:** Name 2 benefits of physical activity and the specific recommendations for aerobic and strengthening activities (5–10 minutes)
 - Review handout: *Be Active Your Way: A Fact Sheet for Adults*
- **Objective 2:** Complete at least 2 strength-training activities (5 minutes)
 - Activity (10–15 minutes). **Note:** Choose ahead of time and gather supplies as needed
 - Review handout: *Muscle-Strengthening Exercises* (do activity with this)
- **Objective 3:** Make a plan for doing physical activity and track your activities for the next week (5–10 minutes)
 - Review handout: *My Aerobic and Strengthening Activities Log*
- **Wrap-Up/Q&A** (5 minutes)
 - Reminders of things to try at home:
 - Work on increasing the amount of time you do physical activity each day
 - Make a plan for physical activity (aerobic and strength training) and keep track of your progress
- Ask participants to complete the **evaluation form** (5 minutes)



Workshop Lesson Plan

















ICEBREAKER ACTIVITY

Handout: Find Someone Who . . . (5 minutes)

“Find Someone Who . . .”: This bingo-like game shows participants the many ways to stay active while letting them get to know one another. Pass out the game sheet and ask participants to walk around the room and talk to one another to learn which physical activities each likes to do. Participants then sign their names in the boxes for the activities they do. Depending on the size of the group, set a limit on how many boxes the same person can sign on a participant’s game sheet (usually just 2). Award a healthy prize (fruit, water bottle, jump rope, etc.) to the first person to get

a complete row signed. To keep the game going, ask participants to try and complete 2 rows, a “T” pattern, or even the whole grid. It’s helpful to have several prizes on hand to reward winners.

Supplies necessary: *Find Someone Who . . .* handout for each participant, healthy prize items.

Find Someone Who...			
How Do You Stay Active?			
			
Went for a bike ride this week	Likes to swim	Has run in a race before	Goes for a brisk walk on most days
			
Likes to play tennis	Has jumped rope as an adult	Plays on a sports team	Engaged in aerobic exercise 3 times last week
			
Feels good after exercising	Tracks how many steps they take each day	Enjoys canoeing or kayaking	Works in the garden
			
Prefers to exercise in the morning	Has weights at home	Has tried yoga or Pilates	Prefers to exercise in the evening

TALKING POINTS

Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips on the amount of physical activity you need each day and ways to include physical activity as part of your daily routine.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines supports these selected consumer messages. More information about the messages can be found at www.choosemyplate.gov.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier

choices you can enjoy. *Find your healthy eating pattern and maintain it for a lifetime.* This means:

- Make half your plate fruits and vegetables — focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated and *trans* fat, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends that adults be physically active for at least 2 hours and 30 minutes each week — children need 60 minutes each day.

- You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

WORKSHOP LESSON PLAN

TALKING POINTS

Learning Objectives (2–3 minutes)

- Name 2 benefits of physical activity and the specific recommendations for aerobic and strengthening activities.
- Complete at least 2 strength-training activities.
- Make a plan for doing physical activity and track your activities for the next week.



TALKING POINTS

Handout: Be Active Your Way Fact Sheet (5–10 minutes)

Getting Started

- Learn the benefits of physical activity.
 - Increase your chances for living longer.
 - Decrease risk of heart disease, type 2 diabetes, high blood pressure, high cholesterol, stroke, and some types of cancer (breast and colon).
 - Sleep better.
 - Fight depression.
 - Build strength.
 - Maintain a healthy weight.
 - Have fun!

How Much Physical Activity Do I Need?

AEROBIC ACTIVITY

- Adults should get **at least 2 hours and 30 minutes** each week of aerobic physical activity that requires **moderate** effort or **1 hour and 15 minutes** each week of aerobic physical activity that requires **vigorous** effort.
 - Adults need to do aerobic activity for at least 10 minutes at a time for health benefits.
 - Adults can do a combination of moderate and vigorous activities each week. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.

- Examples of **moderate aerobic activity** include walking briskly, biking slowly, canoeing, ballroom and line dancing, general gardening, doubles tennis, using a manual wheelchair, etc.
- Examples of **vigorous aerobic activity** include race walking, jogging, or running, biking fast, aerobic or fast dancing, heavy gardening (digging, hoeing), singles tennis, etc.



MUSCLE STRENGTHENING ACTIVITY

- Adults also should do strengthening activities at least **2 days a week**.
- Examples of strengthening activities include push-ups, planks, lifting weights, working with resistance bands, and heavy gardening.
 - Choose activities that work all the different parts of the body (legs, hips, back, chest, stomach, shoulders, and arms).
 - Exercises for each muscle group should be repeated 8–12 times per session.

WORKSHOP LESSON PLAN

ACTIVITY

(Choose one ahead of time; 5–10 minutes)

1. **Strengthening Exercises:** Using resistance bands (if you have them or can get them) or soup cans, demonstrate sample strengthening exercises from the National Institute on Aging (NIH/NIA). Select the exercises that work best given your physical space and type of chairs. Before working with participants, make sure that you have reviewed the exercises and tips. Arm raises, arm curls, and leg raises may be good exercises for participants to try during the workshop.

Supplies necessary: Two soup cans or resistance bands of modest tension for each participant.

2. **Group Walk:** If you are unable to do a strengthening workout during the workshop, take participants on a 10–15 minute walk instead. Plan your route ahead of time and make sure it is safe and free of potholes and other things that could cause missteps or accidents.

Supplies necessary: Comfortable shoes to walk in.

Note: It would be a good idea to let participants know you will be doing some light exercising during this workshop and they may want to wear comfortable clothing and shoes.

TALKING POINTS

Handout: Muscle-Strengthening Exercises (5 minutes)

- Demonstrate that a repetition, or rep, is 1 complete movement of an exercise, and that a set is 1 group of reps—about 8–12 repetitions. Start out using light weights, such as 1- or 2-pound weights (a soup can usually weighs either 1 or 2 pounds). For those new to strength training, it's perfectly okay to start with no weights at all. Starting out with weights that are too heavy can cause injuries.
- Don't jerk or thrust weights into position. Use smooth, steady movements.
- Avoid locking your arm and leg joints in a tightly straightened position.
- Don't hold your breath. Breathe regularly.
- Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first.
- If you feel sick or have pain during or after exercise, you're doing too much.
- Over time, gradually increase the amount of weight used to build strength.

Refer participants to the *Muscle-Strengthening Exercises* handout and encourage them to try these exercises at home. More sample exercises can be found at go4life.nia.nih.gov/exercises.

Muscle-Strengthening Exercises

To do most of the strength exercises here, you need to lift or push weights. You can use weights, resistance bands, or common objects from your home. Or, you can use the strength training equipment at a fitness center or gym. Start with light weights and gradually increase the amount of weight you use. **Note:** You can find additional exercises to do at home here: www.nia.nih.gov/exercises

WORKING WITH WEIGHTS
You don't have to go out and buy weights for strength exercises. First, something you can hold on to easily. For example, you can make your own weights from ordinary household items.

- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.

WORKING WITH A RESISTANCE BAND
Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights.

HOW MUCH, HOW OFTEN?
To do strengthening exercises for all of your major muscle groups on 2 or more days per week. But don't exercise the same muscle group 2 days in a row.

- If you have not done strength training before, you might need to start out using 1- or 2-pound weights for no weights at all. Your body needs to get used to strength exercises. Starting out with weights that are too heavy can cause injuries.
- It should feel somewhat heavier than what you're used to, but not too heavy. It shouldn't feel very hard for you to lift the weight. It shouldn't feel very heavy. If you can't lift a weight 8 times in a row, it's too heavy for you. Reduce the amount of weight.
- Take 2 seconds to lift or push a weight into place, hold the position for 1 second, and take another 2 seconds to return to your starting position. Don't let the weight drop returning it slowly to your support. This is a complete movement of an exercise, or a repetition.
- Start by lifting 2 times, working up to 8–12 repetitions for each exercise. If you can't do that many at first, do as many as you can. You may be able to build up to this goal over time.
- When you can do 2 sets of 8–12 repetitions easily, increase the amount of weight at the next session. Keep repeating until you can reach your goal, and then maintain that level as long as you can.

WORKSHOP LESSON PLAN

TALKING POINTS

Handout: My Aerobic and Strengthening Activities Log (5–10 minutes)

Getting Started

- Think about reasons why you have not been physically active. Note: You may want to have the participants share some of their reasons.
- Pick a physical activity that you like and one that fits into your life.
- Find the time that works best for you. Before work? After the kids go to bed? You decide!
- Be active with friends and family who can help you keep up with your physical activity plan.
- Consider using a pedometer or other measuring device or app to track your walking. Set goals to increase your number of steps every day or each week.
- There are health benefits of doing at least 10 minutes of physical activity at a time.
- Avoid sitting still — take advantage of all opportunities during the day to move!
 - Take the stairs instead of the elevator.
 - Park farther away in the parking lot.
 - Walk over to a coworker’s desk instead of sending an e-mail.

Making Exercise Work for You

- Plan your activity for the week ahead of time.
 - Aim for at least 2 hours and 30 minutes of moderate physical activity each week.
 - It’s best to spread aerobic activity out over at least 3 days a week.
 - Include strengthening activities 2 days a week to keep your muscles strong.
- Track your time and progress.
- Looking to add to your physical activity?
 - Work toward doubling your weekly activity time to 5 hours per week.
 - Replace some of your moderate-level aerobic activities with vigorous aerobic activities that make your heart beat even faster. In general, 15 minutes of vigorous activity provides the same benefits as 30 minutes of moderate activity.
 - Vigorous activities include playing basketball, jogging /running, riding a bike faster or up hills, swimming laps, jumping rope, aerobic dance, etc.
 - Add an extra day to your 2 days of strengthening activities.



My Aerobic and Strengthening Activities Log

My goal is to do aerobic activities for a total of 2 hours and 30 minutes this week

When I did it and for how long

What I did	Elliptical	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total hours or minutes

This is the total number of hours or minutes I did these activities this week: _____ hours and _____ minutes

My goal is to do strengthening activities for a total of 2 days this week

When I did it

What I did	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total days

This is the total number of hours or minutes I did these activities this week: _____ days

Source: 2008 Physical Activity Guidelines for Americans, Be Active Your Way Guide for Adults. <http://www.health.gov/ourcampaigns/48hourweek/>

WORKSHOP LESSON PLAN

- Mix it up: You can do all moderate activities, all vigorous activities, or some of each. Don't forget activities for stronger muscles.
- Avoid injury. To do this:
 - Start slowly and build up to more activity.
 - Choose activities that are appropriate for your level of fitness.
 - Use the right safety gear and sports equipment.
 - Choose a safe place to do your activity.
- Keep track of your physical activity and nutrition goals!
 - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.

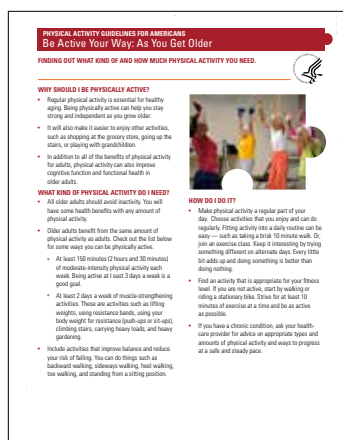
TALKING POINTS

Be Active Your Way As You Get Older (1-2 minutes)

Note to instructors: If you have older adults in the workshop, use this handout to complement the Be Active Your Way: A Factsheet for Adults.

- Regular physical activity is essential for healthy aging. Adults aged 65 years and older gain substantial health benefits from regular physical activity.
- All older adults should avoid inactivity. Some physical activity is better than none, and older adults who participate in any amount of physical activity gain some health benefits.
- Being physically active can help you stay strong and independent as you grow older. It will also make it easier to enjoy other activities, such as shopping at the grocery store, going up the stairs, or playing with grandchildren.
- Older adults need the same amount of physical activity as adults and should do both aerobic and muscle-strengthening physical activity. Balance exercises can also reduce your risk for a fall.

- Review the handout for ways you can be physically active. Choose activities you enjoy and start with at least 10 minutes at a time.
- If you have a chronic condition and are just starting to be physically active, talk with your healthcare provider for guidance on getting started.





TALKING POINTS

Wrap-Up/Q&A (5 minutes)

Things to Try at Home

- Work on increasing the amount of time you do physical activity each day.
- Make a plan for physical activity (aerobic and strength training) and keep track of your progress. Find a tracking method that works for you, either by writing down your physical activity using the My Aerobic and Strengthening Activities Log, or by using a website or mobile app.

COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to Instructor.

WORKSHOP		TODAY'S DATE _____				
6		Evaluation				
1 - Strongly Disagree 2 - Disagree 3 - Neither Disagree nor Agree 4 - Agree 5 - Strongly Agree						
1. The workshop covered useful information. Comments:	1	2	3	4	5	
2. The workshop activities were helpful. Comments:	1	2	3	4	5	
3. I plan to increase my physical activity and record it on the log this week. Comments:	1	2	3	4	5	
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5	
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5	
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5	
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5	
8. Please tell us which materials you found most useful.						

1. **Find Someone Who...**
2. **Be Active Your Way: A Fact Sheet for Adults**
3. **Muscle-Strengthening Exercises**
4. **My Aerobic and Strengthening Activities Log**
5. **How Many Calories Does Physical Activity Use?**
6. **Be Active Your Way As You Get Older**
7. **Evaluation**

Find Someone Who...

How Do You Stay Active?



Went for a bike ride this week	Likes to swim	Has run in a race before	Goes for a brisk walk on most days
Likes to play tennis	Has jumped rope as an adult	Plays on a sports team	Engaged in aerobic exercise 3 times last week
Feels good after exercising	Tracks how many steps they take each day	Enjoys canoeing or kayaking	Works in the garden
Prefers to exercise in the morning	Has weights at home	Has tried yoga or Pilates	Prefers to exercise in the evening

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

Be Active Your Way: A Fact Sheet for Adults

FINDING OUT WHAT KIND OF AND HOW MUCH PHYSICAL ACTIVITY YOU NEED.



HOW DO I DO IT?

It's your choice. Pick an activity that's easy to fit into your life. Do at least 10 minutes of physical activity at a time. Choose aerobic activities that work for you. These make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit. Also, do strengthening activities that make your muscles do more work than usual.

WHY SHOULD I BE PHYSICALLY ACTIVE?

Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

HOW MANY TIMES A WEEK SHOULD I BE PHYSICALLY ACTIVE?

It is up to you, but it is better to spread your activity throughout the week and to be active at least 3 days a week.

HOW DO I BUILD UP MORE PHYSICAL ACTIVITY?

Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.



How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do **both** aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!



Aerobic Activities

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

- Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.
- Do at least 10 minutes at a time.
- You can combine moderate and vigorous activities.



Muscle-Strengthening Activities

Do these at least **2 days** a week.

- Include all the major muscle groups, such as legs, hips, back, chest, stomach, shoulders, and arms.
- Exercises for each muscle group should be repeated 8–12 times per session.

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

HOW CAN I TELL AN ACTIVITY AT A MODERATE LEVEL FROM A VIGOROUS ONE?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for **10 minutes or more** at a time.

Moderate Activities

(I can talk while I do them, but I can't sing)

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using hand cyclers (also called ergometers)
- Using your manual wheelchair
- Walking briskly
- Water aerobics

Vigorous Activities

(I can only say a few words without stopping to catch my breath)

- Aerobic dance
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)



For more information, visit www.healthfinder.gov/getactive.

Be active your way by choosing activities you enjoy!

Muscle-Strengthening Exercises

To do most of the strength exercises here, you need to lift or push weights. You can use weights, resistance bands, or common objects from your home. Or, you can use the strength-training equipment at a fitness center or gym. Start with light weights and gradually increase the amount of weight you use. **Note:** You can find additional exercises to do at home here: go4life.nia.nih.gov/exercises.



www.cdc.gov/physicalactivity/basics/videos/index.htm

WORKING WITH WEIGHTS

You don't have to go out and buy weights for strength exercises. Find something you can hold on to easily. For example, you can make your own weights from unbreakable household items:

- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.

HOW MUCH, HOW OFTEN?

Try to do strengthening exercises for all of your major muscle groups on 2 or more days per week. But don't exercise the same muscle group 2 days in a row.

- If you have not done strength training before, you might need to start out using 1- or 2-pound weights (or no weights at all). Your body needs to get used to strength exercises. Starting out with weights that are too heavy can cause injuries.
- It should feel somewhere between hard and very hard for you to lift the weight. It shouldn't feel very, very hard. If you can't lift a weight 8 times in a row, it's too heavy for you. Reduce the amount of weight.
- Take 3 seconds to lift or push a weight into place, hold the position for 1 second, and take another 3 seconds to return to your starting

WORKING WITH A RESISTANCE BAND

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights.

Wrapping a Resistance Band

- | | | |
|--|--|------------------|
| 1. Lay the band flat in your hand with the end toward your pinky finger. | 2. Wrap the long end of the band around the back of your hand. | 3. Grasp firmly. |
|--|--|------------------|



- position. Don't let the weight drop; returning it slowly is very important. This is 1 complete movement of an exercise, or a repetition.
- Start by lifting 8 times, working up to 8–12 repetitions for each exercise. If you can't do that many at first, do as many as you can. You may be able to build up to this goal over time.
- When you can do 2 sets of 8–12 repetitions easily, increase the amount of weight at the next session. Keep repeating until you can reach your goal, and then maintain that level as long as you can.

MUSCLE-STRENGTHENING EXERCISES

SAFETY

- Talk with your doctor if you are unsure about doing a particular exercise. For example, if you've had hip or back surgery, talk about which exercises might be best for you.
- Don't hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. This is especially true for people with heart disease. Breathe regularly.
- Proper form and safety go hand in hand. For some exercises, you may want to start by alternating arms and work your way up to using both arms at the same time. If it is difficult for you to hold hand weights, try using wrist weights.
- To prevent injury, don't jerk or thrust weights into position. Use smooth, steady movements.
- Avoid "locking" your arm and leg joints in a tightly straightened position. To straighten your knees, tighten your thigh muscles. This will lift your kneecaps and protect them.

For many of the sample exercises in this guide, you will need to use a chair. Choose a sturdy chair that is stable enough to support your weight when seated or when holding on during the exercise.

Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first. After doing these exercises for a few weeks, you will probably not be sore after your workout.



Source: National Institute on Aging, Exercise and Physical Activity: Your Everyday Guide: go4life.nia.nih.gov/exercises.

FRONT ARM RAISE

This exercise will strengthen your shoulders and make lifting groceries easier.

1. Stand with your feet shoulder-width apart. Keep your feet flat on the floor during the exercise.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



SIDE ARM RAISE

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, to shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 8–12 times.
8. Rest; then repeat 8–12 more times.
9. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



MUSCLE-STRENGTHENING EXERCISES

ARM CURL

After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward your chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



ARM CURL WITH RESISTANCE BAND

This variation of the Arm Curl uses a resistance band instead of weights.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier strength band.



BACK LEG RAISE

This exercise strengthens your buttocks and lower back. For an added challenge, you can remove the chair to improve your balance.

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 8–12 times.
6. Repeat 8–12 times with your other leg.
7. Repeat 8–12 more times with each leg.
8. As you progress, you may want to add ankle weights.



SIDE LEG RAISE

This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can remove the chair to improve your balance.

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 8–12 times.
6. Repeat 8–12 times with your other leg.
7. Repeat 8–12 more times with each leg.
8. As you progress, you may want to add ankle weights.



My Aerobic and Strengthening Activities Log

My goal is to do **aerobic activities** for a total of 2 hours and 30 minutes this week

When I did it and for how long									
What I did	Effort	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total hours or minutes
This is the total number of hours or minutes I did these activities this week:									___ hours and ___ minutes

My goal is to do **strengthening activities** for a total of 2 days this week

What I did	When I did it							
	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total days
This is the total number of hours or minutes I did these activities this week:								___ days

Source: 2008 Physical Activity Guidelines for Americans, Be Active Your Way: Guide for Adults. health.gov/PAGuidelines/pdf/adultguide.pdf

How Many Calories Does Physical Activity Use?

The number of calories varies depending on many factors including weight, age, and environmental conditions. This chart provides an estimate for the number of calories males and females may burn doing various activities for 10 minutes at a time.

Physical Activity Level	Approximate Calories Burned in 10 minutes	
	Men (175–250 lbs)	Women (140–200 lbs)
Moderate Physical Activity		
Ballroom and line dancing	50–80	40–60
Bicycling on level ground or with a few hills		
General gardening (raking, trimming shrubs)		
Sports where you catch and throw (baseball, softball, volleyball)		
Tennis (doubles)		
Using your manual wheelchair		
Walking briskly		
Water aerobics		
Vigorous Physical Activity		
Aerobic dance or fast dance	120–150	100–120
Biking faster than 10 miles per hour		
Heavy gardening (digging, hoeing)		
Hiking uphill		
Jumping rope		
Martial arts (such as karate)		
Race walking, jogging, running		
Sports with a lot of running (basketball, hockey, soccer, singles tennis)		
Swimming fast or swimming laps		

Source: Adapted from Veterans Affairs MOVE! Weight Management Program, *Calories Burned During Physical Activities*: www.move.va.gov/download/NewHandouts/PhysicalActivity/P03_CaloriesBurnedDuringPhysicalActivities.pdf.

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

Be Active Your Way: As You Get Older

FINDING OUT WHAT KIND OF AND HOW MUCH PHYSICAL ACTIVITY YOU NEED.



WHY SHOULD I BE PHYSICALLY ACTIVE?

- Regular physical activity is essential for healthy aging. Being physically active can help you stay strong and independent as you grow older.
- It will also make it easier to enjoy other activities, such as shopping at the grocery store, going up the stairs, or playing with grandchildren.
- In addition to all of the benefits of physical activity for adults, physical activity can also improve cognitive function and functional health in older adults.

WHAT KIND OF PHYSICAL ACTIVITY DO I NEED?

- All older adults should avoid inactivity. You will have some health benefits with any amount of physical activity.
- Older adults benefit from the same amount of physical activity as adults. Check out the list below for some ways you can be physically active.
 - At least 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
 - At least 2 days a week of muscle-strengthening activities. These are activities such as lifting weights, using resistance bands, using your body weight for resistance (push-ups or sit-ups), climbing stairs, carrying heavy loads, and heavy gardening.
- Include activities that improve balance and reduce your risk of falling. You can do things such as backward walking, sideways walking, heel walking, toe walking, and standing from a sitting position.



HOW DO I DO IT?

- Make physical activity a regular part of your day. Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- If you have a chronic condition, ask your health-care provider for advice on appropriate types and amounts of physical activity and ways to progress at a safe and steady pace.

PHYSICAL ACTIVITIES FOR OLDER ADULTS: EXAMPLES OF AEROBIC AND MUSCLE-STRENGTHENING.

The intensity of these activities can be either relatively moderate or relatively vigorous, depending on an older adult's level of fitness.

Aerobic	Muscle-Strengthening
<ul style="list-style-type: none">• Walking• Dancing• Swimming• Water aerobics• Jogging• Aerobic exercise classes• Bicycle riding (stationary or on a path)• Some activities of gardening, such as raking and pushing a lawn mower• Tennis• Golf (without a cart)	<ul style="list-style-type: none">• Exercises using exercise bands, weight machines, hand-held weights• Calisthenic exercises (body weight provides resistance to movement)• Digging, lifting, and carrying as part of gardening• Carrying groceries• Some yoga exercises• Some Tai chi exercises

You can meet the Guidelines by doing moderate or vigorous intensity physical activity. If you can talk, but not sing while doing the activity, you are at a moderate intensity. If you are doing a vigorous intensity activity, you can only say a few words.

RESOURCES FOR OLDER ADULTS

- Go4Life website includes resources such as exercise examples, goal setting and resources to start and stay physically active: go4life.nia.nih.gov/mygo4life
- How Much Physical Activity Do Older Adults Need? www.cdc.gov/physicalactivity/basics/older_adults/index.htm
- Benefits of Exercise: nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree

1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to increase my physical activity and record it on the log this week. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5

8. Please tell us which materials you found most useful.

