Staying Fit in a Frantic World

Presented by Michele Guerra, MS, Director, Campus Wellbeing Services
Today’s objectives

- Understand how much activity you need
  - (not as much as you might think!)
- Learn the benefits of lifestyle physical activity
- Discover how to fit physical activity into your daily life
- Learn how to set yourself up for success
- Explore how to overcome barriers to physical activity
- Get excited about walking!
Benefits of physical activity

- Weight control
- Combat chronic disease
- Improve your mood
- Increased energy
- Improved sleep
- Increased confidence
- Reduced stress

If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”
- Robert H. Butler

Exercise is the pill, it just takes thirty minutes to swallow it
- Covert Bailey
How does physical activity reduce stress?

- Burns off stress hormones
- Triggers release of feel good hormones
- Improves physical health → better resilience
- Improves your sleep
- Enhances self-confidence and elevates mood
- Provides the opportunity to “work off” emotions
- Can provide an opportunity to “let go”
  – grounding and meditative
- It’s fun!
How much, how often, how intense?
(Source: Centers for Disease Control and Prevention; American College of Sports Medicine)

- 2 hours and 30 minutes (150 minutes) each week of moderate-intensity activity
  – (30 minutes x 5 days)
  OR
- 1 hour and 15 minutes (75 minutes) each week of vigorous-intensity activity
  – (15 minutes x 5 days or 25 minutes x 3 days)
  OR
- An equivalent mix of moderate and vigorous-intensity activity
  AND
- 8 to 10 strength-training exercises, twice a week (eight to 12 repetitions of each exercise)
What’s moderate?

• Brisk walk
• 15 to 20-minute mile pace
• Walking as if you are late for a meeting
• Other activities:
  – yard work
  – bowling
  – bicycling (slow)
  – housecleaning
  – playing with children
## Light, moderate and vigorous

<table>
<thead>
<tr>
<th>Activity</th>
<th>NO Intensity</th>
<th>Light intensity</th>
<th>Moderate Intensity</th>
<th>Vigorous intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk/Run</td>
<td>Watching the Boston Marathon</td>
<td>Gentle stroll through the park</td>
<td>Brisk walk</td>
<td>Racewalking, jogging, running</td>
</tr>
<tr>
<td>Yard Work</td>
<td>Paying the kid across the street to mow your lawn</td>
<td>Watering the lawn</td>
<td>Mowing the lawn with push (power) mower</td>
<td>Mowing with a hand mower, shoveling</td>
</tr>
<tr>
<td>Dance</td>
<td>Watching Dancing with the Stars</td>
<td>Swaying to the music</td>
<td>Doing ballroom dancing</td>
<td>Doing competitive ballroom dancing (or aerobic dance)</td>
</tr>
<tr>
<td>House Cleaning</td>
<td>Hiring “Merry Maids”</td>
<td>Dusting, washing dishes</td>
<td>Mopping, vacuuming</td>
<td>Moving furniture</td>
</tr>
</tbody>
</table>
Some is better than none!

And more is better than some
Tip #1: Spread It Out

- Accumulating short bouts throughout the day is just as effective as continuous 30 minutes
- Helps fit physical activity into a busy schedule
How to build up 30 minutes of activity

**Two Examples**

**Morning:** Park car ½ mile from office: 10 minutes

**Afternoon:** Walk back to car: 10 minutes

**Evening:** Pull some weeds in the garden – 10 minutes

**Morning:** Walk to meeting (1/2 mile): 10 minutes

**Morning:** Walk back from meeting: 10 minutes

**Lunch:** Walk with colleague after lunch: 10 minutes
Tip #2: Incorporate Lifestyle Physical Activity

Making choices to move more in everyday life
What is Lifestyle PA?

• Incorporated into everyday life: household, family, transportation, and leisure-time activities

• Examples:
  – Gardening
  – Playing with children
  – Taking the stairs

• Can include structured exercise

• Use life management skills
Tip #3: Set Yourself up for Success
(with life management skills)

• Self-monitor
• Seek out Social support
• Change self-defeating Self talk
• Plan for challenging Situations
• Create Solutions to barriers
ABCs to Creating Solutions to Barriers
ABCs to Creating Solutions to Barriers

• A scertain what gets in your way (barrier)

• B rainstorm ways to overcome this barrier

• C hoose one solution to try

• D o it for at least a week

• E valuate and refine your solution
Ascertain what gets in your way

Bad weather keeps me from being active. In particular, I tend to become inactive when the weather is cold and snowy. I don’t like feeling cold and wet. Also, as I’ve gotten older my balance is not as good, and I’m afraid I will fall when it’s snowy or icy outside.
Brainstorm ways to overcome this barrier

- Move to Hawaii
- Get good outdoor winter clothing and boots
- Set-up an indoor garden and tend to it
- Buy and do a physical activity video
- Walk at the mall
Choose one solution to try

• **Hawaii** – tempting but can’t afford it, also family is here
• **Winter clothing/boots** – Don’t like putting on all those extra clothes.
• **Garden** – I like this idea, but it’s not actually moderate intensity.
• **Mall walk** – I like the mall walking – but I don’t want to have to clean off my car or drive on icy roads.
• **Video** – I like this – saw one I like at my friend’s house, I like to dance, don’t have to scrape the car, drive in snow.
• ✔️️️️️Video – I like this – saw one I like at my friend’s house, I like to dance, don’t have to scrape the car, drive in snow.
Do it for at least a week

Commitment – I will purchase the video this weekend, and do it in my home next week on Monday, Wednesday and Friday.
Evaluate your solution

My plan worked okay, but could be better. I bought the video that weekend, and did it at home on Monday, but skipped on Wednesday and Friday. I think that if I had someone to do the video with me I’d be more successful. I’ll ask my friend in my building (where I first saw the video) if she’ll do it with me next week.
What’s your PA personality?

• Social or Solitary?
• Competitive or Cooperative?
• Meditative?
• Musical?
• Natural?
• Wet, dry, sweat?
• Physical ability (pain conditions, coordination)?
• What activities do you like?
Take Your Dog for a Walk - even if you don’t have a dog

Think of her as an exercise machine with hair.
Get Excited about Walking!!!!

- Most popular physical activity
- Easy-to-do – no special skills needed
- Can be done just about anywhere
- Does not require special equipment
- It’s FUN!

I WON’T exercise, but I WILL walk

-Provena USMC Wellness Participant
Resources

Be Active Your Way
• http://www.health.gov/paguidelines/adultguide/activeguide.aspx

Campus Wellbeing Services – IWalk toolkit
• http://humanresources.illinois.edu/campus-wellbeing-services/resources/online-toolkits/iWalk-Toolkit/index.html

Campus Recreation
• http://www.campusrec.illinois.edu/
Final thoughts

• Some is better than none!
• *Small changes make a BIG difference*
• Spread out your activity
• *Discover lifestyle physical activity*
• Look for opportunities to move everywhere!
• *Ensure success with life management skills*
• Problem solve barriers to physical activity
• *Have FUN!!!!*
For more info contact

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Thanks for attending!