

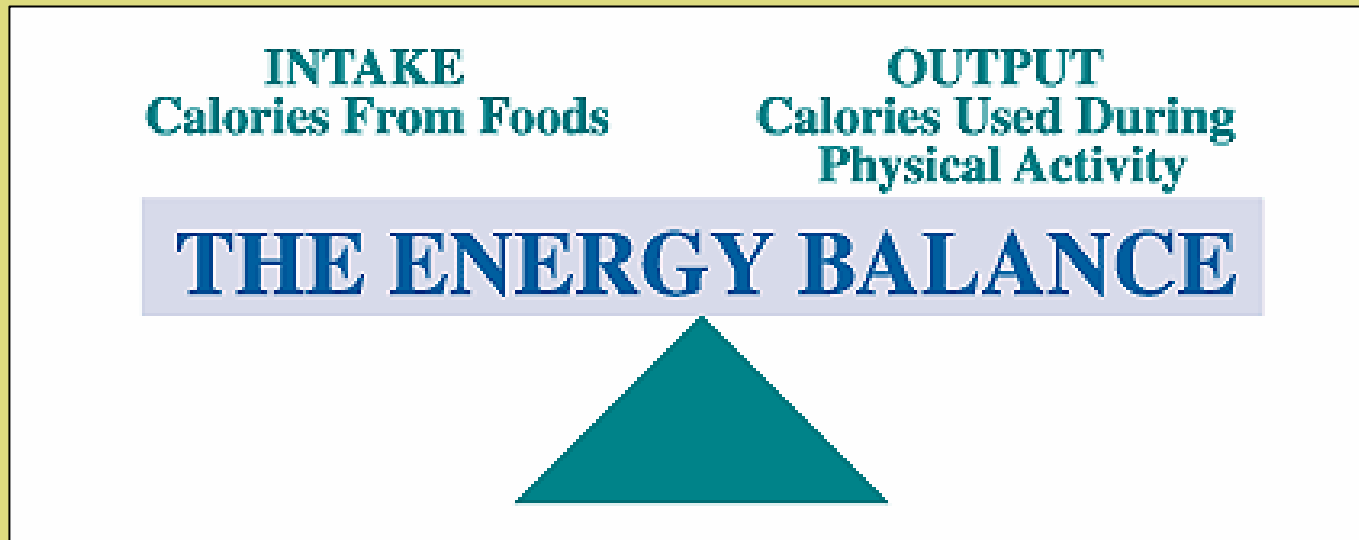
# On The Road to an Active Life



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# Nutrition & Physical Activity

Find a Happy Medium!



Source: United State Department of Health and Human Service, Surgeon General, 2007.

# Physical Activity

- ❖ 40% of adults in the United States do not participate in any leisure-time physical activity.
- ❖ More than 50% of adults are not getting enough physical activity.
- ❖ Less than 1/3 of adults engage in the recommended amounts of physical activity.



Source: National Center for Chronic Disease Prevention, 2007.

# Consequences

- ❖ Health problems
- ❖ Weight gain
- ❖ More doctor visits
- ❖ Absenteeism
- ❖ More costs
- ❖ Quality of life decreases



# Chronic Health Problems

- ❖ An estimated \$84 billion is spent on five major chronic health conditions every year including:
  - Heart Disease
  - Diabetes
  - Depression
  - Cancer
  - Arthritis
- ❖ Attributed, to some degree, to a sedentary lifestyle and poor diet.
- ❖ We can change and/or prevent this.



# Prevention Is Key!

- ❖ Approximately 300,000 U.S. deaths a year currently are associated with obesity and overweight!
- ❖ Delay death, illness and/or disability by moving more and eating healthier today!!

Source: U.S. Department of Health and Human Service, 2007.



# U.S. Surgeon General

## Physical Activity

### Recommendations

- ❖ 30 minutes of moderate physical activity
- ❖ 5 days/week
- ❖ May break up session (10- or 15-minute bouts)
- ❖ 60 minutes of moderate physical activity for weight loss.



# Incorporate The 5 Components of Fitness

- ✓ Cardiovascular Endurance
- ✓ Muscular Strength
- ✓ Muscular Endurance
- ✓ Flexibility
- ✓ Body Composition





# Components of Fitness

- ❖ **Cardiovascular Endurance**: Body's ability to take in and use oxygen to produce energy. Body moves in a continuous, rhythmic manner. (i.e. walking, swimming, and cycling)
- ❖ **Muscular Strength**: Allows you to work harder before getting tired. Exercise against resistance. (i.e. weights or gravity)
- ❖ **Muscular Endurance**: Ability of the muscle to continue to perform without fatigue. Aerobic activities such as walking, jogging, cycling or dancing.
- ❖ **Flexibility**: Ability to bend joints and stretch muscles through a full range of motion. (i.e. activities that lengthen the muscles such as swimming or stretching program).
- ❖ **Body Composition**: Refers to the relative amount of muscle, fat, bone, and other vital parts of the body. Ratio of fat to lean mass (muscle, bone, tendons, and ligaments) can change. (BMI/Waist Circumference)

# Benefits of Physical Activity

- ❖ Reduces and/or minimizes effects of chronic diseases.
- ❖ Helps improve bone and joint health.
- ❖ Helps maintain a healthy body weight.
- ❖ Helps prevent or reduce high blood pressure
- ❖ Helps reduce symptoms of depression/stress.
- ❖ Energizes you!
- ❖ Offers an opportunity to participate with peers.
- ❖ Helps contribute to a longer life, free of health problems.

# Physical Activity At Work

**Make health a priority by participating in physical activity every day.**

- ❖ Take activity breaks instead of coffee or smoke breaks.
- ❖ “*Walk it Out*”; Develop a group and set a walking or running schedule
- ❖ Take the stairs
- ❖ Park further away from your building
- ❖ Walk to your coworker’s cubicle instead of emailing them
- ❖ Schedule walking meetings with staff members
- ❖ Use public transportation

# Burn Extra Calories

*Minimize sedentary activities!!*

- ❖ Walk around while you talk on the phone.
- ❖ Play with the kids.
- ❖ Take the dog for a walk.
- ❖ Get up to change the TV channel.
- ❖ Work in the garden or rake leaves.
- ❖ Clean the house.
- ❖ Wash the car.
- ❖ Dance.

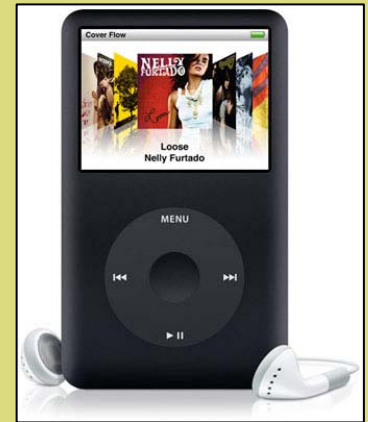


Jump Rope



# Tools

Portable Radio



Resistance Band



Weights



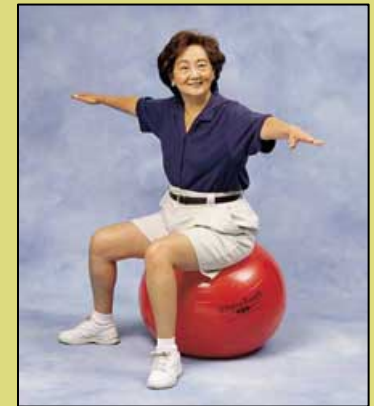
Shoes



Pedometer



Therapy Ball



# Motivation

## ❖ Goal-Setting

- **S**pecific
- **M**easurable
- **A**ction-oriented
- **R**ealistic
- **T**ime-bound

## ❖ Journal-writing

- What did you do? How long?
- How did you feel?



# Goal-Setting



- ❖ Set a long-term goal
- ❖ Set **SMART** short-term steps that will help you achieve your long-term goal.
- ❖ Example:
  - **Long-term goal:** To lose 5 pounds.
  - **Short-term steps:** I will run 5/week for 1 hour every morning starting April 15<sup>th</sup> through July 1<sup>st</sup>.



# Barriers To Physical Activity

## ❖ Genuine

- Lack of Facilities
- Environmental/  
Ecological
- Physical Limitations

## ❖ Perceived

- Lack of time
- Boredom/Lack of  
Enjoyment





# Keep Yourself Moving

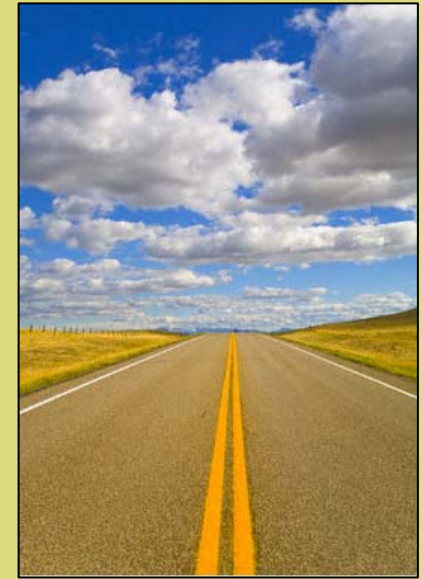
*Use Cues to Action*



*Use the Buddy System*



# Be a Leader



## ❖ Challenge the process

- Find opportunities to be physically active.
- Experiment/Be creative

## ❖ Inspire a Shared Vision

- Be positive about the future; what is the group's goal?

## ❖ Enable Others to Act

- Motivate and encourage others; develop relationships.

## ❖ Be a Role Model

- Participate!! Actions in synch with values and beliefs.

## ❖ Encourage the Heart

- Nurture team spirit; recognize individual/team accomplishments.

# Which Road Will You Choose?

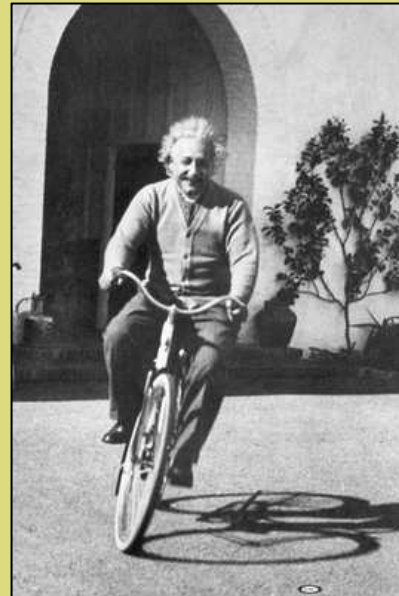
❖ **Healthy Road**



❖ **Unhealthy Road**

# In the Driver's Seat

- ❖ YOU are in control
- ❖ Play an active role in maintaining and improving your health.



# Plastic Bag-Physical Activity?



**Thank you  
&  
Have a Healthy Day!**

