On The Road to an Active Life

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Find a Happy Medium!

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.

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!!

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.
Tools

Jump Rope

Resistance Band

Weights

Shoes

Portable Radio

Therapy Ball

Pedometer
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\(^{th}\) through July 1\(^{st}\).
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!