

# HPDP Weight & Wellness for Employees

Wednesdays 10am via Skype

With Kristine Jamerson & Angie Cohen

MOVE! Dietitians

# Today's Agenda

- Benefits of being physically active
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- Re-approaching ideas of physical activity
- Making it work for YOU!
- 5 min Q&A

# What makes physical activity so special?

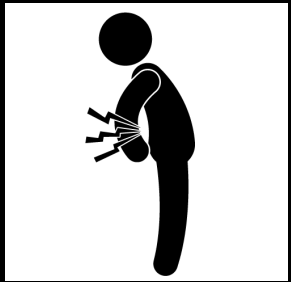
- What benefits do you know of, or have experienced yourself?
- A lot of people think of weight loss, which is true, AND...
  - Stress relief!
  - Mental health - ease depression and anxiety, and reduce risk of dementia
  - More energy!
  - Better sleep
  - Better circulation
  - Strong heart
  - Keep muscles and joints “well oiled” = improve pain
  - Improve balance
  - Boost confidence (think: “Swagger” ;)!)



# Feel the Burn??

Calories Burned in 10 Minutes		
Light Activity	Men	Women
Ballroom dancing	35-50	28-40
Cleaning, sweeping at moderate effort	26-38	21-30
Washing dishes	29-42	23-30
Tai Chi	35-50	28-40
Moderate Activity		
Walking at 4 miles per hour	58-83	46-66
Bicycling at <10 miles per hour	46-66	37-53
Step aerobics	64-91	51-73
Mowing the lawn	64-91	51-73
Raking leaves	44-63	35-50
Shoveling snow	61-88	49-70
Bowling	44-63	35-50
Golf, walking and pulling clubs	61-88	49-70
Slow lap-swimming	63-90	54-72
Vigorous Activity		
Jogging (9 minutes/mile)	149-213	119-170
Basketball	75-108	60-86
Carrying groceries upstairs	87-125	70-100

# Which of these challenges resonate with you?



- Not enough time
- It's painful
- It's too boring
- No motivation
- I'm broke
- The weather is awful

**You're not alone! Luckily...**

# A LOT of things count as activity!

- Stuck at home?
  - Vacuuming, washing dishes, sweeping, dusting, mowing the lawn, splitting wood, washing your car, laundry, YouTube videos
- At your workplace all day? (first, THANK YOU, you're a hero!)
  - Take the stairs (even just one flight!), walk down the hall to chat with a coworker, stretch or march in place during phone calls, go to the furthest restroom, 5-10 minute walk break
- Want something with more “oomph”?
  - Structured activities are more planned
  - Cardio, stability, strengthening, and flexibility
- **Just about anything that isn't sitting still can work wonders!**



# Let's Talk Troubleshooting

## Pain

- Being sedentary can worsen pain!
- Small amounts of movement are better than none, and can help ease pain overall
- Stretching regularly can make movement easier!

## Time

- Focus on lifestyle activities
- Increase the intensity
- 1 minute, 2 minutes, 5 minutes, 10 minutes - it all adds up!

## Boredom

- Make a date with someone, or a group (even virtual!)
- Personalize your playlist
- Put your equipment in front of the TV (or watch on your phone)
- Choose movement you enjoy!

# Let's Talk Troubleshooting

## Motivation

- Remember our first session? What's in it for YOU to get healthy?
- Might need to set a smaller goal

## Cost

- Walking is free!
- Swap sites, Craigslist, second hand stores
- Community classes (...post COVID)

## Weather

- Use exercise videos (DVD, blu-ray, streaming services, YouTube)
- Just dance!
- Dress appropriately



# Great resources to get started...

## Cardio plan:

- [https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P31\\_SampleAerobicTrainingPlanForBeginners.pdf](https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P31_SampleAerobicTrainingPlanForBeginners.pdf)
- <https://www.move.va.gov/docs/veteranworkbook/movewbm09.pdf>
  - pages 7-8

## Strength and Balance:

- [https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P32\\_SampleStrengthActivityPlanForBeginners.pdf](https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P32_SampleStrengthActivityPlanForBeginners.pdf)
- <https://www.move.va.gov/docs/veteranworkbook/movewbm09.pdf>
  - pages 16-23

## Flexibility:

- [https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P33\\_SampleFlexibilityProgramForBeginners.pdf](https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P33_SampleFlexibilityProgramForBeginners.pdf)
- <https://www.move.va.gov/docs/veteranworkbook/movewbm09.pdf>
  - pages 24-26



YOU DON'T  
HAVE TO GO  
FAST...

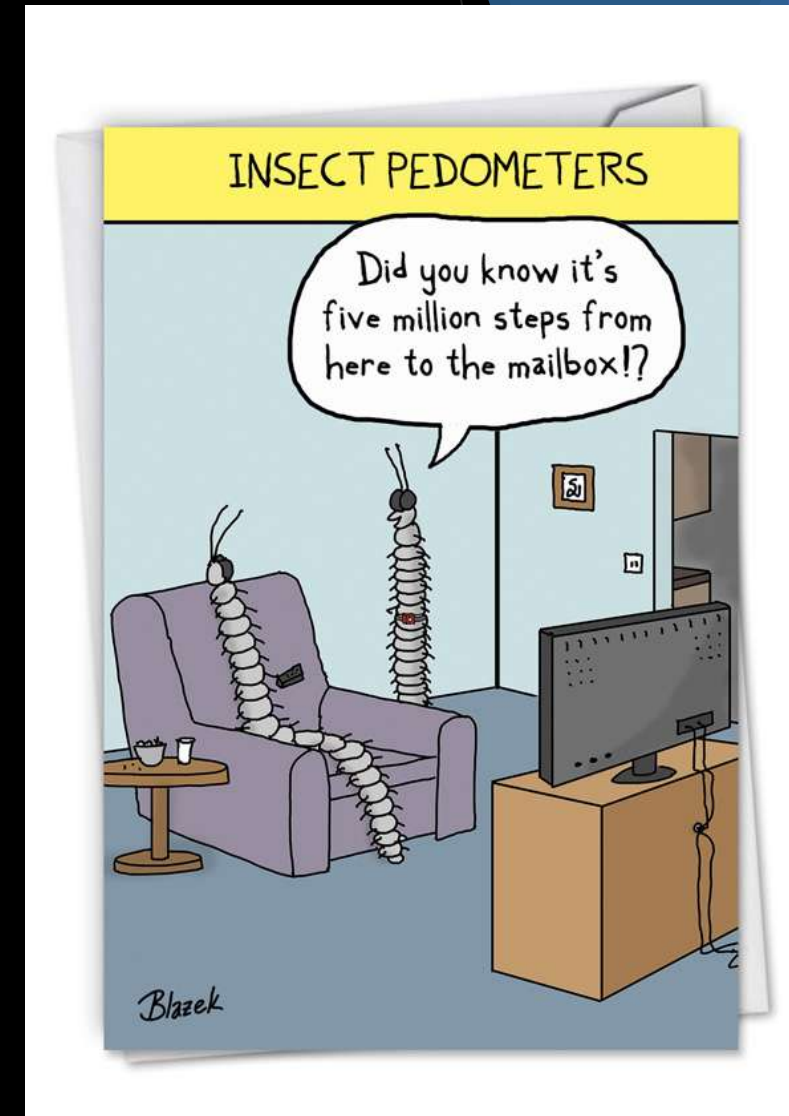
YOU JUST HAVE  
TO *go.*

## Keep it simple!

- Great news! ANY amount (previous rec was 10 minutes or more at a time) is beneficial; long-term goal is 30 minutes or more, most days
- Start with small changes - what could you do?
- Write down your goals!
- ALWAYS listen to your body
  
- What are YOUR starting exercise goals? (think SMART!)

# The Power of Pedometers

- A pedometer, or step counter, is a great, minimal effort way to track your activity!
- Wear it all day (not just during exercise) to capture every step
  - Start by tracking for 1 week, and finding your average per day
  - Example: 18,900 steps in 7 days, divide by 7 = 2700 steps/day average
  - Make a goal of increasing your average by adding a few hundred steps per day
- Check it throughout the day for a boost of motivation!
- ▶ How will YOU increase your steps?



# Thanks for joining!

- MOVE is currently offering several VVC class and telephone options! Feel free to refer your veterans!
- Have them call 314-289-6503 to sign up!
- MOVE Website: [www.move.va.gov](http://www.move.va.gov) for great resources!