

Step it UP!!!

Presented to you by:

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Health Promotion, Disease Prevention

Subcommittee



Benefits of Exercise

<https://www.cdc.gov/physicalactivity/basics/index.htm>

Adults

- Lower risk of early death
- Lower risk of heart disease and stroke
- Lower risk of high blood pressure
- Lower risk of type 2 diabetes.
- Lower risk of colon and breast cancer.
- Lower risk of metabolic syndrome
- Prevention of weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Improved muscular and cardiorespiratory fitness
- Prevention of falls
- Reduced depression
- Better cognitive function (for older adults)

How Much Should I Exercise?

- **Key Guidelines for Adults**
- Adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Moderate vs. Vigorous

Moderate exercise intensity

- Moderate activity feels somewhat hard. Here are clues that your exercise intensity is at a moderate level:
- Your breathing quickens, but you're not out of breath.
- You develop a light sweat after about 10 minutes of activity.
- You can carry on a conversation, but you can't sing.

Moderate vs. Vigorous

Vigorous exercise intensity

- Vigorous activity feels challenging. Here are clues that your exercise intensity is at a vigorous level:
- Your breathing is deep and rapid.
- You develop a sweat after a few minutes of activity.
- You can't say more than a few words without pausing for breath.

Smart Phone Apps

- The following apps can be downloaded for free
- Pedometer++
- Pacer – Pedometer Plus
- Map My Walk
- Steps Pedometer and Step Counter
- Stepz



Image retrieved from:

http://4.bp.blogspot.com/-1dMmhjZIVjU/UacKT8Ko8MI/AAAAAAAAAFMY/Nkl_g5G7DA/s320/Smart-phone-cartoon-with-thumb-31709168.jpg

Start Stepping it UP!

- Sedentary Adult is <5,000 steps/day
- Low Active Adult is from: 5,000-7499 steps/day
- Somewhat Active Adult = 7500-9999 steps/day
- Active Adult= 10,000-12499 steps per/day
- Highly Active Adult is \geq 12,500 steps per day

Start Stepping it UP!

How do I Start?

- Use Pedometer daily and track for a week how many steps you take per day.
- Each Week try to increase your daily step count by 500 steps until you get up to 10,000 steps or more!
- Set goals for yourself and your family to do more
- 2,000 steps = approximately 1 mile
- 10,000 steps = 5 miles
- To avoid injury, you need to work up slowly. If you have any concerns about your health or joints discuss your exercise plans with your doctor first.

Start Stepping it UP!

- How many steps per min equates to moderate intensity with walking? 100-120 steps per min
- How many calories does 2,000 steps/1mile of moderate intensity walking burn? Approximately 80-100 calories
- How long does it take an adult to cover 10,000 steps at Moderate Intensity walking 100-120 steps/min? Answer about 90 min. That equals about 3.1 mph.
- **How do you convert time on a bike or other piece of exercise equipment to steps?** If you have a road or stationary bike or rowing machine, etc. that has a calorie readout, then all you need to know is that walking one mile is equivalent (approximately) to burning 100 calories. If you exercise on your bike long enough to burn 100 calories, that is like walking 2,000 steps. To burn the equivalent of walking 10,000 steps, you would have to exercise long enough to burn 500 calories.

Resistance Training

- CDC recommendation of 2 or more days per week that work major muscle groups
 - Legs
 - Hips
 - Back
 - Abdomen
 - Chest
 - Shoulders
 - arms

Resistance (strength) Training

- Strength: the amount of force that can be generated
 - Resistance bands, weights, body weight
- Power: ability to generate force fast
 - getting up from chair/ squats, stairs
- Endurance: ability sustain force over time
 - Increase repetitions/duration of exercise

Band exercises

- Shoulder rotation
- Shoulder diagonal
- Dynamic hug
- Deadlift
- Squat
- Seated leg press
- Side step
- Squat
- Hip extension

Flexibility

- Ability to move through full range of motion
- Performed in a controlled sustained manner
- Minimum 2-3 days a week, best 5-7 days a week
- Stretching activity
 - Levator Scapulae stretch
 - Upper Trapezius
 - Thoracic
 - Chest
 - Doorway stretch

Questions