



# Move It!

## Physical activity is for every body

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How do you love to move?



1



# Reflection:

Did anything this week surprise you?



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2

## Reflect on your week

1. Write your weight on your chart.
2. Draw a line from your second week's weight to the third.
3. Review your F&F Log.
  - a) Were you all able to fill it out each day?
  - b) How much of the food you ate would you call "healthy?"
  - b) Make a note about how you did this week.



3

## What is Physical Activity?

- Any movement that gets you up and moving. For overall health, deliberate physical activity MOST days is a must.
- Focus on what you like to do first. Then think, VARIETY!
  - Cardiovascular, Strength & Flexibility.
- Think balance in every day. Wear a fitness tracker if you like – it's helpful!
- Aim for:
  - Activity at least 3 days per week.
  - A total of at least 150 minutes of moderate or 75 minutes of vigorous physical activity.



4

Physical Activity Assessment Form

# Where to begin?

Assess your level of physical activity.

Step One: Current Exercise Habits

1. Do you currently participate in regular physical activity?  
\_\_\_\_\_ Yes \_\_\_\_\_ No (If no, go to question #3)
2. Describe your current physical activity habits by completing the table below.
  - a) List all of the physical activities you do in a typical week in the top row.
  - b) For each activity, list how many days each week you engage in the activity.
  - c) On the days you do the activity, what are the total minutes in the day that you are involved in the activity?
  - d) How hard do you perform the activity:
    - Light – equal to a strolling walk; easy to talk
    - Moderate – equal to a brisk walk; heart rate and breathing increases slightly; you can talk but could not sing
    - Vigorous – equal to a slow jog or more; heart rate and breathing increases significantly; can't talk or sing easily

Type of Physical Activity	Sample: Walking					
Number of days/week	3					
Minutes per day	15					
Total minutes per week	45					
Intensity	moderate					

3. How much time each day do you spend sitting, reclining, or napping? Include time sitting at a desk and in meetings, working on a computer, watching TV and movies, playing video games, and commuting. Do not count the time you spend sleeping during your usual sleep hours.  
\_\_\_\_\_ hours per day



Step Two: Physical Activity Readiness Questionnaire



# Safety

If you answer “yes” to any of the questions here, please follow up with your doctor prior to incorporating any additional physical activity.

Physical Activity Readiness Questionnaire

Patient's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

Health Care Provider's Name: \_\_\_\_\_

Please read the questions below carefully, and answer each one honestly. Please check YES or NO.

- Yes  No Has your health care provider ever said that you have a heart condition and that you should only do physical activity recommended by a health care provider?
- Yes  No Do you feel pain in your chest when you do physical activity?
- Yes  No In the past month, have you had chest pain when you were not doing physical activity?
- Yes  No Do you lose your balance because of dizziness or do you ever lose consciousness?
- Yes  No Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
- Yes  No Is your health care provider currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Yes  No Do you know of any other reason why you should not do physical activity?



## Find Opportunities



Think about your current activity and target a small change you can make.

- Do you wear a fitness tracker? Try adding 2,000 steps.
- Do you attend a gym? How can you change your workout?
- No current activity? Think about what you've done in the past that you enjoy. Will that work for you right now?



7

7

## Exercise goal setting

- Classic fitness mistake - too much, too fast.
- Baby steps!!
- Remember that your first goal is just that – you will likely continue to build as you go through time.
- Put it on your schedule. Activity, sometimes more than other healthy habits, is about putting yourself first. Don't let other demands interfere with what is best for you.



**“Integrate more exercise into your daily routine. Instead of taking the elevator, climb up the side of the building. When you pass a coworker in the hall, insist on a game of leap-frog. Use kick boxing to post messages on your bulletin board. Stir your coffee with your toes. Arm wrestle your clients...”**

GLASBERGEN



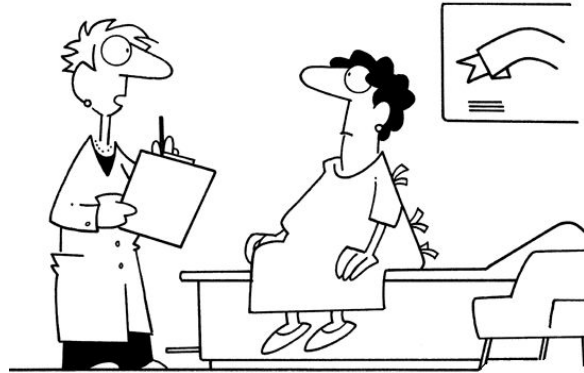
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8

8

## Tips and Tricks

- Drink LOTS of water.
- Set a reminder.
- Set out your shoes.
- Playing with children
- Walking breaks
- Vacuuming
- Sledding
- Snow shoveling
- Walking the dog
- Parking further away, taking the stairs
- Fitness videos
- Yak Traks



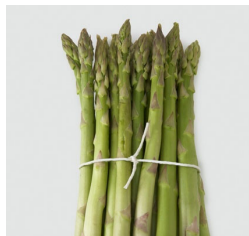
"The only diet shake I recommend is the shake your booty makes when you exercise."



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9

9



## Food and Fitness Log

This week's mission:

Record everything you eat.

Record the portion size, calories, and activity.

Set an exercise goal for yourself.



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10

10

## A Successful Food and Fitness Log

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Start paying attention to detail.

- Get out the measuring spoons and cups.
- Read all the labels.
- Don't estimate!

*Keeping track of your food intake is the NUMBER ONE most important step you can take to manage your weight!*



11

## Remember YOUR Goals

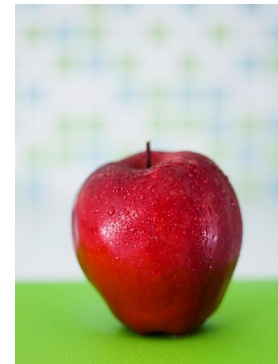
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1. Weight Loss



2. Exercise



3. Healthy Habits



12

## Goal Setting

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- Based on your physical needs, choose an exercise goal for this week.
- Write down one simple action you will take THIS WEEK to move toward that goal.
- Write down barriers do you think you may run into.
- Write down how will you work around those barriers.

If you need to change your goal – DO SO!



13

- You are NOT a helpless victim. YOU control YOUR choices.
- Self-Efficacy – knowing that you can do it.
- Success = Resiliency, Commitment and Choice.
- PLAN to succeed.

14



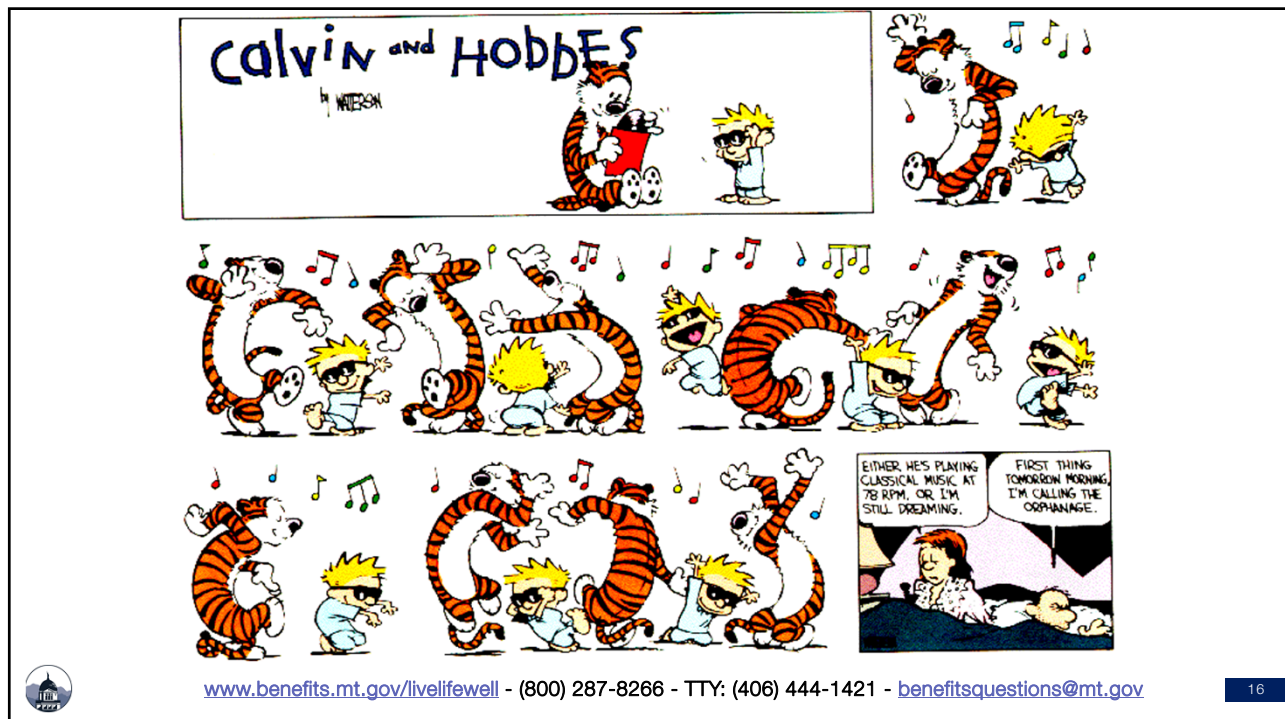
## This Week:

- SET or ADJUST your goals.
- DO what you've decided that you will to meet your goals.
- RECORD your food, fitness and weight in your log.
- PRINT another week for the food and fitness log.
- BRING your binder and log to our next webinar.

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15

15



16