



Learning at Your Fingertips

Maintaining a Healthy Lifestyle



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Overview

Being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. To improve overall cardiovascular health, the American Heart Association suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.



Overview

For people who would benefit from lowering their blood pressure or cholesterol, the AHA recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.



Physical Activity

Physical activity is *anything* that makes you move your body and burn calories.

This includes things like climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.



Physical Activity

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.



Physical Activity

What if I can't make it to the time goal?

***Something* is always better than nothing!**

And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, set a reachable goal for today. You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.



The Price of Inactivity

More of us are overweight.

Adult (and childhood) obesity/overweight level continues to increase: 69% of all Adults are obese or overweight.

It is more difficult today to create an active lifestyle.



The Price of Inactivity

People are less active due to technology and better mass transportation.

Sedentary jobs have increased 83% since 1950; physically active jobs now make up less than 20% of our workforce. In 1960, about half of the US workforce was physically active.



The Price of Inactivity

Our average workweek is longer. Full-time workers in the US work about 47 hours working each week – that's more than 350 extra hours worked each year.

Extra weight costs us physically and financially.

In 2011, the CDC estimated that healthcare costs exceed \$8,600 annually (per capita).



The Price of Inactivity

Another study estimated that medical spending attributable to obesity was estimated to be more than \$1400 higher than normal weight individuals.

The consequences and problems from our overweight society are sobering. However, we can all make changes. Here's the good news about physical activity and why moving for 30 minutes a day can change your life for the better.



Types of Fitness

Maintaining an active lifestyle is important in order to keep your body fit and healthy. Integrating a variety of exercises that focus on balance, strength, endurance and flexibility into your workout routine helps break up the monotony and creates a more well-rounded fitness program that your heart and body will appreciate.



Types of Fitness

Balance Exercise

Exercises that improve balance are important to prevent falls. Balance exercises are easy to incorporate into your routine and can be performed anywhere or anytime.



Types of Fitness

You can do balance exercises anytime or anywhere.

- Try standing on one foot while working in the kitchen, waiting in line or brushing your teeth.
- Walk heel to toe around the house or office.
- Yoga and Tai Chi do not require expensive classes or equipment. Find an instructional book, DVD or website to get started at home. Local recreation centers and senior centers may also offer free or low-cost classes.



Types of Fitness

Flexibility Exercise (Stretching)

Improving your flexibility starts with proper stretching. Improve your range of motion with these stretching tips.



Types of Fitness

Tips for safe stretching:

- Relax and breathe normally while stretching. Then stretch while pushing the breath slowly out your mouth. Count to 10 slowly or time yourself for 10-30 seconds. Breathe normally during the stretch.
- A stretch should always be smooth and slow, never jerky or bouncy. This can cause muscles to tighten and may result in injuries.
- Hold the stretch for 10-30 seconds and repeat each stretch 3-5 times. Remember to breathe normally during each stretch.
- As you become more flexible, try reaching farther in each exercise. A mild pulling feeling during a stretch is normal. Sharp or stabbing pain or joint pain means you should stop, you're stretching too far.
- Always keep your joints slightly bent, never “locked” in a straight position. This can cause injury.



Types of Fitness

Walking

Walking is one of the simplest forms of exercise you can do to maintain a heart-healthy lifestyle. Take steps towards healthier living by incorporating walking into your daily routine.



Types of Fitness

A regular walking program can also:

- Improve your cholesterol profile
- Lower blood pressure
- Increase your energy and stamina
- Boost “couch potato” bone strength
- Prevent weight gain



Types of Fitness

Endurance Exercise (Aerobic)

A good run, swim or bike ride can reduce your risk of heart disease and improve your overall health. Incorporate endurance exercises into your routine with these fitness tips.



Types of Fitness

Examples of endurance exercise:

- Walking briskly
- Running / jogging
- Dancing
- Swimming
- Biking
- Climbing stairs at work
- Playing sports such as tennis, basketball, soccer or racquetball



Types of Fitness

Strength Training Exercise

Increase your body's strength and improve your quality of life by including a well-rounded strength-training program into your regular fitness routine.



Types of Fitness

A well-rounded strength-training program provides the following benefits:

- Increased strength of bones, muscles and connective tissues (tendons and ligaments);
- Lower risk of injury;
- Increased muscle mass, which makes it easier for your body to burn calories and thus maintain a healthy weight;
- Better quality of life.



Types of Fitness

Yoga

More than just a great way to relax, yoga can help tone your body, improve your balance and even lower your blood pressure.



Types of Fitness

Practicing yoga -- as part of an overall healthy lifestyle – can:

- help lower blood pressure,
- increase lung capacity,
- improve respiratory function,
- improve balance
- boost circulation and
- tone muscles.
- It also can give you a sense of well-being while building strength.



Best Time To Workout

Morning, midday or midnight — when's the best time to work out?

Well, that depends on when's the *best time for you.*



Best Time To Workout

“The best time of the day is when you will do it most consistently, because the benefits of physical activity are tightly linked to the amount you do on a consistent basis,” said Russell Pate, Ph.D., professor of exercise science in the Arnold School of Public Health at the University of South Carolina in Columbia.



Best Time To Workout

Your best time is based on a “constellation” of factors:

- location,
- time of day,
- type of physical activity and
- social setting, among others.

“It’s not just what time, but what activity, with whom and where,” said Pate, who is also an American Heart Association volunteer. “This mix of factors for people come together to result in being consistent.”



Best Time To Workout

Everybody's Different

“Different people will have different preferences and predispositions with regard to how they respond to exercise at different times of the day,” Pate said.

For example, if you're much more likely to work out consistently with a partner, “then you're better off to opt for a social part regardless of the time of day,” Pate said. “On the other hand, some people like the solitude, the chance to get away.”



Best Time To Workout

You might have heard that the best time to work out is early in the morning — to get your metabolism revving or to avoid unexpected distractions during the day that could derail your regimen. “Are there differences in working out at different times of the day? Maybe. But those differences would be minor compared to the overall effect of doing it consistently,” Pate said.



Best Time To Workout

“If you’re not a morning person, it does no good for you to try to get up at 5 in the morning to work out,” he said. “Try to stack as many cards on your side of the table as possible by doing what’s most likely to work for you. The converse is, don’t make it as hard as it doesn’t have to be.”



Best Time To Workout

Fit in Fitness

The American Heart Association recommends 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. But what if you're tight on time? Then, be creative and break up your activity into daily bouts of 3-10-minute increments.



Best Time To Workout

For example:

- In the morning, park 10 minutes away from the job and walk briskly.
- At lunch, walk 10 minutes in or around where you work.
- In the afternoon/evening, walk briskly 10 minutes back to your vehicle.

And there you have a 30-minute workout!



Best Time To Workout

“Accumulation across the day doesn’t have to be performed in one bout, but can be across the day,” Pate said. “More is better, but we’re absolutely certain even modest amounts are much better than being sedentary.” And remember, “exercise” is any kind of physical activity that gets your heart rate up for at least 10 minutes at a time.

So get moving — at the time that’s right for you!

