

Week 7

PHYSICAL ACTIVITY, WATER, & STRESS



Physical Activity & Water

Exercise should be part of everyone's healthy lifestyle. We should aim for about 30 minutes of aerobic activity most days. Some examples are:

Walk	Swim	Bike	Garden	Hike	Dance
Mow a yard	Vacuum	Skate	Rake leaves	Play with kids	

If you aren't REGULARLY active, just 15 minutes of physical activity counts!

To maintain weight - 30 minutes is usually enough DAILY.

To lose weight, more time and/or intensity is required DAILY.

Build the intensity of exercise slowly. As you get stronger, you may be able to add stair climbing, rowing, aerobic dancing, or other more strenuous activity. Walking is one exercise that works for many individuals. Use a pedometer or a phone app and set a goal of 10,000 steps. To build your intensity, walk faster, farther, or for a longer period of time.

Hey, have fun! Do what you did as a kid. It was called PLAY TIME!



Benefits of exercise or physical activity:

- More energy
- Weight loss
- Stress relief
- Lower risk of cancer, diabetes, heart disease, osteoporosis
- Lower cholesterol, blood sugar, blood pressure
- Prevent & help with depression & anxiety
- Improved sleep

Exercise with a friend, family member, or even a dog. It promotes accountability and keeps you dedicated. Ask a co-worker to walk during lunch. Ask a neighbor or friend to walk in the morning or evening. Kids in a stroller are great motivation to get out for walks. Buddy-up. It's great accountability.

Tips for including exercise in your daily life:

- Ride your bike to work if it is safe to do so - Bonus: you'll save gas money
- Walk for trips less than 1 or 2 miles - Bonus: no waiting in traffic
- Window shop the entire mall before buying anything
- Park farther away from store entrances
- Play with children
- Walk to the park on the weekends
- Do sit ups, push ups, squats or lunges during commercials of your favorite TV show
- Go inside the bank, drycleaner, etc., instead of using the drive-thru

Healthy Water Guidelines for Adults¹

The human body is made up of mostly water and is important for maintaining a normal temperature.

Daily need:

- Women - 9 cups / Men - 13 cups
- *Limit sugary drinks to less than 200 calories a day

The need for water increases during:

- Exercise
- Pregnancy or breastfeeding
- High temperatures



¹Healthy Beverage Guidance Panel- UNC Chapel Hill

“Stressed Out!”

Stress can affect your health! Over a long time it can lead to weight gain and problems controlling blood pressure and blood sugar. It also can cause immune system problems. When you are “stressed out”, some of the choices you make can be less than healthy. Some people eat to feel better. Everyone has to deal with stress, so plan ahead for what you will do to help reduce or cope the next time you are “stressed out”!

Make a list of some things you can do and keep it handy. Some ideas that may help:

- Go for a walk
- Meditate
- Get outside in the fresh air
- Garden
- Call a friend
- Write in a diary or journal
- Find something/someone that makes you laugh
- Other: _____ (something that has helped in the past)
- Take a relaxing bath
- Read a book or watch a funny movie

Activity is one of the best stress relievers. Scientific studies show that physical activity reduces the body symptoms of stress like reducing appetite, burning excess energy, and increasing certain body hormones. Keep this in mind if a buddy calls you when they're stressed. Take a walk or bike ride together or just talk to them.

If you just can't resist eating in response to stress, choose crunchy foods that are also healthy foods. Raw carrots, celery sticks, broccoli or cauliflower (with fat-free dip or salad dressing) and low-fat microwave or air-popped popcorn. Make sure you eat these without other distractions - television, computer, email or telephone. When you eat without these distractions, it helps make you aware of what and how much you're eating and recognize when you feel full. If you overeat when you are stressed, you may feel more stress due to guilt from overeating!



Sample Exercise Planner

Day	Leisure	Moderate	Intense
Monday	Take a 15 minute walk	Walk briskly for 30 minutes, or for 15 minutes 2 times today	Walk 3 to 4 miles in 40 minutes
Tuesday	Do one of the TV or magazine workouts, video workouts, Wii, or Xbox Kinect - 15 minutes total.	Exercise with a TV exercise show, Wii/Xbox Kinect for 30 minutes	Do 1 hour of TV fitness, 30 minutes stretch and strengthen, 30 minutes cardiovascular exercise, or 1 hour of Wii or Xbox Kinect.
Wednesday	Do 10 sit-ups and 10 push-ups immediately after getting out of bed	Do 25 each of push-ups and sit-ups immediately after getting out of bed	Do 40 sit-ups in the morning, 40 push-ups mid-day and squats and lunges across a room 2 times today
Thursday	Borrow fitness DVDs or Blue-ray from the library and workout for 15 minutes	Fitness DVDs at library - 30 minute workout, or 10 minutes 3 times today	Try 2 exercise DVDs or Blue-ray -1 hour total
Friday	Dance with the kids/friends for 15 minutes	Dance or take a dancing class for 30 minutes	Go out dancing with a partner and dance for 1 hour
Saturday	Ride a bike to the nearest park	Bike for 30 minutes, or take 2 bike rides for 15 minutes each	Ride a bike for 45 minutes to the grocery store
Sunday	Park in a space that is the most distant from the store	Park in a space that is the furthest from the store and return the cart all the way up to the store	Window shop through the entire mall before stopping to buy anything

Core and Flexibility Workout

These exercises are provided as a guide only. Many websites have excellent guides that focus on various areas of the body. The “core” is the center of strength in your body and helps support all other body areas, so regardless of what exercise routine you follow, workouts will usually include moves that strengthen the “core”. If you have any doubt about your ability to try any exercise, check with your medical provider first. Exercise should not be painful. If it is, STOP! Exercising muscles that don't get regular use can cause some discomfort but typically fades in a day or two.

This workout focuses on strengthening the core with challenging exercises that target rectus abdominis, obliques, transverse abdominis muscles and those of the lower back. The flexibility exercises stretch the entire body with a focus on the back and hips. Do this workout after your regular cardio workout or on it's own for a challenging, yet relaxing, workout.

Precautions: See your doctor before trying this or any workout if you have any injuries, illnesses, or other conditions and modify any exercise that causes pain or discomfort.

Equipment Needed: An exercise ball, medicine ball, a resistance band and a mat.

How To:

- Warm up with light cardio or do this workout after your regular cardio workout
- Complete each exercise as shown, modifying when necessary
- Do this workout 2-3 times a week with a day of rest in between

Source: About.com, <http://exercise.about.com/library/blgolfcoreandflex.htm>, May 2010.



BIRD DOG

Begin on hands and knees. Engage the abs and lift the right arm and left leg until level with the body, holding your balance and keeping torso tight. Lower arm and leg back down and repeat with the left arm and right leg. Repeat for 2 sets of 12 repetitions, alternating sides (one rep includes both the right and left sides).



ROTATIONS ON THE BALL

Lie with ball under shoulders, neck, and head and lift hips a bridge position. Take arms straight up over the chest holding a light weight or medicine ball. Tighten your abs and rotate your torso to the left as far as you can, allowing the hips and legs to move naturally with the motion. Rotate back up and then go to the other side for 2 sets of 12 reps on each side (one rep includes both the right and left sides).



SIDE BRIDGE

Lie on your side balanced on the forearm with feet and hips stacked on top of one another. Holding the torso steady, slowly contract your abs and lift the hips off the floor (don't sink into your shoulder). Lower and repeat. To modify, keep the knees bent or take the feet wider rather than stacked. Repeat for 2 sets of 10 reps on each side.



SEATED TORSO TWIST

Sit holding a medicine ball with knees bent and lean back slightly, torso straight. Rotate to the right, squeezing your abs and touch the medicine ball to the floor. Come back to the center and rotate to the left. Repeat, alternating sides for 2 sets of 10 reps (one rep is to the right and left).



PLANK

Place forearms on the floor and press up into a flat-back position on the toes, keeping the hips down so that the body is in a straight line from head to heels. Hold for 30 to 60 seconds, lower and repeat. To modify, place one or both knees on the floor.



WOODCHOPS

Attach one end of a resistance band to something sturdy near the floor. Grasp band in both hands and begin a lunge position. Keeping the arms straight, rotate the body to the opposite side and sweep the arms up on a diagonal. Rotate the hips and knees and contract the oblique's. Repeat for 2 sets of 12 reps on each side.



AB ROLL

Kneel in front of the ball and place hands on the ball parallel to one another. Roll the ball out keeping the hips straight and back straight. Roll out until you feel the abs engage (don't arch or strain the back) and push into the ball to roll back in. Repeat for 2 sets of 10 reps.



HAMSTRING STRETCH

From a standing position, take the left foot in front of you, foot flexed and tip from the hips, lowering the torso until you feel a stretch in the left hamstring. Keep the back flat and hold for 15-30 seconds, repeating on the right leg.



QUAD STRETCH

Hold onto a wall for balance if needed and bend the left knee, taking the heel towards the glutes. Grab the foot with the knee pointing toward the floor and feel a stretch in the front of the leg. Hold for 15-30 seconds and repeat.



SHOULDER STRETCH

Take right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right shoulder. Hold for 15-30 seconds and switch sides.



HIP PRETZEL STRETCH

Cross left foot over right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Hold for 15-30 seconds and switch sides.



INNER THIGH STRETCH

Sit on the floor with feet pressed together. Keeping abs in, lean forward until you feel a gentle stretch in your inner thighs. Hold for 15-30 seconds.



PIGEON STRETCH

Begin on the hands and knees and bring the left knee in, resting it on the floor between your hands (you should be on the outside of the knee). Straighten the right leg out behind you and, if you can, bend forward and rest the forearms on the floor.



KNEE DROPS

Bring knees up and bend to 90 degrees, shins parallel to the floor and arms out to the sides. Contract the abs and rotate torso to lower the legs to the right, bringing them down to the floor. Keep left shoulder flat on floor and release any tension in your waist and back. Hold the stretch for about 5 breaths, bring the knees back to center and repeat on the other side.



SPIRAL TWIST

Lying on the floor, place right foot on left knee. Using left hand, gently pull right knee towards the floor, twisting your spine. Place your left arm out straight with hips and shoulders on the floor. Hold for 15-30 seconds and then switch sides.



SIDE CHILD'S POSE

Begin on your hands and knees and sit back on your heels, walking your hands forward and stretching your arms out. Place your knees wider apart if that is more comfortable. Relax your forehead on the floor and walk your hands a few inches to the right, feeling a stretch down the left side. Hold for a few seconds before walking your hands to the left.

WALKING IS GREAT!

If you can't think of any other type of physical activity, just walk!

Walking requires many of the body's muscles to work and is one of the best ways to be physically active.



Walking can be done at your own pace. By increasing the distance (or time) you walk and how fast you move (intensity), you can increase the number of calories you burn.

Walking is a great exercise if you want to set goals for increasing physical activity. It's easy to track how many minutes you walk. To increase intensity, time yourself to see how much farther you can go in the same amount of time. It's free, it's always available, and it requires no special equipment. Indoors at a mall or outdoors in your neighborhood, a community park, or just around your work - WALK!

Walk with a buddy. It's more fun and a great accountability tool.

Weight Control TIPS

Many people want to lose weight and some people do strange things to make that happen! Weight loss should be slow - no more than 2 pounds a week, which will help you keep it off. Don't think of weight loss as "dieting". Instead, make permanent lifestyle changes for yourself and your family or members. Small, gradual changes are best.

To lose weight, you should eat less and be active more than you are. Eating less is usually what people do when they want to lose weight, but getting exercise is a very important part of weight loss and good health. Find a friend, neighbor, or co-worker to help you on your weight loss journey. Planning always helps with weight loss - food buying, meal planning, exercise time, and keeping track of your progress. A good way to monitor your progress is to use a "tracker". Keeping a food diary helps you keep track of what and how much you are eating, so you can see where you need to make changes. Tracking your fluid intake and that all-important exercise will encourage and challenge you to slowly increase your activity, making it a lifetime habit. Trackers are provided here on the website for you, or you can download one on your computer, tablet, or phone .

Other tips for weight loss:

- Work up to 30, then 60, minutes of physical activity daily.
- Get more fiber, at least 25 grams daily, from fruit, vegetables, beans/peas, whole grains.
- Drink a lot of water to keep you filled up and well-hydrated.
- Plan your meals for a week at a time and include family member suggestions.
- Avoid or limit fried or greasy foods, sauces, gravies, butters, or dressings.
- Avoid sugary drinks, like sodas, juices, and "ades" such as lemonade. Use sugar substitutes.
- Eat at least 2 cups of fruit and vegetables everyday. Try a new one monthly or more.
- Choose whole grains. Look for the word "whole" as the 1st ingredient on all pasta, cereal, bread, rice, and crackers.
- Limit meats to 6 to 8 ounces a day or less and use lean meats, chicken and turkey (without skin), or seafood.
- Limit added fats. Use low fat or fat-free mayonnaise, salad dressings, margarines, etc., and limit the amount you use. Try to use herbs and spices to increase flavor without adding these additional fats.
- Use measuring cups or spoons and food scales on all your foods until you feel very comfortable about portion sizes. Continue to use at least once a month to refresh your memory!
- Keep healthy foods on hand at home. Place fruit and vegetables on a table or counter or keep them at eye level in the refrigerator so you will see them
- first.

More fiber and water helps with weight loss. These keep you filled up so you don't overeat or feel hungry. Try not to completely avoid your favorite foods, but allow yourself a small bite or portion once a week. Go to www.choosemyplate.gov and click on "Get a Personalized Plan" to figure how many calories you need for weight loss.



Optional:

Reflection and Test your Knowledge questions.

Reflection: After reviewing this week's lesson, think about the topic discussed and how it relates to you

1. Are you currently physically active on most days?
If not, think about some ways to add more activity to your lifestyle.
2. If you watch television, how often and how much time do you spend watching television? Do you eat while watching television?
3. How often do you drink water and how much do you drink? Do you think you can regularly increase water intake in the near future?
4. Do you get anxious or nervous often? What are some things you do to reduce your stress?

Test your knowledge

1. Name at least 3 benefits of physical activity. How much daily physical activity should you work toward?
2. What drinks should be avoided or limited?
3. What are 3 things you can do when you feel stressed out.

**Do you have any specific questions or need advice?
Click the button below to "Ask the Dietitian"**

