LET'S EXERCISE!
Nearly half of American youths aged 12-21 are not vigorously active on a regular basis.

This can cause health problems and decrease life expectancy.

(CDC, 2015)
PHYSICALLY ACTIVE

• Planned
• Structured
• Repetitive
• Purposeful

VS SEDENTARY

• Sitting
• Lying down
• Reclining
• Long time periods

(Yates et al., 2011), (WHO, 2018)
HEALTH RISKS
Benefits to Exercise

- An active lifestyle significantly reduces your risk of:
  - Heart disease - prevents or delays the development of high blood pressure
  - Diabetes
  - Obesity - helps control weight gain, builds muscle, & reduces fat
  - Asthma
  - Back pain
  - Arthritis - because exercise helps build & maintain healthy bones, muscles & joints
  - Certain types of cancers - colon & breast

- An active lifestyle helps with mental health:
  - Reduced stress
  - Improves control over symptoms of anxiety & depression

Visual Cues

- Overall Health
  - Prevention of obesity and certain cancers
- Metabolic Health
  - Helps to maintain Type 2 Diabetes
- Mental Health
  - Reduces anxiety, depression, and stress
- Cardiovascular Health
  - Reduces blood pressure and lowers cholesterol
- Respiratory Health
  - Lung capacity and cardio respiratory function
- Bone and Joint Health
  - Prevention of Rheumatoid arthritis

(MC, 2012)
Signs & Symptoms of Needing a More Active Lifestyle

- Poor balance
- Poor flexibility
- Shortness of breath
- Not sleeping well
- High resting heart rate
- Back pain
- High BMI (>25.0)
What is stopping you from being active? (common barriers)

1. Limitations
   a. COVID-19
   b. gym membership is too expensive
   c. no nearby parks

2. Limitations in Personal Life
   a. internet/social media
   b. TV
   c. work
   d. there's just not enough time
   e. self-motivation

(Pate et al., 2011), (Rovniak et al., 2002)
## Prevention - Time Management

- Be intentional on how you manage your time.
- Know when your free time is.
  - Set aside a specific time to workout for at least 30 minutes a day/3x a week.

### Schedule

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### Tips

- **Be More Conscious About Your Time**
- **Prioritize Working Out So It Happens**

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Nakae, S. (2020)
HOW TO STAY ACTIVE?

- Home workouts
  - Come up with at least 3 at home workouts that are:
    1. Safe
    2. Easy to accomplish
    3. Effective
      - Talk about their benefits in a quantifiable manner
  - Exercise/workout videos on YouTube
  - Variety of workouts to decrease boredom
- Making videos of us exercising to show proper form
  - Acts as a tutorial
- Early morning walks/runs
- Have a person you can talk to keep you accountable/motivate you

Free workouts online
Walk or run safely outdoors
Keep each other accountable
Four types of workouts:

- Aerobic
- Flexibility
- Balance
- Strength
MISCONCEPTIONS

- Exercise burns lots of calories.
- Aerobic fitness is better than muscular fitness.
- Sit-ups make your stomach flat.
- You have to join a gym.

(Utah Department of Health, 2020)
INJURY PREVENTION

- KNOW YOUR BODY'S LIMITS
- BUILD UP GRADUALLY
- TAKE REST DAYS
- USE PROPER FORM AND TECHNIQUES

(US Department of Health and Human Services, 2020)
References


QUESTIONS?

https://tinyurl.com/exercise11