

(Note to the presenter: Comments in parentheses are instructions to follow while giving the presentation. Do not read these comments to participants. This convention will be followed throughout the notes in this slide show.)

(This session, as well as a portion of the one that follows, addresses issues of physical activity. Depending on your background, you may want to ask a physical educator to help lead the following session. However, any trainer familiar with the basics of flexibility and fitness can lead this session.)

Welcome back from your break. Eating healthfully is only one part of the *Eat Well & Keep Moving* program. The other part is getting adequate physical activity. This session will talk about the benefits of regular physical activity and introduce you to the safe workout that you'll be teaching students.

It's Your Move: Get Active and Stay Healthy!

- **Most people can start a moderate-intensity physical activity program without consulting their doctors.**
- **But before starting a *vigorous* program of physical activity, consult your doctor if**
 - you are a healthy woman over 50 or a healthy man over 40;
 - you have heart disease, diabetes, or other chronic disease;
 - you have high blood pressure or high blood cholesterol;
 - you are a smoker; or
 - you are obese.
- **Everyone else, let's go!**



Being physically active has many health benefits.

(Read slide.)

Get Active and Reduce Inactivity

**To promote health, psychological well-being,
and a healthy body weight,**

- **engage in regular physical activity, and**
- **reduce sedentary activities.**

To promote health, psychological well-being, and a healthy body weight, engage in regular physical activity and reduce sedentary activities such as watching television or surfing the Web.

Physical Activity Recommendations for Adults

- **Be physically active for at least 30 minutes on all or most days of the week; engage in moderate-intensity physical activity.**
- **For greater health benefits and to control body weight, increase the intensity or the duration of your physical activity.**
- **To prevent weight gain, about 60 minutes per day of physical activity may be needed.**

The latest physical activity recommendations for adults are to be physically active for at least 30 minutes on all or most days of the week—engage in moderate-intensity physical activity.

For greater health benefits and to control body weight, increase the intensity or the duration of physical activity.

About 60 minutes per day of physical activity may be needed to prevent unhealthy weight gain in adulthood. You may need even more than 60 minutes if you want to keep off weight that you have lost.

Activity Can Be Accumulated Throughout the Day

The total amount is what counts:

- **You can be active for a steady 30 to 60 minutes.**

Or

- **You can accumulate activity in 3 to 6 short (10-minute) bouts throughout the day.**

Don't worry if you are short on time—you don't necessarily need to accumulate your 30 to 60 minutes per day all in one stretch. The total amount of activity is what counts for your health and for burning calories. So you can be active for a steady 30 to 60 minutes, or you can accumulate your activity in 3 to 6 short (10-minute) bouts throughout the day.

Young People Need Even More Activity!

- **Children and teenagers should get at least 60 minutes of physical activity every day, which can be broken up into multiple sessions throughout the day.**
- **This can include active free play, as well as structured activities that are age-appropriate, enjoyable, and offer variety. Any episode of moderate- or vigorous-intensity physical activity, however brief, counts toward the daily goal.**

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What Is Moderate Physical Activity?

- Hiking
- Light gardening or yard work
- Dancing (including video games that require players to dance, such as Dance, Dance Revolution)
- Golf (walking and carrying clubs)
- Bicycling (<10 miles per hour, or 16 kilometers per hour)
- Walking (3.5 miles per hour, or 5.6 kilometers per hour)
- Weightlifting (general light workout)
- Stretching

So what counts as moderate physical activity? (*Read list from slide.*)

What Is Vigorous Physical Activity?

- **Running or jogging (5 miles per hour, or 8 kilometers per hour)**
- **Bicycling (>10 miles per hour, or 16 kilometers per hour)**
- **Swimming (slow freestyle laps)**
- **Aerobics**
- **Walking (4.5 miles per hour, or 7 kilometers per hour)**
- **Heavy yard work (chopping wood)**
- **Weightlifting (vigorous effort)**
- **Basketball (vigorous)**

What counts as vigorous physical activity? *(Read list from slide.)*

Tips to Avoid Injury

- **Warm up and cool down.**
- **Wear appropriate shoes and clothing.**
- **Slow down or stop if you feel pain, fatigue, or shortness of breath.**

Here are some tips for avoiding injury when you're being active:

- Always warm up before beginning and cool down at the end (we'll talk more about this later in this session when we go over the safe workout).
- Make sure you are wearing appropriate shoes and clothing.
- Slow down or stop if you feel pain, fatigue, or shortness of breath.

Tips to Stick With It!

- **Plan ahead and find activities that fit into your life.**
- **Set simple goals and reward yourself for reaching them.**
- **Try different types of activities so you don't get bored.**
- **Keep an activity diary.**

For some people, maintaining a regular program of physical activity can be a challenge. Here's some ideas that may help you stick with it.

(Read slide; ask for suggestions from participants.)

Ways to Get Active

Instead of

- **lying on the couch and watching TV,**
- **using the elevator,**
- **sitting around,**
- **playing computer games,**

try

- **exercising while you watch TV.**
- **using the stairs.**
- **going for a walk.**
- **playing ball.**

Adapted from the California Department of Health Services—ON THE MOVE!

Small changes can make a big difference in our level of physical activity.

Instead of lying on the couch and watching TV, try exercising while you watch TV. Instead of using the elevator, try using the stairs. Instead of sitting around on a Sunday afternoon, try going for a walk. Instead of playing computer games, try playing ball.

Ways to Fit Activity Into a Busy Day

- **Park a little farther from your job to fit in a 10-minute brisk walk to work.**
- **Bike to work or to the grocery store.**
- **Take the stairs whenever you can.**
- **Walk on your lunch break.**

Adapted from the California Department of Health Services—ON THE MOVE!

Think you don't have time to exercise? Try parking a little farther from your job so you can fit in a 10-minute brisk walk to work. Bike to work or to the grocery store so you can get extra physical activity throughout the day. Take the stairs whenever you can. And during your lunch break, try taking a quick walk.

Ways to Make Physical Activity More Fun

- **Do things with your family or friends.**
- **Play with your kids or grandchildren.**
- **Work in your garden.**
- **Join a league sport.**
- **Go dancing.**

Adapted from the California Department of Health Services—ON THE MOVE!

Physical activity does not have to be boring or tedious. To make it more fun, do activities with your family or friends. Play with your kids or your grandchildren. Go out and work in the garden. Join a league sport, or even go dancing.

What Can Regular Physical Activity Prevent?

- Heart disease
- Some cancers
- Some diabetes
- Weakening of the bones
- Other long-term diseases

Physical activity can also slow the aging process!

Adapted from the California Department of Health Services—ON THE MOVE!

(Read slide.)

What Does Regular Physical Activity Help You Do?

- Control body weight
- Lower blood cholesterol
- Elevate energy levels
- Decrease stress
- Reduce blood pressure
- Improve sleep
- Improve digestion
- Lessen depression
- Improve flexibility and balance
- Enhance job performance

(Read slide.)



Remember . . . It's Your Move!

Remember—it's your move! Physical activity has many benefits. So try to make it a regular part of your day.

Physical Activity Goals of *Eat Well & Keep Moving*

1. To increase students' level of physical activity to at least an hour per day
2. To decrease students' level of physical inactivity, specifically by limiting students' television and other recreational screen time to 2 hours or less per day



Eat Well & Keep Moving has two primary physical activity goals. (Read slide.)

By recreational screen time, we mean time spent watching TV, movies, playing computer games, spending time online for fun, and so on.

Physical Activity in the Classroom

- **Several *Eat Well & Keep Moving* classroom lessons use physical activity.**
- **Physical activity in the classroom helps students make the connection between healthy eating and active living.**
- **Classroom activity is not meant to replace physical education classes—it is just a supplement to a physical education program.**

Some of the classroom lessons in *Eat Well & Keep Moving* call for you to *do* physical activity with your students in the classroom.

This helps students connect nutrition with physical activity and helps them get some of the regular activity they need to be healthy and alert. Getting physical activity is especially important since many school systems are cutting back on physical education.

However, these lessons are in no way meant to replace physical education classes. They are simply meant to supplement a school's physical education program.

The Safe Workout

- **Step 1. Warm-up**
- **Step 2. Fitness activity**
- **Step 3. Cool-down**
- **Step 4. Stretch**

The *Eat Well & Keep Moving* physical activity classroom lessons are all based on a four-part framework called *the safe workout*. Essentially, the safe workout teaches students the safe way to be physically active.

In the next session, we will have a chance to review a safe workout lesson. In this session, the focus will be on the structure of a safe workout.

Here are the four parts of the safe workout taught to students. (*Read slide.*)

The safe workout teaches students to warm up (step 1) before beginning any workout. After this, the students do their main fitness activity (step 2), such as dance or play basketball. After the fitness activity, they cool down (step 3) and stretch (step 4).

Benefits of Physical Activity in the Classroom

- **Activity adds fun and excitement to lessons.**
- **Children love being active.**

You don't need to be an athlete to lead students through the workout!

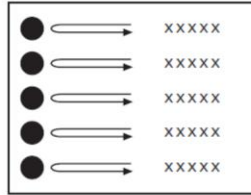
Physical activity in the classroom may be unfamiliar to many of you, but you can do it easily. The lessons are fun and exciting, and students love to move. Because of this, the safe workout lessons were some of the most popular lessons in the *Eat Well & Keep Moving* pilot program in Baltimore.

You don't have to be Olympians to lead students through a safe workout. In fact, you don't even have to be active yourself. You can designate student coaches to demonstrate all the physical activities and lead the class through the different parts of the workout.

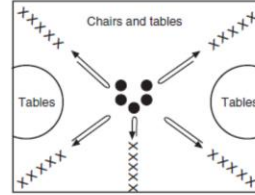
Let's review the different components of the safe workout.

The Setting

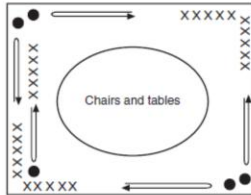
Option #1



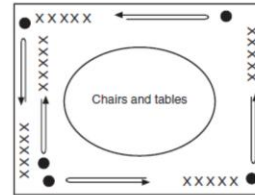
Option #2



Option #3



Option #4



The safe workout lessons succeed in a variety of settings. While they work best in an area with open space (such as a gymnasium or cafeteria), they have also been successfully taught in the classroom itself—usually with a slight rearranging of furniture.

(Briefly go over example room arrangements on slide.)

Step 1. Warm-Up

- Helps prevent injuries
- Increases body temperature
- Gets body ready for rest of the workout
- Perform a series of slow movements for 5 to 10 minutes. It's best if the slow movements are similar to those that will be done in the fitness activity.
- Examples include slow jogging in place, walking, or slow jumping jacks.

The warm-up can help prevent injuries, increase your body temperature, and get your body ready for the rest of the workout. It involves some type of slow activity—slow jogging in place or slow jumping jacks—typically for 5 to 10 minutes. It's best if the slow movements are similar to those that will be done in the fitness activity.

Have students find a space where they are not bumping into each other. If it is possible, placing students in a circle works well.

Let's get up out of our chairs and do a slow warm-up here, just for 1 to 2 minutes. (*Lead group in walking.*)

Step 2. Fitness Activity

The fitness activity has two components:

- Strength fitness improves the ability of your muscles to move or resist a workload.
- Endurance fitness improves your cardiorespiratory fitness and your heart, lungs, and blood vessels.

A fitness activity is made up of two components—strength fitness and endurance fitness.

- Strength fitness improves the ability of your muscles to move or resist a force or workload; it helps you perform daily tasks without tiring, prevents injuries, and improves your skills in games and sports.
- Endurance fitness builds your cardiorespiratory fitness and improves your heart, lungs, and blood vessels; it can also give you energy.

In *Eat Well & Keep Moving*, the fitness activities let students work on their endurance fitness. Students should move nonstop but keep to a pace they can maintain for the entire time. They need to pace, not race. During the fitness activity games, students need to move with safety and control.

Step 3. Cool-Down

Cooling down helps your body recover from activity and prevents injuries.

- Walk slowly.
- Walk in place slowly.

Once students have completed the fitness activity, it's time to cool down.

The cool-down basically involves walking slowly in place, so the body can recover from the fitness activity, preventing injuries.

Step 4. Stretch

- Improves flexibility, muscles' ability to work, and body's ability to move
- Reduces injuries
- Safe stretching rules:
 - Don't go beyond your comfort level.
 - Hold stretch for 10 to 15 seconds maximum.
 - Don't bounce; stretch slowly.
 - Use good form.

The final stage of the workout is the stretch. This also helps the body recover, improves flexibility, and decreases the chance of injury. While everyone uses the same positions to stretch, individual flexibility determines how deeply you can stretch. Stretching after a workout is the best time to improve flexibility.

Here are some key points for safe stretching:

- Do not stretch beyond your comfort level.
- Hold each stretch for 10 to 15 seconds maximum.
- Don't bounce while you're stretching; just try to hold each stretch gently.
- Try to stretch slowly.
- And try to use good form to prevent injury.

The Neck Stretch



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You'll find stretches in the Fitness Diagrams folder of the Web Resource. Let's go through a couple of stretches, starting with the neck stretch.

Slowly drop your left ear toward your shoulder, being careful not to overstretch. Let's hold that for 10 seconds—1 Mississippi, 2 Mississippi, 3 Mississippi. . . .

Gently bring your head back to center, and repeat the stretch on your left side. I'll count to 10—1 Mississippi, 2 Mississippi, 3 Mississippi. . . .

Palms to Ceiling and The Wave



Great! Another great stretch combination is palms to ceiling—see the picture on the left—followed by the wave, the picture on the right.

For palms to ceiling, reach your arms straight up overhead, with your palms facing upward, and try to stretch your palms toward the ceiling. Try to keep your shoulders relaxed—don't let them creep up to your ears. And hold: one....two....three....four....

Okay. Let's do the wave. With your hands overhead and palms facing the front of the room, bend sideways to the right, gently. One...two...three...four....

Now back up to center, and then let's bend to the left. One...two...three...four...

Questions?

Any questions?

Remember—the safe workout follows a logical pattern that is very easy to master.

Let's take a 10-minute break. In the next session, you will get to put your knowledge into practice as you review the nutrition and physical activity classroom lessons.