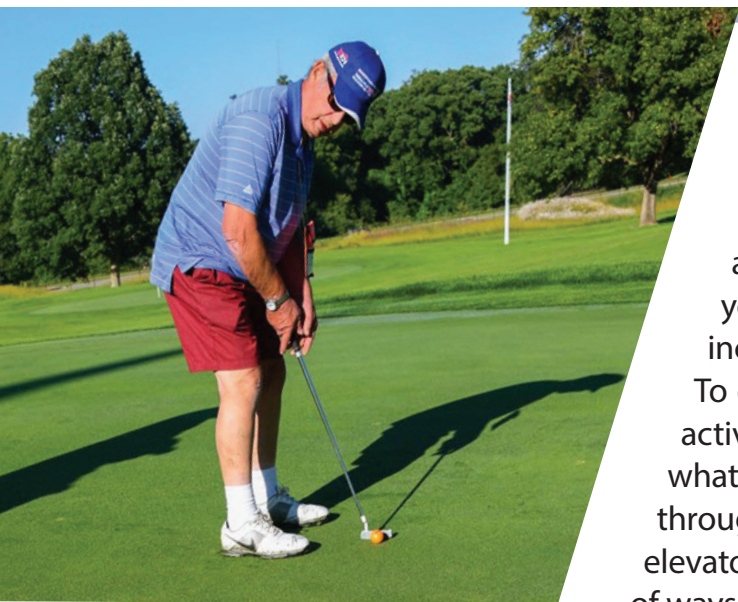




MODULE FIVE

Get Fit for Life



How do I get started with changing my physical activity?

MOVE! is all about getting up and moving! To increase your physical activity, it is important to start slowly and gradually add to your activity over time. Listen to your body to prevent injury. If you are concerned about increasing your activity, consult your health care team. To enjoy being active, it helps if you are interested in the activity. Try several different kinds of activity to find out what works best for you. Also, it helps to find Active Moments throughout the day, such as taking the stairs instead of the elevator or parking farther away from the door. There are lots of ways to be active and enjoy yourself, so mix it up!!

Strive for progress, not perfection!

There are many health benefits to being physically active. Physical activity helps you manage your weight and reduces the risks of coronary heart disease, stroke, and colon cancer. It can help decrease your blood pressure, improve your cholesterol, and prevent or control diabetes. Regular physical activity strengthens bones and muscles. It also helps you be more flexible. Being active can also improve your sleep, mood, and self-esteem, and it can reduce stress and depression.

“I walk more, park farther away, and take the stairs.”

I wear my pedometer every day.”

– Terrill, lost 31 pounds

In This Module You Will:

1. Identify ways to get active that work for you.
2. Describe the benefits of getting active.
3. Learn how to get fit.

Progress Check-In



I met my previous healthy eating goal ☐

I met my previous physical activity goal ☐

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Types of Physical Activity

Physical activity is anything that gets the body moving. The three types of physical activity—programmed, lifestyle, and work activity—all build upon each other. They help meet physical activity goals, reduce boredom, and keep your mind and body challenged. Here are some examples of each type of activity.

Check off the things you're already doing and star the things you want to start doing.



Lifestyle Activities

Be active at home. Lifestyle activities may be the easiest category in which to participate because the movement comes from your daily activities or chores. These are your *Active Moments* throughout the day. Find them and gradually increase their frequency and intensity.

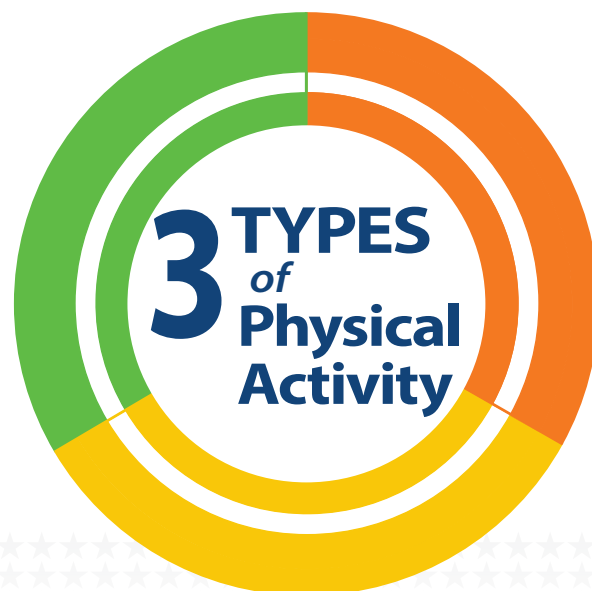
- ☐ Wash your car
- ☐ Vacuum
- ☐ Chop or split wood
- ☐ March in place during TV commercials
- ☐ Do yardwork
- ☐ Walk extra laps when you are at the mall
- ☐ Get off the bus one stop early and walk the rest of the way
- ☐ Walk or ride a bicycle for transportation instead of riding in a car or bus
- ☐ Run or walk briskly when you do errands
- ☐ Replace Sunday drives with Sunday walks
- ☐ Play actively with your children (or grandchildren) or pets for 15-30 minutes
- ☐ Walk whenever you can—after dinner, with the dog, when golfing



Work Activities

Be active on the job. Work activities involve finding *Active Moments* while at work.

- ☐ Take the stairs instead of the elevator (up or down)
- ☐ Stand up while talking on the phone
- ☐ Walk during your lunch break
- ☐ Try to get at least 250 steps every hour
- ☐ Stand during long meetings
- ☐ Use a copy machine on the other side of the building
- ☐ Walk down the hall to talk to a co-worker instead of phoning or emailing
- ☐ Use a resistance band or stability ball in your office when you can





Programmed Activities

Be active and exercise. Programmed activities are probably what most people think of as organized or structured exercise. Along with lifestyle and work activities, programmed activities are a terrific way to get active, add variety, and involve others. There are four kinds of programmed activities: cardio, strengthening, flexibility, and stability.



Cardiovascular (or “cardio”)

- ☐ Walking
- ☐ Jogging or running
- ☐ Stair climbing
- ☐ Aerobics & water aerobics
- ☐ Dancing
- ☐ Cycling
- ☐ Roller or ice skating
- ☐ Chair exercises
- ☐ Machines (treadmill, stationary bike, elliptical, rowing)
- ☐ Any sport you enjoy (basketball, tennis, swimming, golf, pickle ball)

Stability

- ☐ Standing balance exercises
- ☐ Seated balance exercises
- ☐ Stability ball balance exercises
- ☐ Core exercises
- ☐ Tai Chi

Strengthening

- ☐ Free weights
- ☐ Resistance tubes & bands
- ☐ Weight machines
- ☐ Pilates
- ☐ Calisthenics
- ☐ Medicine balls
- ☐ Body weight exercises

Flexibility

- ☐ Use a foam roller over tight muscles
- ☐ Pilates
- ☐ Stretching—passive and active
- ☐ Yoga
- ☐ Breathing exercises

Why should I be physically active?

How Active Should I Be?

The *2018 Physical Activity Guidelines for Americans* states that you can protect your health by being physically active. Just **150 minutes (2½ hours) per week** of moderate-intensity physical activity can lead to important health benefits.

Adult Physical Activity Recommendations

- Avoid being inactive—some activity is better than no activity
- 150 minutes of moderate OR 75 minutes of vigorous activity per week
- For weight loss, work up to 300 minutes of moderate OR 150 minutes of vigorous activity per week
- Do strength activities at least 2 days a week
- Spread your activity out—aim to be active at least 5 days per week



Teresa's Tips

“Moderate-intensity activity makes you breathe a little harder and sweat a little. You should be able to carry on a conversation, but not sing. Examples include brisk walking, slow cycling, dancing, or gardening. Vigorous-intensity activity makes you sweat and breathe hard, and makes your heart beat fast. Examples include jogging, lap swimming, and aerobics classes.”

Measures of Intensity

There are **two** ways to measure physical activity intensity: taking your heart rate and using the Rate of Perceived Exertion Chart. Let's review both so you can decide which one is right for you.

Know Your Heart Rate

Taking your pulse during physical activity allows you to measure how hard you are exercising. You should exercise to stay within your target heart range.

The table on the next page shows target heart rate ranges for exercise based on the maximal heart rate for selected ages. For example, the target heart rate for a 45-year-old will be 88-149 beats per minute, from moderate-to-vigorous activity.

Compare your measured heart rate to the target heart rate zone.

- For moderate-intensity activity, your heart rate should be closer to the 50% range.
- For vigorous-intensity activity, your heart rate should be closer to the 85% range.

Target Heart Rate Ranges Based on Age

50%-85% of Maximum Heart Rate

Age (years)	50% (BPM)	70% (BPM)	85% (BPM)	Maximum Heart Rate (BPM)
20	100	140	170	200
25	98	137	166	195
30	95	133	162	190
35	93	130	157	185
40	90	126	153	180
45	88	123	149	175
50	85	119	145	170
55	83	116	140	165
60	80	112	136	160
65	78	109	132	155
70	75	105	128	150
75	73	102	123	145
80	70	98	119	140
85	68	95	115	135

*BPM = Beats Per Minute

Increasing your heart rate is a key part of exercise, and it is important that your heart rate is not too high or too low.

You should always be able to breathe comfortably while exercising to ensure you are exercising at a level that is safe and effective for your body. Note that if you take beta blockers to treat high blood pressure, they may prevent you from reaching your target heart rate. It may be helpful to use another measure of intensity like the RPE Scale.



Hannah's How-To Measure Your Heart Rate

1. Use your index and middle fingers to take your pulse. Don't use your thumb.
2. Place these two fingers on your wrist, just below the base of the thumb.
3. Count the number of beats (pulses) for 15 seconds.
4. Take this number and multiply by 4 to find your heart rate in beats per minute.
 - a. For example, if you count 25 beats— $25 \times 4 = 100$ beats per minute.
 - b. A quick way to do this in your head is to double the number twice.
25 doubled is 50. 50 doubled is 100.

Rate of Perceived Exertion Chart

10

MAX EFFORT ACTIVITY

Feels almost impossible to keep going. Completely out of breath/unable to talk.

9

VERY HARD ACTIVITY

Very difficult to maintain exercise intensity. Can barely breathe or speak a single word.

7-8

VIGOROUS ACTIVITY

On the verge of becoming uncomfortable. Short of breath/can speak a sentence.

4-6

MODERATE ACTIVITY

Feels like you can exercise for hours. Breathing heavily/can have a short conversation.

2-3

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and have a conversation.

1

VERY LIGHT ACTIVITY

Anything other than sleeping. For example, watching TV, riding in a car.



Smart Alex

"You can use the RPE Chart to rate how hard you are exercising. Cardio activities should be done at levels 4-8, or moderate to vigorous. Strength activities should be done at levels 7-9, or vigorous to very hard. You can gradually increase intensity as you become more fit with consistent activity. Activities that used to be hard will become easier over time."

How Active Am I?

At MOVE!, we recognize that not all Veterans will be able to meet the physical activity guidelines right away—it is a physical activity target to work toward. Let's assess where you are right now compared to what your physical activity goals are.



Target Activity Level	Current Activity Level
Be active at least 5 days per week	I am active _____ days per week.
Be active for at least 10 minutes at a time	I am active for at least _____ minutes at a time.
Do strengthening activities at least 2 days per week	I do strengthening activities _____ days per week.
Do 150 minutes of moderate-intensity activity or Do 75 minutes of vigorous-intensity activity per week	I do _____ minutes of _____-intensity activity per week.

See Module 9 for progressive activity plans to get you started with cardio, strengthening, and stretching. Refer to these as you develop your physical activity goals.



“Find an exercise program that fits your schedule and stick to it.”

– Thomas, lost 70 pounds

Preparing to Get Fit

When you increase your physical activity, safety is important in order to prevent injury or illness.



Safety First

- If you are concerned about starting to increase your activity, consult your health care team

Warm Up and Cool Down

- Warm up before you exercise
- Cool down and stretch at the end of your session
- Take 5-10 minutes for each to prevent injury and reduce muscle soreness

Intensity

- Start where you are comfortable and increase gradually over time—this will help you avoid injury
- Mix up your activities to prevent strain on any one part of your body
- Always use good posture and pay attention to your form with any activity
- Listen to your body. Slow down or stop if you feel very tired, sick, lightheaded, or your joints hurt

Hydration

- Drink plenty of water before, during, and after activity

Apparel

- Wear comfortable shoes and clothes that are right for the activity and weather
- Use safety gear as needed

Weather

- Be active indoors if it's too hot or too cold outside
- Signs that you are overheated: headache; a fast heartbeat; feel dizzy; sick to your stomach, or faint



Teresa's Tips

"A simple way to plan and progress your physical activity is to follow the concept of FITT! Frequency, Intensity, Time, and Type of activity. Whether you are a beginner or have experience, FITT can help you build your physical activity program. Consider each aspect of FITT as you create your plan."

Frequency: *How often are you active?*

Intensity: *How hard are your heart and muscles working?*

Time: *How long are you active?*

Type of Activity: *What activities are you doing?"*

Using a Fitness Tracker

A pedometer or activity tracker can help you monitor your steps, get feedback on your activity, and reach your physical activity goals. It is important to wear your pedometer or activity tracker every day.

Walking is a fantastic way to help you lose weight, keep the weight off, and improve your health. Track your steps for one week to find your daily average number of steps. Then each week, set new goals to increase your number of daily steps. For example, if your daily average number of steps is 3,000, try to increase to 3,500 per day. Then you can work your way up to 10,000 per day, which meets the Physical Activity Guidelines for Americans. Try to get up and walk every hour!



Note: Pedometers and activity trackers will measure your steps and activity in different ways: the swing of your arm, GPS, etc. Be sure to read the instructions to know how your device works.



"MOVE! has given me more motivation. I exercise about 1½ hours every day."

Even with my neuropathy, I walk 20-25 minutes twice a day. I have a recumbent bike which helps my back and is a good cardio workout."

– Ralph, lost 148 pounds

Busting Barriers

Now let's review some common barriers to being physically active and some potential solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at maintaining change.

Barrier	Barrier Buster
I am not motivated to exercise.	<input type="checkbox"/> Identify reasons it is important to YOU to increase your physical activity.
I don't have time to be active.	<input type="checkbox"/> Break your 150 minutes into smaller chunks, as small as 10 minutes. <input type="checkbox"/> Take the stairs instead of the elevator, even to go down! <input type="checkbox"/> Use a fitness app to track your activity. <input type="checkbox"/> Schedule your activity to help make it a priority. <input type="checkbox"/> Increase the intensity while doing chores (vacuum, sweep, or garden briskly). <input type="checkbox"/> Stretch, do sit-ups, or pedal a stationary bike while you watch TV. <input type="checkbox"/> Take a walk during your break or lunch. <input type="checkbox"/> Join a nearby gym. Stop off before or after work.
I feel embarrassed.	<input type="checkbox"/> Work out in your own home. <input type="checkbox"/> Work out with a friend. <input type="checkbox"/> Consider joining a men-only or women-only gym.
Working out is boring.	<input type="checkbox"/> Work out with a friend. <input type="checkbox"/> Join a community sports league or walking group. <input type="checkbox"/> Use a fitness app to challenge yourself and track progress. <input type="checkbox"/> Listen to music, watch TV, or talk on the phone while you are active to help make it more interesting. <input type="checkbox"/> Keep trying new activities until you find something you like.

Barrier	Barrier Buster
It costs too much.	<input type="checkbox"/> Do free activities like walking. <input type="checkbox"/> Buy workout clothes and equipment on sale. <input type="checkbox"/> Look for free fitness classes at your library or community center. <input type="checkbox"/> Attend a VA Be Active and MOVE! class.
It is hard to exercise when it's too hot or too cold outside.	<input type="checkbox"/> Walk around a mall. <input type="checkbox"/> Get an exercise video from a local library. <input type="checkbox"/> Use items around the house for strength training, like canned food or water bottles. <input type="checkbox"/> Join the local gym or participate in community classes. <input type="checkbox"/> Use active video games. <input type="checkbox"/> Put on some music and dance.
Being active is painful or tiring.	<input type="checkbox"/> Ask your health care team for some ways to get active that are right for you. <input type="checkbox"/> Work out safely (see <i>Preparing to Get Fit</i>). <input type="checkbox"/> Work out at the time of day when you have the most energy. <input type="checkbox"/> Walk slowly or swim. <input type="checkbox"/> Do yoga or Tai Chi.

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



MODULE FIVE

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Types of Activity

In this module, you learned there are many ways to be active. Lifestyle activities include being active during your daily routines and chores. Work activities involve ways to be active while at work. Finally, programmed activities include planned exercise such as cardio, strengthening, flexibility, and stability exercises. It may be helpful to try several different activities to find what works best for you.

Get Fit

In this module, you learned how often, how long, and how intense each type of physical activity should be. Remember to set small goals to increase your endurance. Increase your frequency of activity before you increase the intensity. Don't overdo it! Pushing your body too hard can result in injuries and reduced motivation.

Stay Safe

Some activity is better than no activity. It is important to be active safely. Be sure to warm up, cool down, and stretch when active. Stay hydrated, and monitor your intensity level. Start small and gradually increase your activity to prevent injury or muscle fatigue.

Have fun when you work out and it won't feel like work.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider your current physical activity level. How will you gradually increase your activity on a daily and weekly basis?
4. Review Module 6 in preparation for your next meeting.