

**Filipino-American Women's Health Study
P.I. Annette E. Maxwell**

Exercise Curriculum

1. Introduction

**Who has a regular exercise program here today? (How about the others)
MISSION: Today, we will reinforce the benefits behind exercising since most of us know its importance. We'll teach exercise tips and a few new steps for a better and healthier you.**

Your exercise educator is _____ (some background). She attests to the fact that exercise does your body good. Before we start, let's introduce ourselves first and relax.

2. What is exercise? (Definition)

Exercise is commonly known as physical activity that pushes the body to exert effort and burn calories to help maintain its efficiency. Various forms include walking, swimming, gardening, dancing, biking or playing tennis. Can anyone add more to that?

Exercise is using your body to its maximum efficiency. Like any machine, when you don't use your body and let it just sit with minimal or no activity, it will deteriorate. It gets rusty, brittle and could attract all kinds of bugs or junk. That means ILLNESSES.

**3. The importance of exercise
(SHOW VISUALS)**

**Improves health at any age-even if you have any disabilities
Maintains your health
Keep your organs and body more efficient, therefore slowing the aging**

4. Risks of not exercising

**80-90% of adults are sedentary, meaning they exercise less than three days a week on a regular basis
ARE YOU ONE OF THEM? If you are, now is the time to CHANGE.
WHY?
Because sedentary lifestyle increases your chance to have a heart disease, be obese, have Type II diabetes and possibly cancer. YOU DON'T WANT TO BE ONE OF THE STATISTICS OR VICTIMS OF THESE**

DISEASES. THEY ARE PREVENTABLE. EXERCISE IS YOUR PREVENTIVE WEAPON.

Also not exercising may cause depression, poor circulation, weak muscles, stiff joints, shortness of breath, loss of bone mass and a tired feeling.

5. Benefits to exercise

- increase energy level and make you feel better all over
- suffer less headaches, chronic back pain, stiffness and painful joints, irregularity and insomnia
- decreased overall mortality, reduced risk of cardiovascular diseases, colon cancer, diabetes, osteoarthritis, osteoporosis, a more desirable body weight and an enhanced mental well being
- help joints develop or regain flexibility
- strengthens muscles
- lower blood pressure
- increase bone density
- improve digestion

6. Myths about exercise in the elderly:

- only healthy individuals may safely exercise
- exercise must produce sweating and rapid heartrate to be beneficial
- lifting weights should be avoided
- those with gait disorders or ambulatory assistive devices cannot exercise
- medications prevent exercise goals from being achieved
-

THESE ARE WRONG. WITH PROPER TRAINING AND AN OKAY FROM YOUR DOCTOR EVERYBODY CAN DO SOME FORM OF EXERCISE.

We' ll do some exercises today. But before we do, you must remember: to have a complete exercise program, include stretching or warm-up in the beginning and cooling down at the end. A good exercise program includes cardiovascular conditioning like aerobics, stretching and flexibility and strengthening like lifting weights.

You will go home today with some exercise ideas you may want to start and can do at home.

➤ **Aerobic exercise**

Aerobic exercise is any physical activity that uses the major muscle groups of your body for an extended period of time and that is performed at an intensity that raises your heart rate above normal. Aerobic exercise should be done 3-5 times per week for about 20-30 minutes.

Walking, swimming, bicycling and dancing are examples of aerobic exercises you can do to strengthen your muscles and improve your cardiovascular system.

In order to get all of the benefits aerobic exercise can offer you need to:

- **do at least 30 minutes of brisk walking on a nearly-every-day basis (following CDC/American college of sports medicine recommendations/NIH consensus recommendations)**
- **30 minutes may be spilt across 3 10 minute bouts of exercise each day**

Walking- an example of aerobic exercise

- **Fast walking helps accelerate blood flow. The veins in your leg get squeezed with every step, sending the blood back to the heart.**
- **Fast or brisk walking should include a few hills.**
- **Start slow and begin with short walks. When that distance becomes easy for you increase it gradually. For example, park a block or two away from your destination, get off the bus a few stops early and walk, take stairs and find reasons to walk.**
- **Overtime you will be able to walk longer and faster.**
- **Walking with your friends can be fun.**

Dancing- another example of aerobic exercise

- **Second to walking, dancing can be the most beneficial form of exercise.**
- **It is aerobic, stretching and strengthening exercise.**
- **You can dance alone in the privacy of your own home to a record or music on the radio or you can dance with friends at social gatherings, clubs or parties. Be creative.**

*******DEMONSTRATION*******

TURN ON MUSIC AND SHOW TWO OR THREE DANCING STEPS

Although good posture is important, it is especially important in aerobic exercise

Everybody stand up- show examples of good posture (standing up straight, shoulders back, chin up, swing your arms gently with each stride - keep them close to your body).

Don't forget- swimming and bike riding are also great ways to get aerobic exercise!

➤ **Strengthening (Weight-lifting exercise or resistive training)**

Strengthening your muscles is an important part of exercise!

(DEMONSTRATE BY USING CANNED GOODS)

(show proper way to do weights: resistance against gravity, smooth controlled movements and repetition. Start with 1 pound and increase weight later.)

When you gradually increase the demand placed on your muscles, they will respond by becoming larger and stronger.

Benefits of strengthening exercises

Benefits include protection from osteoporosis, improved mental health, diabetes risk reduction and weight control benefits.

There are many things you can do to strengthen your muscles

Examples include add weights to your home exercise program by holding objects such as small cans of food, water jugs or by purchasing a set of light hand and ankle weights.

Some women make weights from mattress ticking filled with sand.

➤ **The final type of exercise we are going to address today is stretching (flexibility)**

Flexibility is the ability of a joint to move freely about its axis

- Chronic joint stiffness is a problem for many.
- Gentle stretching warms the gel that surrounds joints and acts as a fluid lubricant making movement easier
- You will have the best results if you exercise in the morning.

Stretching is very important before and after you do aerobic exercise to minimize muscle strain.

- avoid any jerky movements.
- begin by stretching your fingers and toes, rotating your ankles, wrists and shoulders, stretching out your arms and legs and by breathing deeply.

*******MORE DEMONSTRATION (STRETCHING)*******

➤ **Remember**

do an aerobic exercise such as walking or dancing at least 3 times a week for 20-30 minutes

do strengthening exercises 3 times a week

do your stretching exercises 3-5 times a week, before and after aerobic exercise

cross-training (alternating between different exercise activities) is a way to prevent injury, promote more comprehensive conditioning and prevent getting bored with exercise

➤ **A few more considerations-**

Exercise safety

- **In planning your activities, consider safety factors.**
- **Dress comfortably and wear proper shoes.**
- **Stop exercising immediately if you have severe shortness of breath, difficulty breathing, chest pain, lightheadedness or dizziness, severe pain or severe exhaustion after exercising.**
- **Before beginning a new exercise program it is important to talk with your doctor.**

Choose activities that are rewarding and make you feel good

Get your family members and friends to support you or exercise with you

Everyone is different. Find activities you can do within your physical limits and activities that are safe to do, and do not require too much time, money or effort

➤ **Summary**

Since you now know the benefits of exercise and we've shown you how to get started, let's all make a pledge that we'll do it from now on. (Distribute pledges).

Remember: Start slowly AND MAKE EXERCISE FUN.



Y 1 5 4