

What is Lifestyle Physical Activity?

Think of 2 ways
you could integrate
physical activity
into your lifestyle.

What ***Is*** Lifestyle Physical Activity?

- Old way of thinking
 - Sweaty – hard workouts
- New Research!

Definition

- 30 minutes of activity each day
- Leisure, occupational, or household activities
- Moderate to vigorous in intensity
- Planned or unplanned
 - Dunn, Andersen, & Jakicic, 1998, p. 399.

What Counts As Activity?

- Individual activity
- Walking your dog
- Playing with your kids
- Housework
- Gardening
- Grocery shopping
- Dancing



What Counts As Activity?

- Taking the stairs instead of the elevator.
- Parking at the farthest part of the parking lot.
- Walking during lunch break.



How?

1. Know your baseline activity level.

2. Set A Goal

1. Walking a 3-4 mph pace

1. 1 minute = 100 steps

2. 5 minutes = 500 steps

3. 10 minutes = 1000 steps

2. Determine your goal.

Example

1. Baseline Activity Level = 3000 steps.
2. Plan is to increase my activity level by 10 minutes every day.
3. Add 1000 steps to baseline
4. Goal is to take 4,000 steps every day.

3. Find Ways to Meet Your Goal

- Do housework
- Work in the garden or mow the grass.
- Short walk before breakfast, after dinner or both!
- Walk to the store instead of driving.
- Stand up while talking on the telephone.

More ways to add steps!

- Walk the dog
- Park farther away from stores
- Take the stairs instead of the elevator.
- Plan family outings that include physical activity.
- Make a date with a friend to enjoy physical activity.



4. Check your pedometer throughout the day!

How useful was the information about lifestyle physical activity to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful was the information on getting started to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful was the information on how to increase the amount of walking you do?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

Do you feel this module could be improved?

- Yes
- No

Submit

Clear

Safety Issues and Tips

Before you walk!



Think

about what

YOU know about

being safe while walking.

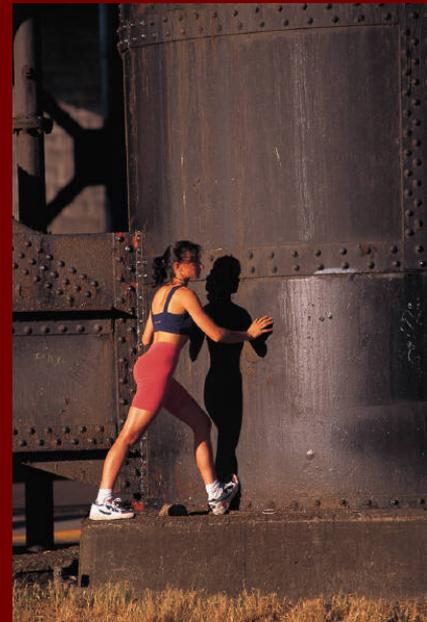
Don't Forget To Stretch

- Start slow
- Stretch
- Gradually increase your pace
- Walk slowly to cool down



Stretching Throughout Day

- Stretch at different times during the day
- Stretch daily for 10-15 minutes
 - hold each stretch for 10-30 seconds
 - don't bounce or push beyond your comfort zone.



Good Web Sites to check out:

- http://www.womensheartfoundation.org/content/Exercise/stretching_exercise.asp
- <http://www.netfit.co.uk/stretching.htm>
- <http://www.ithaca.edu/safety/ergonomics/stretch.htm>

WHY STRETCH?

- Prevent Injury
- Build Muscle Mass
- Decrease Stress
- Increase Flexibility
- Feels Good/Decrease Pain
- Increase Body Awareness



Stretching information adapted from:

Lila S. Ojeda, MS, RN, LD, CSCS
Bionutritionist/Research associate
General Clinical Research Center
Oregon Health & Science University
Mail Code: CR107
Phone: (503) 494-4786

Safety Tips

- Always walk on the sidewalk.
- Dress to be seen.

Source: <http://www.nhtsa.dot.gov/kids/biketour/pedsafety/>

Safety Tips

- Tips for Crossing the Street.
 - Cross only at corners or marked crosswalks.
 - Stop at the curb.
 - Stop and look both ways.
 - If you see a car, wait until it goes by.
 - Keep looking for cars while you are crossing.
 - Walk. *Don't run.*

Source: <http://www.nhtsa.dot.gov/kids/biketour/pedsafety/>

Hot Weather

- Drink plenty of water.
- Protect yourself from sunburn:
 - with clothing.
 - Use SPF 15+ sunscreen.
- Walk during the cooler parts of the day.
- Reduce your exercise intensity.
- Drink water!

Walking At Night

- Walk with a friend.
- Populated or well-lit areas.
- Wear brightly colored clothing.
- Walk in the direction of oncoming traffic.
- Take a flashlight with you.
- Consider attaching reflector discs to your clothing and shoes.
- Take a walking stick or umbrella with you.

Walking Your Dog

- Keep your dog on a leash.
- Avoid unleashed dogs.



Use Good Form When Walking

- Always stand up straight
- Head up
- Suck in your stomach
- Tuck in your behind
- Rolling motion: Strike the ground first with your heel. Roll through the step from heel to toe.
- Bend your elbows 90 degrees

More on Form

- Relax your hands
- Don't "chicken wing"
- Avoid using hand or ankle weights
- Wear comfortable clothing and shoes.



Listen to Your Body

- Breathlessness – Slow Down.
- Don't try to 'work through' the pain.
- Source for safety tips:
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Exercise_safety?OpenDocument

How useful was the information about stretching?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful were the safety tips?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful was the information about posture while walking?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

Do you feel this module could be improved?

- Yes
- No

Submit

Clear

The Benefits of Physical Activity

**Think
of at least 1 way
YOU would benefit
by increasing your
physical activity level.**

Physical Activity helps to . . .

- Decrease Stress
- Increase Concentration
- Decrease Depression

Physical Activity helps to . . .

- Manage Weight
- Decrease Health Risks

Physical Activity helps to . . .

- Increase Bone Density
- Maintain Strength and Muscle Mass

Tips

- Choose “internal” rather than “external” goals.
- Focus on “enjoyment” and “fun”.

Tips

- Tell others about your goal.
- Plan real rewards for meeting your goals.
- Keep an exercise log.

How useful was the information about the benefits of physical activity?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

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- Yes
- No

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Choices and Strategies

Ways to increase your walking!

**Think of
2 or more ways
you could increase
the steps you take
in a normal day.**

Choices and Strategies

- Walking at a moderate or brisk pace of 3 to 4 mph on a level surface inside or outside, such as
 - Walking to class, work, or the store;
 - Walking for pleasure;
 - Walking the dog; or
 - Walking as a break from work.

Source: U. S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. (1999). *Promoting physical activity: A guide for community action*. Champaign, IL: Kinetics.

Choices and Strategies

- Playing with your children, such as
 - Roller skating or in-line skating
 - Jumping on a trampoline
 - Playing on school playground equipment, moving about, swing, or climbing

Source: U. S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. (1999). *Promoting physical activity: A guide for community action*. Champaign, IL: Kinetics.

Choices and Strategies

- Enjoying a sport or recreation
 - Table tennis
 - Tennis, doubles
 - Any type of dancing: ballroom, line, folk, modern
 - Golf (without the cart!)
 - Basketball (shooting baskets)
 - Coaching children's or adults' sports

Source: U. S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. (1999). *Promoting physical activity: A guide for community action*. Champaign, IL: Kinetics.

Choices and Strategies

- Playing instruments while actively moving
- Singing while actively moving, as in church

Source: U. S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. (1999). *Promoting physical activity: A guide for community action*. Champaign, IL: Kinetics.

Choices and Strategies

- Gardening and yard work
 - Raking the lawn
 - Hoeing
 - Weeding while standing or bending
 - Trimming shrubs and tress
 - Pushing a power lawn mower or tiller

Source: U. S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. (1999). *Promoting physical activity: A guide for community action*. Champaign, IL: Kinetics.

Choices and Strategies

- Moderate housework
 - Scrubbing the floor or bathtub
 - Hanging laundry on a clothesline
 - Moving light furniture
 - Walking and putting household items away
 - Putting groceries away

- Occupational physical activity, such as
 - Waiting tables or institutional dishwashing
 - Patient care: bathing, dressing, and moving patients

Source: U. S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. (1999). *Promoting physical activity: A guide for community action*. Champaign, IL: Kinetics.

How useful was the information about choices and strategies to increase physical activity to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful was the information in this module in planning your walking program?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

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- Yes
- No

Submit

Clear

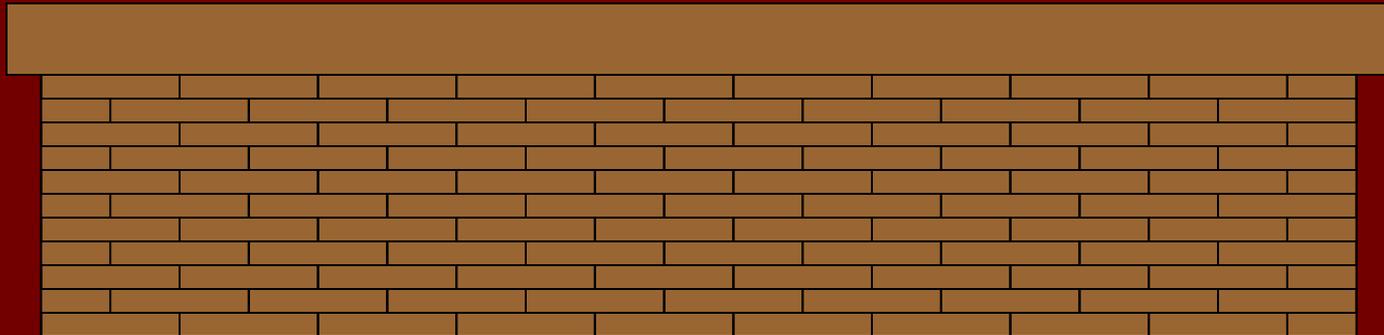
Strategies to Overcome Barriers

Time Management Skills

**What are 2 things
you can say to yourself
when you don't feel
like walking.**

Reasons for Barriers

- Don't want to exercise.
- Poor time management.





Lack of Time

1. Determine your priorities.
2. Track time you currently spend on your priorities.
3. Decide when and where to walk.



Lack of Facilities

Find ways to increase walking without the need for facilities.



Lack of Equipment

- Find ways to increase walking without the need for equipment.



Inconvenience

- Find ways to increase walking during your normal day.
- If you come up short on your goal, take a short 20 to 30-minute stroll after dinner.

How useful was the information about strategies to overcome barriers to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

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Clear

How to Wear the Pedometer

A Review of Dos and Don'ts

**Have you ever used
a pedometer?**

**Do you know what problems
they can have?**

HOW TO WEAR THE PEDOMETER

DO wear on the dominant hip

*Close to body &
Directly over midline of
your front thigh.*

DO Attach it to a belt or waistband



HOW TO WEAR THE PEDOMETER

DO Keep it horizontal!



HOW TO WEAR THE PEDOMETER

DON'T

Attach by the security
strap alone.



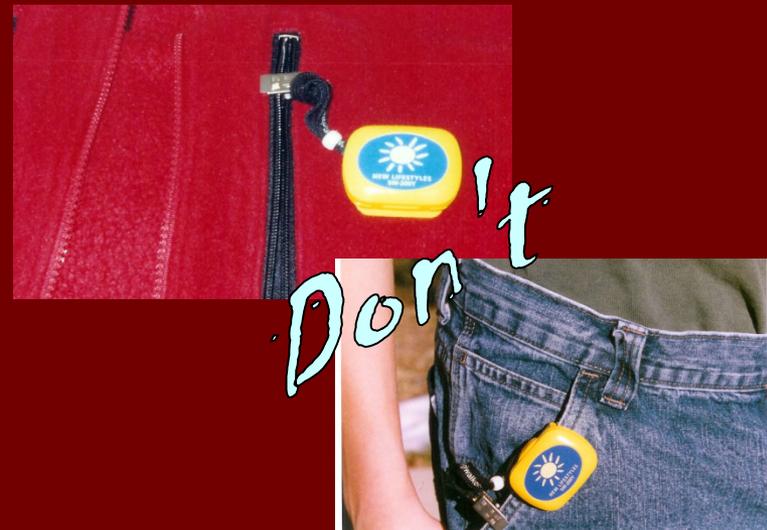
HOW TO WEAR THE PEDOMETER

Wearing a dress?

attach the pedometer to a belt
or to your
pantyhose/underwear.



DO NOT wear on the pocket
of your pants, or on a jacket
or jacket pocket.



When to Wear the Pedometer



Put the pedometer on
from the moment you get up,
to just before you go to bed.

Reasons for Missing Steps

- Pedometer not positioned correctly.
- Pace of walking.
- How you walk.
- Pedometer rolls forward or flips upside down.

CARING FOR YOUR PEDOMETER

- Avoid dropping or crushing.
- Avoid excessive moisture.
- Avoid forcing the pedometer clip onto a belt or pant waist.

IMPORTANT!



- The lid must be *closed all the way* for the pedometer to work correctly and count steps.

*This pedometer
won't record any
steps.*

How useful was the information about how to wear the pedometer to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

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Clear

Barriers

Or, Things that Prevent you from
Walking

Think of 2 or more reasons

you don't walk.

Barriers

- Do you have . . .
- Many barriers to prevent you from exercising?
 - Or, are there excuses you use to prevent you from exercising?
- Take a moment to check out this website:
<http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>

Barriers

- Take the Quiz, “Barriers to Being Active”
http://www.cdc.gov/nccdphp/dnpa/physical/life/barriers_quiz.pdf
- What are the barriers that affect you the most?
- How can these barriers be reduced so that you can meet your step goal?

How useful was the information about barriers to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful were the links to websites dealing with barriers to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

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- Yes
- No

Submit

Clear

Monitoring Your Progress

How to Set Goals

**Think of a goal
you've
set and attained
before.**

How To Set Goals

- General ideas about writing goals:
 - Be Specific
 - Be Measurable
- EXAMPLE
 - “I want to walk 5,000 steps each day for 7 days of this week .

How To Set Goals

- Be Action-oriented

- Be Realistic

- EXAMPLE

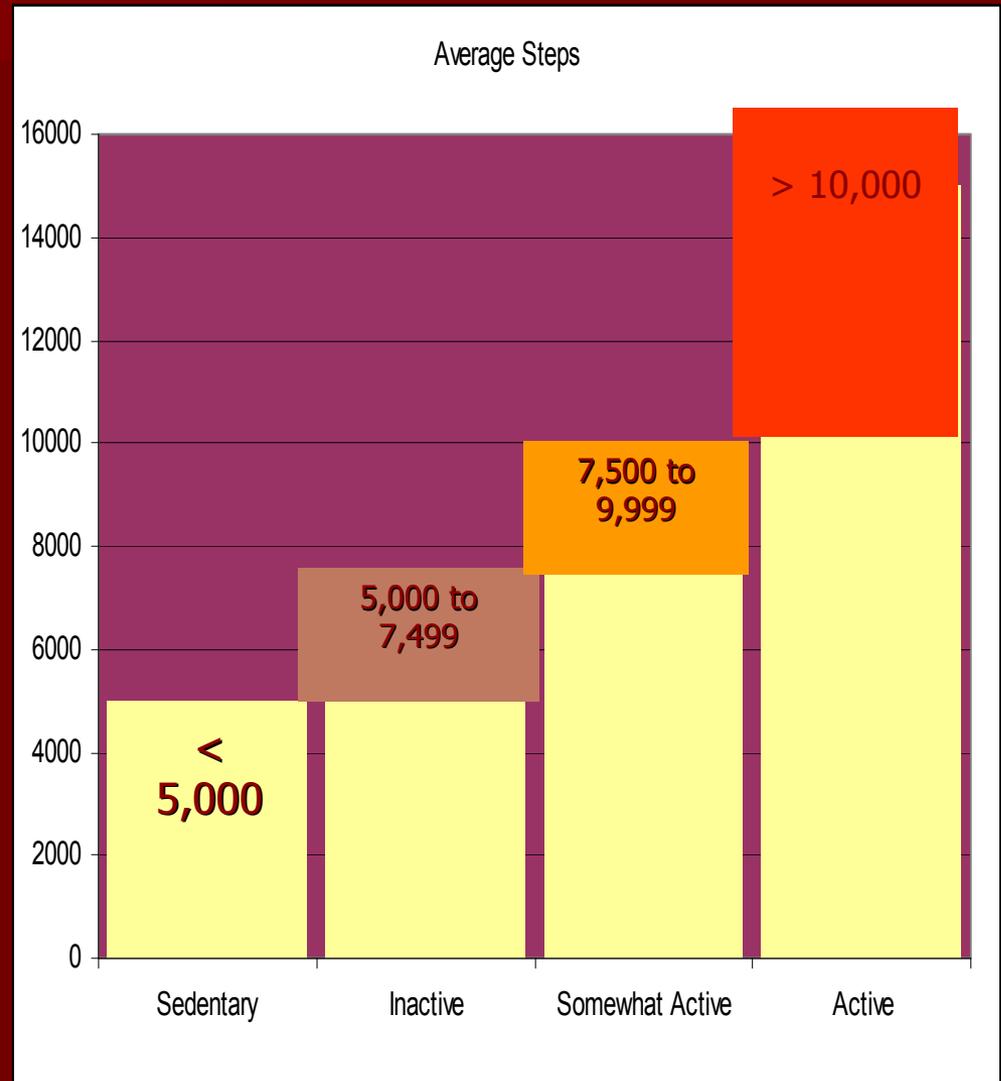
- “by taking the stairs instead of the elevator”.

After Setting the Goal!

- **Plan rewards for meeting your goals.**
 - Don't use food.
 - Choose a movie, a concert, a new CD!

How many steps are enough?

- Averages
- Consider your personal baseline steps and make a goal to increase your steps by 1,000, 2,000 or 3,000 over your baseline steps



Setting Personal Activity Goals with Pedometers

1. Find your baseline activity level.
2. Calculate your personal step-count goal as shown:

Baseline	Personal Goal	Goal for Week
3,000	$3,000 + 1,000$	4,000

Increasing Your Goal

- Add 1,000 steps to previous week's goal.

For example,

If my goal for *week 1* was 4,000.

The next week, I would calculate:

4,000 + 1,000 = 5,000 steps

Monitoring Your Activity

- Figure a step goal for the week.
- Go the Web-CT site and click on *forms/evaluation*.
- Complete the *Weekly Goals* form and submit.
- Record your goal for the week on your informal recording sheet.

Using Your Pedometer to Monitor your Step Goal

- Wear the pedometer as instructed every day.
- Record your steps (Friday to Thursday) on the informal recording sheet.
- Log onto the Web-CT
 - submit steps by completing *Recording Sheet* located in the section *Forms/Evaluation*

How useful was the information about how to make step goals to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful was the information about “how many steps are enough” to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

Do you feel this module could be improved?

- Yes
- No

Submit

Clear

Where to Walk

*And Other Helpful Links about
Walking*



**Name an area
in Cedar City
where you could walk.**



Walking Success

- Find a friend, spouse, or other person to be your walking buddy.
- Make walking fun!
- Make walking part of your daily life.



Places to Walk

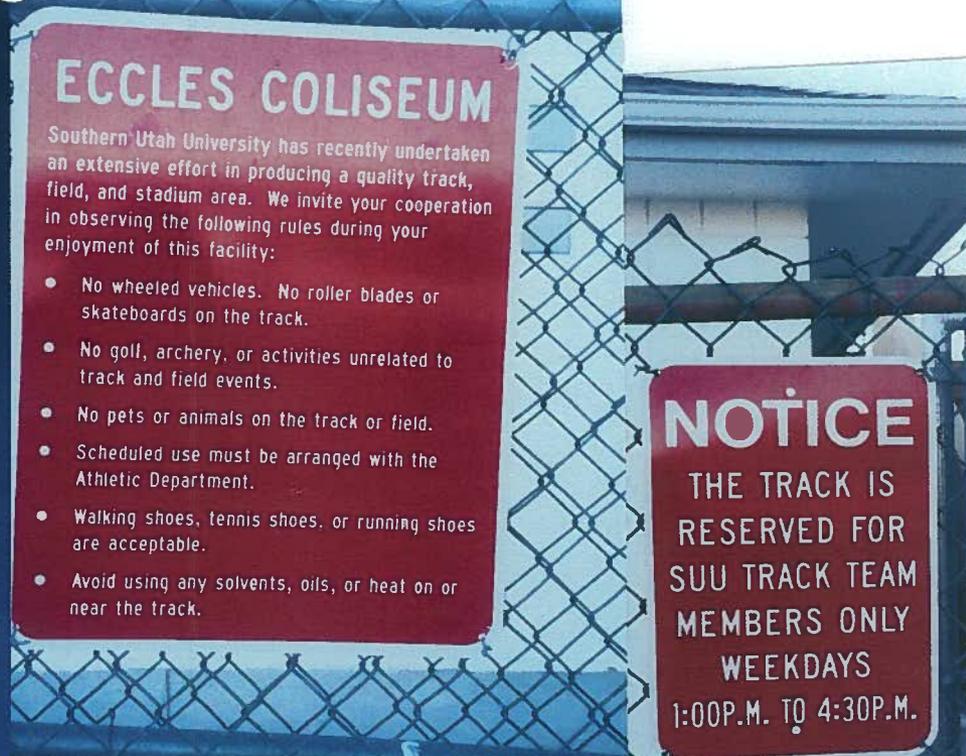
SUU outdoor track

Eccles Stadium (football)



SUU indoor track

Sorenson PE Building



ECCLES COLISEUM

Southern Utah University has recently undertaken an extensive effort in producing a quality track, field, and stadium area. We invite your cooperation in observing the following rules during your enjoyment of this facility:

- No wheeled vehicles. No roller blades or skateboards on the track.
- No golf, archery, or activities unrelated to track and field events.
- No pets or animals on the track or field.
- Scheduled use must be arranged with the Athletic Department.
- Walking shoes, tennis shoes, or running shoes are acceptable.
- Avoid using any solvents, oils, or heat on or near the track.

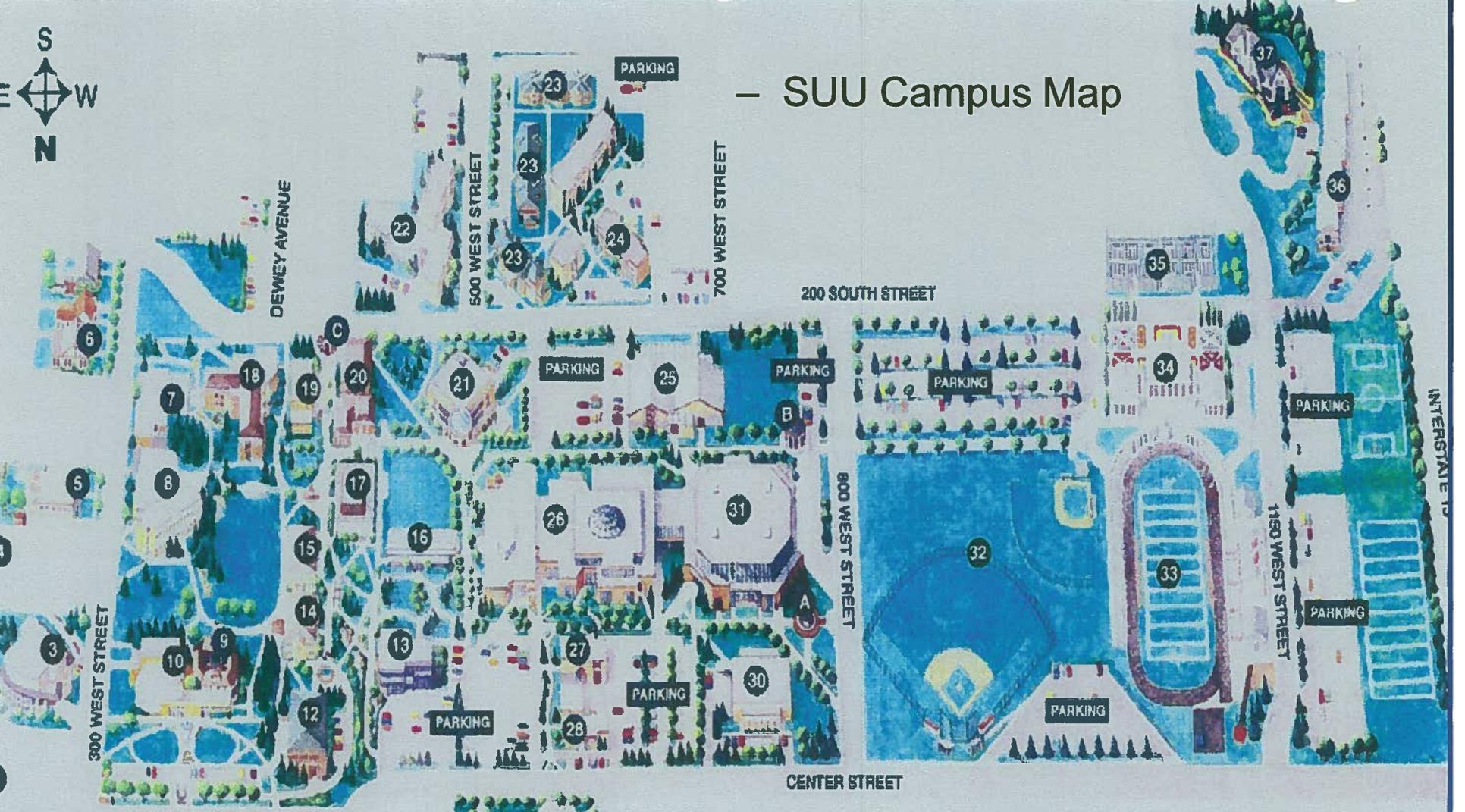
NOTICE

THE TRACK IS
RESERVED FOR
SUU TRACK TEAM
MEMBERS ONLY
WEEKDAYS
1:00P.M. TO 4:30P.M.



Hours: 6 am to 10 pm
Monday thru Saturday

- SUU Campus Map



- | | |
|---|--|
| 1. J. Reuben Clark, Jr. Alumni House | 21. Gerald R. Sherratt Library (LIB) |
| 2. Utah Shakespearean Festival Administration Center (SAC), 285 W. Center St. | 22. Juniper Hall (JU) |
| 3. Randall L. Jones Theatre (JT) | 23. Eccles Living and Learning Center (ELL) |
| 4. Burch Mann House (BMH), 90 S. 200 W. | 24. Manzanita Court |
| 5. Child Development Laboratory | 25. Multipurpose Center (MC) |
| 6. Greek Fraternity/Sorority Housing | 26. Sharwan Smith Center (ST) |
| 7. Life Science (LS) | 27. Heating Plant (HP) |
| 8. General Classroom Building (GC) | 28. Physical Plant Administration/
Automotive Technology (PO) |
| 9. Adams Memorial Theatre (AM) | 29. J.L. Sorenson Physical Education Building (PEE) |

HARDING AVE. (100 NORTH)

Places to Walk

- Cedar High track



- Canyon View High School track,
located at Cedar Middle School



More Places to Walk

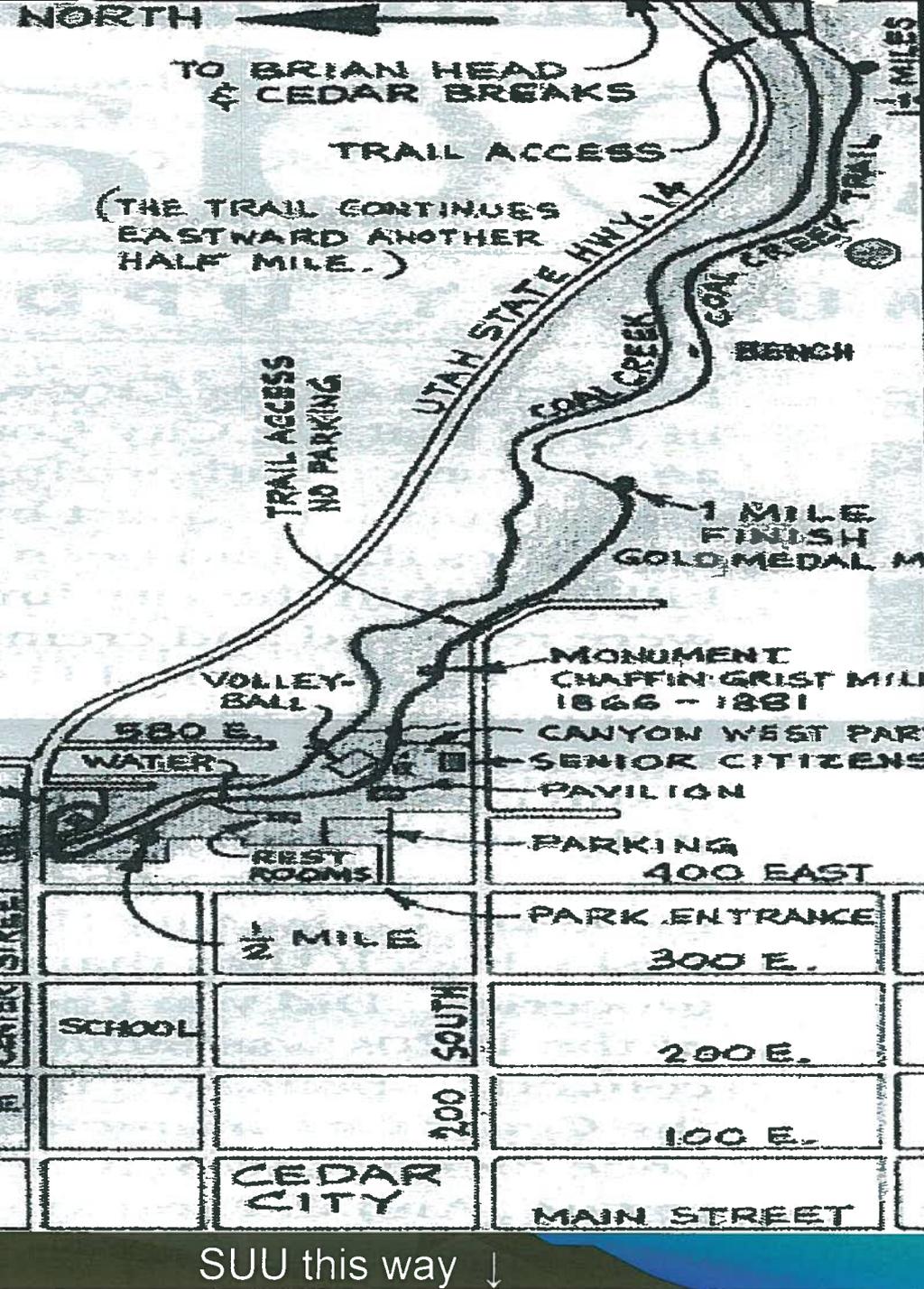


The Coal Creek Trail is a 5 mile trail that winds through city park and mountain scenery.

Coal Creek Trail

<http://www.cedarcity.org/parksandrec/Parks/Coal-Creek-Trail.htm>

Map of Coal Creek Trail



SUU this way ↓

Helpful Links

– Coal Creek Trail

- <http://www.cedarcity.org/parksandrec/Parks/Coal-Creek-Trail.htm>

– Hiking Trails in the Cedar City Area

- <http://www.brianheadchamber.com/hiking.html>



Helpful Links

– Utah Walks

- <http://www.utahwalks.org/>

– America On the Move

- <http://www.americaonthemove.org/WActiveLiving.asp?PageID=8>

– Walking information

- <http://www.walkinginfo.org>



How useful was the information on walking success to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful was the information on different areas in Cedar City to walk to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

How useful were the links to other walking websites to you?

- Not at all useful.
- Somewhat useful.
- I don't know.
- Useful.
- Very useful.

Submit

Clear

Do you feel this module could be improved?

- Yes
- No

Submit

Clear