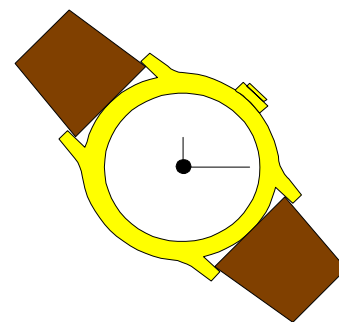


Session 3 or 6: Being Active: A Way of Life.



You *can* find the time to be active.

- ❖ **Set aside one block of time every day to be active.**
When can you set aside 20 to 30 minutes to do an activity you like?

- ❖ **Look for free time (10 to 15 minutes) during the day. Use the time to be active.**
When during the day might you have some free time (10 to 15 minutes)?

Lifestyle Activity

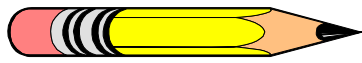
Make active choices throughout the day.
Every minute adds up to a "**more active you.**"



Inactive Choice (Limit)	Active Choice
When you shop, park your car as close as you can to the entrance to the store.	Park your car further away and walk.

Turn inactive into active time:

Try cutting your TV time in half. Walk instead.
Or be active while you watch TV (e.g., ride an exercise bike, lift weights).



To do next week:

I will:

Be active for _____ .

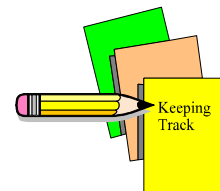


- ❖ Set aside one 20 to 30-minute block of time every day. Or find two or more free periods of time (10 to 15 minutes each).
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan other activities you LIKE to do.
- ❖ Warm up, cool down, and include stretches when you're active.

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes of activity:			

Keep track of when I am active.

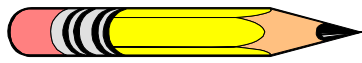
Record only the time when you're **doing** the activity.
 Don't record activities that last less than 10 minutes.



Include lifestyle activity throughout the day.

What I will do: _____

Next week we'll talk about the lifestyle activity you did.



To do next week:

I will:

Be active for _____ .



- ❖ Set aside one 20 to 30-minute block of time every day.
Or find two or more free periods of time (10 to 15 minutes each).
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan other activities you LIKE to do.
- ❖ Warm up, cool down, and include stretches when you're active.

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes of activity:			

Keep track of my weight, eating and activity.

Come as close to your fat gram goal as you can.

Record only the time when you're **doing** the activity.

Don't record activities that last less than 10 minutes.

Include lifestyle activity throughout the day.



What I will do: _____

Next week we'll talk about the lifestyle activity you did.

Keep It Safe

Being active is usually quite safe. But in rare cases, problems can arise. The best approach is prevention.

Prevent sore muscles or cramps.

- ❖ Only increase a **little at a time** how often, how hard, and how long you're active.
- ❖ Drink plenty of water before, during, and after being active.
- ❖ Wear socks that fit well, are comfortable, and keep your feet dry.
- ❖ Warm-up before and cool-down after every activity.

Warm-up

1. Do whatever activity you plan to do but at a lower intensity (lower heart rate) for a brief time.
2. Do a few minutes of mild stretching.

Most warm-ups take only 5 to 15 minutes.



Cool-down

1. Do whatever activity you have been doing, but at a lower intensity (lower heart rate) for a brief time.
2. Do a few minutes of mild stretching.

Most cool-downs take only 5 to 15 minutes.

If you do get a muscle cramp:

- ❖ Stretch the muscle, then massage it. Repeat.
- ❖ If there is still pain, put ice on the cramp for a few minutes. Then repeat the massage and stretching.

Stretch those muscles.

Stretching is one of the best ways to prevent and avoid muscle soreness, cramps, and injuries.

Stretching also helps you be more flexible and feel relaxed.

How to Stretch

- ❖ Do a short warm-up *before* stretching.
- ❖ Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- ❖ Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
- ❖ Relax. Then repeat 3 to 5 times.
- ❖ Stretch within your own limits. Don't compete.
- ❖ Breathe slowly and naturally. Do NOT hold your breath.
- ❖ Relax, enjoy, and feel good about yourself.



Important

Never stretch if you have pain before you begin.

If a particular stretch causes pain, stop doing it.

Listen to your body!

Here are some safe and easy stretches:

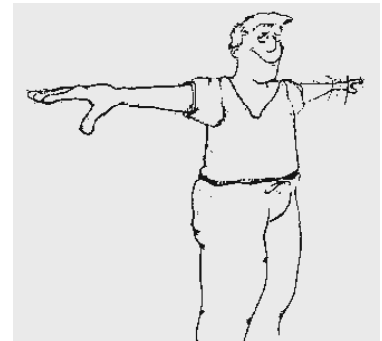
1. Arm Reaches

- ❖ Stand up straight with your feet shoulder-width apart.
- ❖ Counting to 5, stretch your right arm to the ceiling while keeping your feet flat on the floor. Repeat with your left arm.
- ❖ Do this 10 times. When finished, shake out your arms.



2. Arm Circles

- ❖ Stand with feet shoulder-width apart, knees slightly bent.
- ❖ Extend your arms straight out from the shoulders with your fingers spread and palms down. Keep your buttocks and stomach tight.
- ❖ Rotate your arms in circles 10 times forward and then 10 times backward. When finished, shake out your arms.
- ❖ Over time work up to 20 circles in each direction.



3. Waist Bends

- ❖ Stand up tall with your feet shoulder-width apart.
- ❖ Bend to the right, bringing your right arm down the side of your body and left arm over your head. Look straight ahead and count to ten. Slowly return to the straight-up position.
- ❖ Repeat the exercise, bending to the left side.
- ❖ Over time work up to 5 of these.



4. Sitting Toe Touch

- ❖ Sit on the floor with your feet placed flat against a wall, knees slightly bent. Reach out your hands and slowly stretch them toward your toes. Keep breathing.
- ❖ Repeat 2 or 3 times to start.
- ❖ Over time work your way up to 10 of these.



5. Back Press

- ❖ Lie on your back with your knees bent and your hands clasped behind your neck. Keep your feet flat on the floor. Take a deep breath and relax.
- ❖ Press the small of your back against the floor and tighten your stomach and buttock muscles. This should cause the lower end of the pelvis to rotate forward and flatten your back against the floor.
- ❖ Hold for 5 seconds. Relax.



6. Back Stretch

- ❖ Lie on your back with your knees bent and your arms flat on the floor at your sides. Keep your feet flat on the floor. Take a deep breath and relax.
- ❖ Grasp the **back** of one knee (**not** the top of the knee) with both hands and pull as close to your chest as possible. Return to the starting position.
- ❖ Repeat with the other leg.



7. Heel Cord (Achilles) Stretch

- ❖ Stand facing a wall an arm's distance away, with your knees straight and your heels flat on the floor.
- ❖ With your hands resting on the wall, allow your body to lean forward by bending your elbows slowly. Keep your legs and body straight and your heels on the floor.



8. Calf Stretch

- ❖ Stand straight with feet shoulder-width apart.
- ❖ Step forward with your right foot, slightly bending your right knee. The front of your knee should be lined up with the front of your toes. Your left leg should stay relatively straight and your left heel should remain on the floor. Hold for 10-20 seconds.
- ❖ Slightly bend your left knee. Hold for 10-20 seconds.
- ❖ Repeat for the opposite side.



If you do get a sprain, strain, “pull” or bruise: **R.I.C.E.**

Call your doctor if:

- ❖ You suspect a serious injury. If in doubt, call your doctor.
- ❖ You can’t move the injured area. Or there is immediate, severe swelling. These may be signs of a broken bone.

What R.I.C.E. stands for:	What to do:
R est (restrict movement)	<ul style="list-style-type: none"> ❖ Stop doing the activity. ❖ Rest for a few days. This will stop excess bleeding and promote healing. ❖ Sometimes splints, tapes, or bandages are necessary.
I ce	<ul style="list-style-type: none"> ❖ Apply ice or cold compresses for the first 24 to 36 hours after the injury. This reduces pain, bleeding and swelling. ❖ Schedule: 10 minutes on, 10 minutes off. ❖ <i>Always</i> wrap ice or compresses in an absorbent towel or cloth. Don’t apply directly or wrapped in plastic. That can cause frostbite and more injury.
C ompression (pressure)	<ul style="list-style-type: none"> ❖ Apply pressure by wrapping the injury with an elastic bandage. This helps to reduce swelling and blood flow to the area. ❖ The bandage should be tight enough to reduce blood flow but not cut it off completely. Loosen the bandage if your toes or fingers begin to feel numb or lose their color.
E levation	<ul style="list-style-type: none"> ❖ Lift the injured area above heart level. Keep it elevated whenever possible, not just during icing. ❖ This helps reduce internal bleeding and pooling of blood in the area that can cause pain and throbbing.

When to stop exercising...

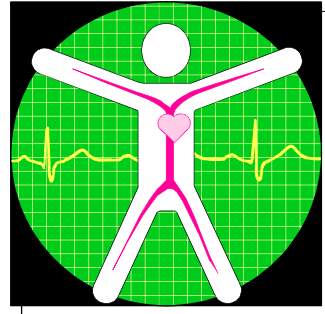
Being active is usually quite safe. But in rare cases, problems can arise. Be aware of some of the signs and symptoms of when to stop exercising.

Chest pain or discomfort.

What: Uncomfortable feeling of pressure, pain, squeezing, or heaviness.

Where: Possibly in the:

- ❖ Center of the chest,
- ❖ Spread throughout the front of the chest, or
- ❖ Radiating to the shoulder(s), arm(s), neck, and back.



What to do: **Stop and sit or lie down.**

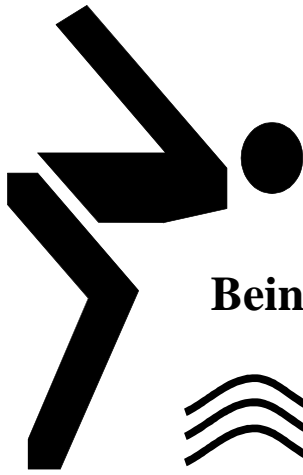
If it doesn't go away after 2-4 minutes, go to an emergency room.

If it does go away, but returns each time you exercise, see your doctor.

Severe nausea, shortness of breath, sweating, or feeling lightheaded.

What to do: **Call your doctor.**

These may or may not be signs of something serious like a heart problem.



Being more active will:

- ⇒ Help you feel and look better.
- ⇒ Make you more physically fit.
It will be easier for you to do your daily work, like climbing stairs.
- ⇒ Help you lose weight and keep it off.
- ⇒ Lower your risk for heart disease, some kinds of cancer, and may prevent diabetes. Being more active:
 - ⇒ Raises HDL cholesterol (the “good” cholesterol or fat in the blood).
 - ⇒ Lowers triglycerides.
 - ⇒ Lowers blood pressure.
 - ⇒ Lowers blood sugar by making the body more sensitive to insulin.

It's not easy to start being more active.
We are here to help.

Come to the Lifestyle Balance activity sessions!

- ❖ Have company and support while you're being active.
- ❖ Walk or do other physical activity together.
This will help you reach your weekly activity goals.
- ❖ Have FUN.
- ❖ The staff will be there to help you.

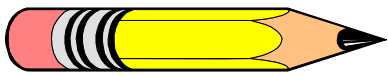


So, get on your walking shoes and join us!
The Lifestyle Balance activity sessions will be held:

Where	Day of the Week	Time

Plan other activities you LIKE to do.

We suggest **brisk walking**. It's easy to do and good for you.
What other activities might you like to do?



To do next week:

I will:

Be active for _____ .

- ❖ Include a friend or family member if you like.
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan activities you LIKE to do.



	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total minutes for the week:		

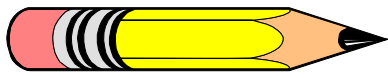
Keep track of when I am active every day.

Use your Keeping Track books.

Record only the time when you're *doing* the activity.

(Don't include breaks.)





To do next week:

I will:

Be active for _____ .

- ❖ Include a friend or family member if you like.
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan activities you LIKE to do.



	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total minutes for the week:		

Keep track of my weight, eating, and activity.

Use your Keeping Track books.

Record only the time when you're *doing* the activity.

(Don't include breaks.)



Bring in (or wear) the shoes I might wear when I'm active.

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you have shoes now that fit well and support your feet. But here are some pointers if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- ❖ Visit one or more store(s) you trust. Try on various styles and brands.
- ❖ The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.

Look for a good fit.

- ❖ Wear the kind of socks you'll wear when you're active. Cotton are best.
- ❖ Go to the store right after you've been active, if possible.



That way, your feet will be the size they are when you're warmed up.

- ❖ The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
 - There should be one thumb's width of space between your longest toe and the end of the shoe.
 - The heel should NOT pinch or slip around when you walk.
 - The shoes should bend easily at the ball of your feet (just behind your toes).

Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- ❖ Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- ❖ Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.