

*For now, for your future...*




**Active Lifestyles – A way of life**  
Kim Pullman, RD, LN ~ Deb Rapaport, RN, BSN

What has been working for you?



*First things first:*

1. Write your weight on your chart.
2. Draw a line from your ninth week's weight to the tenth.
3. Take out your F&F Log.
  - a) Were you all able to fill it out each day?
  - b) Were you able to add in the calories/portion size?
  - c) Make a note about how you did this week.



What is an "Active Lifestyle?"

- A way of life where physical activity is built in. For weight loss and maintenance, deliberate physical activity MOST days is a must.
- Focus on what you like to do first. Then think, VARIETY and INTENSITY!
  - Cardiovascular, Strength & Flexibility.
- Think balance in every day. Balance your sitting with your moving. There are studies now that say that sitting most of the day increases your risk of dying...
- If you have increased your activity this week, congratulations! You have decreased your chances of diabetes and increased beta cell function.

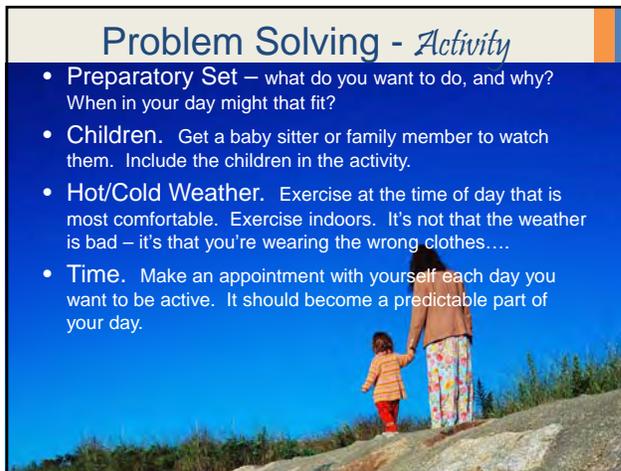
## Find Opportunities



- On F&F Log – Circle your physical activity:
  1. How many days each week?
  2. What prevented you from being active?
  3. What did you enjoy?
  4. Where can you add?

## Problem Solving - *Activity*

- **Preparatory Set** – what do you want to do, and why? When in your day might that fit?
- **Children.** Get a baby sitter or family member to watch them. Include the children in the activity.
- **Hot/Cold Weather.** Exercise at the time of day that is most comfortable. Exercise indoors. It's not that the weather is bad – it's that you're wearing the wrong clothes....
- **Time.** Make an appointment with yourself each day you want to be active. It should become a predictable part of your day.



## How to *Get Moving*

### **WALKING!**

- Walking is easy and free!
- Walking works!
- Walking pays...according to American Heart Association, "Physically active people save \$500 a year in healthcare costs."  
[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity\\_UCM\\_001080\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp)
- Robert Sweetgall Presentation:  
<http://mtdept.na4.acrobat.com/p27143780/>

## How To *Stay Motivated* With Walking

- Find a walking partner/group.
- Wear comfortable walking shoes and socks to cushion your feet.
- Try Nordic Walking-poles
- [http://walking.about.com/cs/poles/a/nordicwalking\\_2.htm](http://walking.about.com/cs/poles/a/nordicwalking_2.htm)
- Check out the DVD from Exerstrider.
- Warm-up/active walking/cool-down.
- Commit to three days a week for two weeks and STICK TO IT.
- [http://www.nhlbi.nih.gov/hbp/prevent/p\\_active/tips.htm](http://www.nhlbi.nih.gov/hbp/prevent/p_active/tips.htm)

### How To *Increase Physical Activity* At Home

- Gardening/Yard work...riding lawn mower doesn't count!
- Walk to the corner market or mailbox instead of stopping on your drive home.
- TV time...if you do watch TV, incorporate activity...march in place during commercials, ride your stationary bike while watching your favorite show or movie.
- When cleaning, dusting or putting groceries away-stretch tall to reach high places and squat down to reach low places (rather than bending at waist).
- Carry things up stairs rather than leaving at the bottom of stairs till next trip upstairs.

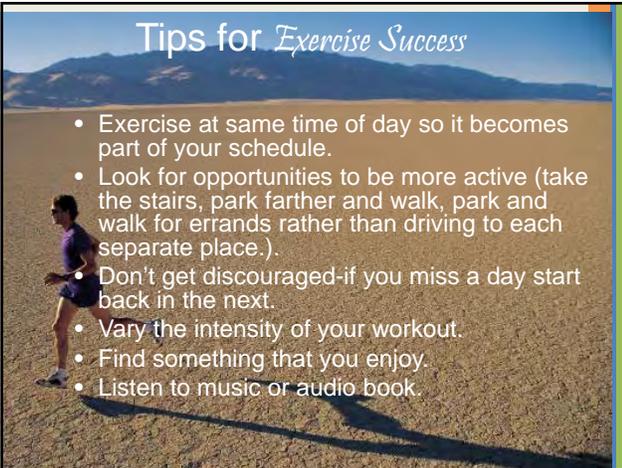
### How To *Increase Physical Activity* At Work

- Brainstorm project ideas with coworker while taking a walk.
- Stand up while talking on the phone.
- Stairs, go talk to person face-to-face.
- Business travel-pack your exercise shoes/swim suit-use the hotel fitness center, swim.
- Print out chair exercises/desksize or cubicle yoga to take with you...do this in hotel room.



### Tips for *Exercise Success*

- Exercise at same time of day so it becomes part of your schedule.
- Look for opportunities to be more active (take the stairs, park farther and walk, park and walk for errands rather than driving to each separate place.)
- Don't get discouraged-if you miss a day start back in the next.
- Vary the intensity of your workout.
- Find something that you enjoy.
- Listen to music or audio book.



### Remember *YOUR* Goals?



1.  
Weight Loss



2.  
Exercise



3.  
Healthy Habits

## Concentrate on Goal 2

- Based on your physical needs, choose a exercise goal for this week.
- Write down one simple action you will take **THIS WEEK** to move toward that goal.
- Write down barriers do you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – **DO SO!**  
*Remember, achievable, specific, measurable, time for completion.*

*Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.*

## Incidental Activity

*Think outside the "well."*

1. Walking to the printer,
2. Stairs,
3. Bouncing your foot,
4. Adjusting position,
5. Walking to the bathroom,
6. Twirling your pen,
7. Singing to the radio/ipod,
8. Picking up toys,
9. Cleaning up as you cook....



## Food and Fitness Log

This weeks mission: Record everything you eat + portion size + calories + activity

## Fun with Physical Activity

Activity, sometimes more than other healthy habits, is about putting yourself first. Don't let other demands interfere with what is best for you.





*Positive Thinking*

- Don't think, just GO!
- Seize the moment. Have a few minutes waiting for a prescription? Take a walk around the building.
- You may find that a walk is a better way to relax and unwind than TV...
- Every little bit you do COUNTS!

**Remember - 4 Keys to Success**

Getting to and Maintaining a Healthy Weight

1. **Low-calorie diet**
2. **Regular and varied exercise**
3. **Very little (1hr. or less/day) television.**
4. **Eating Breakfast EVERY day**



*Unlock your potential*



*This Week:*

1. **Challenge:** Try something new this week!
2. **DO** what you've decided that you will to meet your goal.
3. **PRINT** another week for the food and fitness log.
4. **RECORD** your food, fitness and weight in your log.
5. **BRING** your binder and log to our next webinar.

Our next meeting is **Monday from 12-1pm.**

Let us know if you have any questions during the week.



*Your Turn*

