

Active Lifestyles

A way of life

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For now, for your future.



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Reflection: What is one positive thing that happened this week?



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Reflect on your week

1. Write your weight on your chart.
2. Draw a line from your ninth week's weight to the tenth.
3. Review your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Did you tackle any problems this last week?
 - b) Make a note about how you did this week.



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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.



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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.



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How to Get Moving

WALKING!

- Walking is easy and free
- Walking works
- Walk With Ease Program: designed for those with chronic conditions or who are just starting activity. Program is virtual and has several start times per year!

<https://dphhs.mt.gov/publichealth/arthritis/stateofmontanawellnessprograms>

- 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



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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
- Warm-up/active walking/cool-down.
- Commit to three days a week for two weeks and STICK TO IT.
- Check out some additional activity tips here:
https://www.nhlbi.nih.gov/health/educational/lose_wt/phy_act.htm



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How to Increase Physical Activity

- 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.



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How to Increase Physical Activity

- Stand up or walk while talking on the phone/video conference.
- Use the stairs
- Talk to someone face-to-face
- Travel – pack your shoes and swimsuit and use hotel facilities.
- Print out or bookmark chair exercises/desksize or cubicle yoga.
- Virtual workouts. Lots of options! Yoga with Adriene is free on YouTube.



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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.



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Find Opportunities



Think about your current activity and target a small change you can make.

- What do you enjoy doing?
- Do you wear a fitness tracker? Try adding 2,000 steps.
- Do you attend a gym? How can you change your workout?
- What prevents you from being active? How can you remove that barrier?
- Are there times during the day/week you can more easily add activity?



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Food and Fitness Log

This week's mission:

Record everything you eat.

Record the portion size, calories, and activity.

Set an exercise goal for yourself.



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Remember YOUR Goals



1. Weight Loss



2. Exercise



3. Healthy Habits



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Incidental Activity

Accounts for about 70% of your calorie burn from physical activity each day.

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 music,
8. Picking up toys,
9. Cleaning up as you cook....

A pedometer or fitness tracker is an excellent way to track how much incidental activity you get each day.



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Goal Setting

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



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- 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!

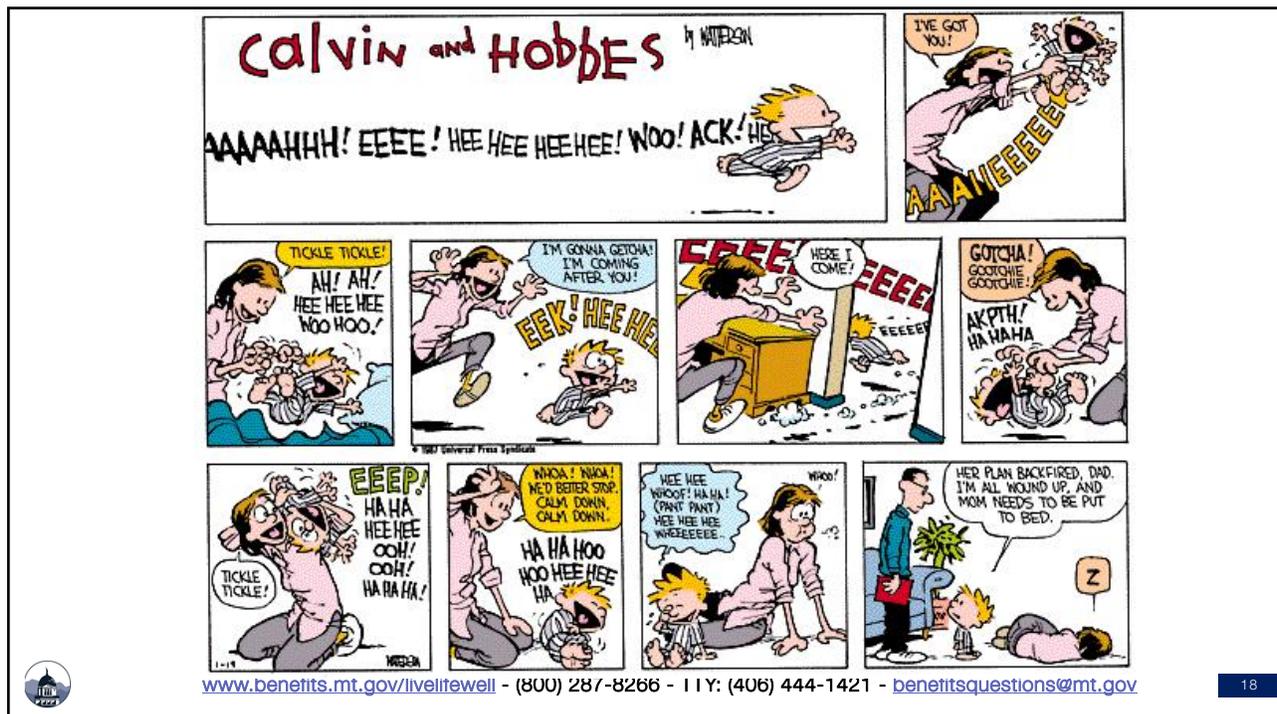
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This Week:

- SET or ADJUST your goals.
- DO what you've decided that you will to meet your goals.
- RECORD your food, fitness and weight in your log.
- PRINT another week for the food and fitness log.
- BRING your binder and log to our next webinar.

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