



YW1

YOUR WELLBEING

Exercise Within Reach

Time: 70 Minutes

Get ready to stretch, strengthen, and even jump – all exercises that can be done easily at home or in your backyard. Regular exercise and physical activity are a part of good health and wellbeing and work hand in hand with good nutrition. Learn how to integrate healthy food and good hydration into your fitness routine. Set your goals, identify personal motivators and create an exercise plan that works for you and your family's lifestyle.

OBJECTIVES:

Understand the AHA's weekly physical activity recommendations (150 minutes of moderate intensity or 75 minutes of vigorous intensity).

Identify one personal motivator and one way to remove a barrier to becoming more physically active.

Establish a personal workout plan that works for you.

SETUP

- Review resource list and print it out. Purchase all necessary supplies.
- Set up three stations with exercise signs and appropriate equipment (if needed) and instructions.
- Review recommended exercises to familiarize yourself.
- Provide computer, internet access, and projector, if available.

INTRO

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. *10 Minutes*

DEMO

- Play video(s) or demonstrate content (see demo script). *10 Minutes*

ACTIVITY

- Participants will break into groups and rotate through three stations with specific exercises of varying intensity levels. *20 Minutes*

RECAP

- Pass out handout(s) and review with participants. *10 Minutes*

GOAL SETTING/CLOSING

- Engage in a goal setting activity from the bank of options provided in the facilitator guide. Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) *20 Minutes*



NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

Exercise Within Reach Resource List

HANDOUTS/VIDEOS

These resources can be found on the AHA's YouTube channel or heart.org.

- Exercise Within Reach demo video
- The AHA's Target Heart Rate General Guidelines handout
- Life's Simple 7: How To Be More Active handout
- Exercise Descriptions handout
- [Stretches](#) (choose any three)
- [Healthy Post-Workout Snack recipes](#) (choose one for after the workout)
- Setting SMART Goals handout (please locate in this guide)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Three exercise stations
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

ACTIVITY SUPPLIES*

- Water bottles
- Post-workout snack (choose food with carbohydrates and protein; whole-wheat bread with low-fat nut butter, unsalted nuts)
- Yoga mats
- Exercise signs

**Purchase appropriate number of supplies for your participants.*

Exercise Within Reach Demo Script

Use if video capabilities are unavailable.

 **SAY:** There are simple steps in learning to enjoy exercise. Some of the benefits of regular physical activity are increased energy and better cardiovascular health (heart health). Find an exercise that best fits your personality and lifestyle.

 If you are social person, do something that engages you socially, like going to a group exercise class, joining a kickball team or walking with a group of friends.

 Or, if you prefer having time alone, walking or jogging solo might be a better fit for you.

 Finding a peer group is the perfect way to connect with others who share your goals, lifestyles, schedules and hobbies.

 Make it a habit. Be honest with yourself. If you don't live close to a gym, it may be harder to become a habit for you to go. Likewise, if you are not a morning person, don't plan on somehow getting up at the crack of dawn to work out.

 There are many ways to fit exercise into your life, and it doesn't mean you have to make a big financial investment. You can borrow exercise videos from the library. Do weight or resistance training with items around your home (for example, use canned goods as light weights).

 Walking is a great option as well. The only investment is a good pair of shoes. It's usually convenient, comfortable and safe to work out at home. It's okay to break up your physical activity into smaller sessions.

 Set goals for yourself. The AHA recommends 150 minutes of moderate aerobic activity a week, like walking briskly or biking. 75 minutes of vigorous aerobic activity, like jogging or playing basketball, over at least 3 days per week in sessions of at least 10 minutes. And include muscle strengthening activity at least 2 days per week for even more health benefits. If that sounds overwhelming, start with 10-minute workout sessions.

 Keep going. If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you get back at it the next day.

 Who can tell me some barriers (or obstacles) you may have with exercising?

Pause, wait for responses (lack of time, no social support, lack of motivation/energy, lack of equipment, caregiving responsibilities, etc.). Ask participants to brainstorm or share stories of overcoming these barriers. See below for examples of barriers and solutions.

Barrier: Lack of time

Solutions: Monitor your activities for one week and identify at least three, 30-minute slots you could use for physical activity. Select activities that you can fit into your home or work routine such as walking in your neighborhood, climbing stairs, parking farther away or exercising while you watch TV.

Barrier: Friends and family don't share your interest in physical activity

Solutions: Explain your fitness and/or health goals to friends and family and ask for their support. Invite friends to participate in physical activity with you and plan activities involving exercise. Join a local gym or walking club to find people with similar goals to offer support.

Barrier: Lack of motivation and/or energy

Solutions: Plan ahead. Schedule physical activity for specific times/days and "check" it off your list or calendar each time you complete it. Determine what time of day you feel more energetic and try to fit activity into that time frame. Join an exercise group or class and seek out others in the group to help motivate you and keep you accountable to attend. Try packing your workout clothes the night before and taking them with you when you go to work to serve as a reminder.

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Exercise Within Reach Demo Script (Continued)

SAY: Barrier: Lack of resources/equipment

Solutions: Select activities that don't require gym equipment or a membership, such as walking, jogging, jumping rope or calisthenics. Identify inexpensive, convenient resources in your community, such as parks and recreation programs, walking clubs, etc. You can also look around your room for unconventional gym equipment, like soup cans or milk gallons filled with water to use as weights.

Barrier: Family caregiving obligations

Solutions: Exercise with your kids. Go for a walk together, play tag or other running games. You can spend time together, while making sure they're getting the daily physical activity they need to stay healthy. If you have a specific exercise class you like to attend, try alternating babysitting time with a neighbor.

 It is also important to remember to fuel your body with the right foods and liquids before, during and after exercising.

 Fuel up two hours before you exercise by:

- Hydrating with water.
- Eating healthy carbohydrates such as whole-wheat toast, fruits and vegetables.

 Make sure to keep your body hydrated with water during your workout.

 After you exercise make sure to drink water and snack on healthy carbohydrates and protein.

 So do what works best for you. Know that what you put in your body (nutrition) is as important as you what you do with your body (exercise). As always, listen to your medical provider on specific dietary requirements and recommendations before you start an exercise routine.

Pass out the AHA's Target Heart Rate General Guidelines handout.

 **SAY:** When you work out, are you doing too much or not enough? There's a simple way to know: Check your target heart rate.

 Before you learn how to calculate and monitor your target training heart rate, you have to know your resting heart rate. Your resting heart rate is the number of times your heart beats per minute while it's at rest. You can check it in the morning after you've had a good night's sleep and before you get out of bed.

 According to the National Institute of Health, the average resting heart rate:

- for children 10 years and older and adults (including seniors) is 60 - 100 beats per minute

 As you exercise:

- Take your pulse on the inside of your wrist, on the thumb side.
- Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
- Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent to 85 percent of your maximum heart rate. This range is your target heart rate.

Watch and let participants practice.

 Your maximum heart rate is about 220 minus your age. You can also look at your handout I passed out.

 In the age category closest to yours, read across to find your target heart rate. Your heart rate during moderate aerobic activities is about 50 to 69 percent of your maximum heart rate; your heart rate during vigorous (hard) aerobic physical activity is about 70 percent less than 90 percent of the maximum heart rate.

 These figures are averages, so use them as general guidelines.

Exercise Within Reach Activity Script

Divide up participants into teams to rotate through the exercise stations. Read physical activity safety brief. Pass out water bottles (if participants didn't bring their own) and Exercise Descriptions handout.

 **SAY:** Today, we will rotate through three exercise stations where you will try a few different exercises. I will have a timer out and when you hear the buzz you can rotate to the next station (clockwise). Follow me around the room and I will demonstrate each exercise. You will have 5 minutes at each station. Make sure to drink water throughout the activities.

Demonstrate all exercises while explaining.

 **SAY:** **STATION 1 is our stretching area.** You will practice three stretches. Remember to breathe normally during each stretch.

 The first is an **abductor (or inner thigh) stretch.**

 *Keeping your torso upright, lunge to one side with a bent knee over the toe. Keep your other leg straight. Push your weight to the "bent knee" side until you feel a stretch in the inner thigh of your straight leg. Hold for 20–30 seconds on each leg.*

 Now we will practice a **calf stretch.**

 *Stand facing a wall with both hands on it. Position one foot forward (knee bent) and the other leg back with the leg straight, toes pointing at the wall. With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of the back leg. Hold for 20–30 seconds on each leg.*

 Next is a **toe touch.**

 *Place your right leg on a chair or railing, making a 90-degree angle with the other leg. Keep your left leg straight and lean forward, touching the toes of your right leg. Don't bounce. Switch legs and do the same thing. Repeat the three stretches 1–2 times.*

 **SAY:** **OUR SECOND STATION is muscle strengthening.**

 We will start with **squats.** Everyone practice these with me.



- Place your feet hip-width apart.
- Bring your arms forward sitting back as if reaching for a chair that someone is pulling away. Be sure that your knees do not move forward but stay behind your toes while you go as deep as possible until your thighs are parallel to the floor.
- Return to the standing position by pushing on your heels and lifting your chest.



Squats strengthen the abs as well as the quadriceps (thighs) and glutes (buttocks), two huge muscle groups.



If you have bad knees, when squats are done properly, they will ease pressure from the knees by strengthening the surrounding muscles without any unnecessary impact on the joint. You will do 10 of these to start.



We will now do a **push-up.** Push-ups strengthen your arms, chest, back, abs and glutes all at once. Try and go for a regular push-up. Practice with me:



- Start on your hands and knees.
- Place your hands wider than your shoulders and your knees should be behind your hips.
- Curl in your toes and lift your knees off the floor, straightening your body into a plank position. This is your starting position.
- Next, bend your elbows and lower your chest and hips simultaneously until your elbows are at a 90-degree angle.
- Finally, push on your hands to lift your chest and hips back into the starting position.



To modify this exercise, simply leave the knees on the floor for your starting position, but remember they should be behind the hips. Make sure to keep the chest and hips aligned as you lower your body to strengthen the entire core. You will do 10 of these to start. If you rotate through all 3 exercises before the timer goes off, just start the sequence again.

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Exercise Within Reach Activity Script (Continued)



SAY: Our final muscle strengthening exercise is **tricep dips**. This exercise focuses on the triceps, a small muscle on the backside of the upper arm. Practice with me:

- *First, sit on the floor and place your hands on the floor behind your hips and directly below your shoulders.*



- *Bend your knees, place your feet under the knees and lift your hips off the floor; this is your starting position.*
- *Bend your elbows and lower your upper body, just before the hips touch the floor.*
- *Extend your arms and push on your heels to return to the starting position.*



You will do 10 of these. If you rotate through all 3 exercises before the timer goes off, just start the sequence again.



SAY: **OUR FINAL STATION is our aerobic circuit.** We will rotate through jumping jacks and seated leg raises. The jumping jacks will increase your heart rate and then you will come down to do seated leg raises.



Do **30 jumping jacks** and then move to the seated leg raises.



To do a **seated leg raise**: start in a seated position on the floor with your legs fully extended.

- *Place your hands on the floor besides your hips, being careful not to go too far back behind the hips to keep the resistance in the abs and not the back.*



- *Now, take a deep breath. As you breathe out, activate your core muscles and lift both legs to a tolerable height, being careful not to hold your breath.*
- **Slowly** lower your legs back to the starting position (keyword being slowly, without harshly dropping the feet to the floor). As you will soon see, this is a simple but powerful movement.



You can repeat this movement 10 times. If the time isn't up before you finish, start with the jumping jacks and keep going.

Pass out the post-workout snack (see Resource List for ideas) to all participants.

The AHA's Target Heart Rate General Guidelines



Maximum heart rate is ~220 minus your age.

Heart rate during moderate aerobic activities is about 50-69% of your maximum heart rate, versus heart rate during vigorous/hard physical activity is about 70% to less than 90% of the maximum heart rate.

AGE	TARGET HEART RATE ZONE 50 – 85%	AVERAGE MAXIMUM HEART RATE 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

Please talk to your medical provider before starting an exercise routine.



HOW TO BE MORE ACTIVE

GET ACTIVE

1 SET GOALS

Adults should get a weekly total of at least

150
minutes
of Moderate
Aerobic Activity*



OR

75
minutes
of Vigorous
Aerobic Activity*



*or a combination of the two^{1,2}



Over at least **3 Days** per week in sessions of at least **10 Minutes** each.

AND



MUSCLE strengthening activity at least **2 Days** per Week for additional health benefits

The American Heart Association recommends that adults who need to lower blood pressure and/or LDL cholesterol should get moderate to vigorous activity **3 to 4 Days per Week** in sessions averaging **40 Minutes** each.²

KIDS & TEENS
should get at least **60 Minutes** of physical activity every day.



LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/PHYSICALACTIVITY

1. U.S. Department of Health and Human Services. (2008, October). 2008 Physical Activity Guidelines for Americans. No. U00036.
2. Eckel RW, Jakicic JM, Ard JD, de Jesus JM, Houston Miller N, Hubbard VS, Lennie P, Lichtenstein AH, Loria CM, Millin BE, Norman CA, Sacks FM, Smith SC Jr, Svetkey LP, Wadden TA, Yanovski SZ. 2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. Circulation. 2014;129(suppl 2):S76-S99.

2 TRY THESE TIPS



SCHEDULE

Break your exercise into easy daily amounts! Try at least 30 minutes of activity 5 days a week, or 22 minutes every day.²



SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.



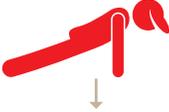
KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity to gain even more health benefits.



WALK MORE

There are many ways to get active. You may find walking the easiest to stick with over time. Walking more is a simple, positive change you can make to improve your heart health.

EXERCISE	DESCRIPTION AND INSTRUCTIONS
 <p>Side lunge</p>	Hold 20-30 seconds on each leg
 <p>Calf stretch on wall</p>	Hold 20-30 seconds on each leg
 <p>Toe touch</p>	Repeat 1-2 times
 <p>Squat</p>	10 squats
 <p>Push-up</p>	10 push-ups
 <p>Tricep dip on floor</p>	10 tricep dips
 <p>Jumping jacks</p>	30 jumping jacks
 <p>Seated leg raises</p>	10 leg raises

Please talk to your medical provider before starting an exercise routine.

Setting SMART Goals

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
