Exercise Within Reach
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

• Introduction
• Learn about Exercise
  - Benefits
  - Barriers
• Group Activity
• Re-fuel
• Workout Plan
• Goal Setting
Learning Objectives

• Understand the American Heart Association’s physical activity recommendations.

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

• Establish a personal plan that works for you.
Ice Breaker
Benefits of Exercise

• Increased energy
• Lower blood pressure
• Improve blood sugar
• Reduce feelings of stress
• Improve quality of sleep
• Improve memory
• Support mental well-being
• Increase self-confidence
Exercise That Works for You

- Social or individual
- Make it a habit
- Time of day
- Give yourself attainable options that fit your life
- Start with shoes
- Smaller sessions count
- Set goals
- Keep going!
What Are Some Barriers To Exercise?
Barriers To Exercise

• Time
• No social support
• Motivation and/or energy
• Lack of resources
• Life obligations and/or caregiving responsibilities
• Fear of injury
• Lack of skill
Barrier: Time

• Monitor activities
• Find time slots for physical activity
• Select activities that fit into routine
• Set a schedule
• Make the time!
Barrier: Social Support

- Explain your goals
- Invite others
- Plan together
- Join active groups
Barrier: Motivation / Energy

- Plan ahead
- Schedule specifics
- Time of day
- Find fitness partners
- Play games or sports
- Keep workout clothes handy
- Physical activity is a mood lifter!
Barrier: Lack Of Resources

Barriers
• Money
• Equipment
• Access to facilities
• Transportation

Solutions
• Select activities that do not require equipment
• Use household items
• Identify community resources
• Plan ahead for accommodations
• Ask others and explore options
Barrier: Life Obligations

- Exercise with others
- Make it fun
  - Play games
  - Everyone benefits
  - Work together
Barrier: Fear of Injury

• Warm up and cool down
• Learn how to exercise appropriately
• Choose activities with minimum risk
  - Walking
  - Water aerobics
  - Yoga
• Listen to your body
Barrier: Lack of Skill

• Do what you know how to do
  - Hiking
  - Strolling
  - Take the stairs
  - Dancing
  - Stretching

• Take a class to develop new skills
  - Explore meeting with a trained professional
  - Watch fitness videos
Fuel Up for Exercise

• Hydrate with water
  - Small sips during workout
• Eat healthy carbohydrates
  - Whole-grain toast
  - Fruits
  - Vegetables
• Re-fuel after exercise
• Remember to talk to your doctor
# Target Heart Rates

<table>
<thead>
<tr>
<th>Age</th>
<th>Target HR Zone 50-85%</th>
<th>Average Maximum Heart Rate, 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 years</td>
<td>100-170 beats per minute (bpm)</td>
<td>200 bpm</td>
</tr>
<tr>
<td>30 years</td>
<td>95-162 bpm</td>
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Maximum Heart Rate = 220 - Age

\[ \text{Beats Per Minute} = \frac{\text{_____}}{6} \times 6 \]
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Get Active
Exercise Liability Disclaimer

Please talk to your medical provider before starting an exercise routine.
<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>DESCRIPTION AND INSTRUCTIONS</th>
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<tr>
<td>Side lunge</td>
<td>Hold 20-30 seconds on each leg</td>
</tr>
<tr>
<td>Calf stretch on wall</td>
<td>Hold 20-30 seconds on each leg</td>
</tr>
<tr>
<td>Toe touch</td>
<td>Repeat 1-2 times</td>
</tr>
<tr>
<td>Squat</td>
<td>10 squats</td>
</tr>
<tr>
<td>Push-up</td>
<td>10 push-ups</td>
</tr>
<tr>
<td>Tricep dip on floor</td>
<td>10 tricep dips</td>
</tr>
<tr>
<td>Jumping jacks</td>
<td>30 jumping jacks</td>
</tr>
<tr>
<td>Seated leg raises</td>
<td>10 leg raises</td>
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Adaptive Exercises

Air Punches
- Make a tight fist with each hand and place them up near your chin. Elbows should be pointing straight down. Use one hand at a time to extend and crum.

Arm Circles
- Grip two weights. Elevate your arms to your side at shoulder height. Move your hands in a circular motion forward and backward. Remember to breathe!

Bicep Curls
- Grip the weights tight with your palms toward the ceiling. Bend your elbows up to your shoulders. Slowly lower your arms to the starting position.

Heel Raises
- Position feet shoulder width apart and flat on the ground. Roll the weight of your body forward and up on the balls of your feet while lifting heels up.

Knee Raises
- Place your feet three to four inches apart. One leg at a time, lift your knee. Your leg should remain bent. Slowly lower your leg back to the ground.

Lateral Raises
- Grip the weight tight by your side with palms down. Lift both arms at the same time until both hands and elbows are out to your side at shoulder height.

Leg Lifts
- Place feet three to four inches apart. Extend each leg up and in front of you as high as possible. This exercise should be slow as possible.

Oblique Side Bends
- Grip the weight by your side. One side at a time, lean down until you feel a stretch. Remember to breathe, and if you feel pain you’ve gone a little too far.

Plank
- Lay on your stomach. Place your forearms on the ground, and bring your hips off the ground. Keep your back as straight as possible.

Push Ups
- Get in starting position by placing your hands in front of you at shoulder height. Next, put your hands on the wall or floor and lift yourself down and back up.

Russian Twist
- Stand or sit holding the weight at the center of your body. Rotate your hands to one side until you feel a comfortable stretch. Slowly turn to the center.

Shoulder Shrugs
- Grip two weights. Lift your arms next to your head in an “L” shape. Palms should face forward. Lift both hands above the head, and slowly return to “L” shape.

Tricep Raises
- Grip the weights tight and lift your arms up to the side. Your elbows are near the sides of your face. Your hands are behind your head.

Wall Sits
- Lean your back against a sturdy wall. Slowly bend your knees and lower your body into a seated position. You may also do leg lifts!

www.wellnessky.org/resources/project-cheer-adaptive-exercise-videos/
Warm Up

• 5 to 10 Minutes
• More intense activity needs longer warm up
• Do planned activity at slower pace
• Use entire body as best you can
Stretching: Calf Stretch

Standing

Seated
Muscle Strengthening: Squats

10 TIMES
Muscle Strengthening Alternative:
Side Lunges
Cardio: Jumping Jacks

1. Initial position
2. Jump and raise hands
3. Return to starting position
4. Repeat
Cardio Alternative: Dance

- Dance to increase your heart rate
- Have fun!
Cool Down

• Move slowly to lower heart rate
• About 5 minutes
• Stretch
  - Hold 10 to 30 seconds
  - Stretch both sides
  - Do not bounce
  - Remember to breathe
Re-Fuel After Exercise

Hydrate and Eat a Healthy Snack!
How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.

**Fit in 150+**
Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.

**Move More, Sit Less**
Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.

**Add Intensity**
Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.

**Add Muscle**
Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.

**Feel Better**
Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.

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**Move more, with more intensity, and sit less.**

Find out how at heart.org/movemore.
HOW TO BE MORE ACTIVE

1 MOVE MORE

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 both, spread throughout the week.

BE STRONG
Include muscle-strengthening activity (like resistance or weight training) at least twice a week.

ADD INTENSITY
Increase time, distance, amount or effort for more benefits.

SIT LESS
Get up and move throughout the day.

2 TIPS FOR SUCCESS

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 and intensity to gain even more health benefits.

WALK MORE
There are many ways to get active. You may find walking the easiest way to start.

ADD IT UP
Find ways to move more throughout your daily routine, whether it’s at work, on your commute or at home. Every active minute counts toward your goal.

MAKE A HABIT
Do something active every day at about the same time as it becomes a regular habit. Put it on your schedule so you’re less likely to miss a day.

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

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/BEACTIVE
Move Your Way Handout

What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

**Moderate-intensity aerobic activity**
Anything that gets your heart beating faster counts.

- **at least 2 days a week**
- **at least 150 minutes a week**

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

Tight on time this week? Start with just 5 minutes. It all adds up!

Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.

Is it moderate or vigorous? Use the “talk test” to find out.

When you’re being active, just try talking:
- If you’re breathing hard but can still have a conversation easily, it’s moderate-intensity activity
- If you can only say a few words before you have to take a breath, it’s vigorous-intensity activity

What counts?

Whatever gets you moving!

- Even things you have to do anyway
- Even things that don’t feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together, you can find a way that works for you.

And over time, physical activity can help you live a longer, healthier life.

- Lower your risk of diseases like type 2 diabetes and some cancers
- Control your blood pressure
- Stay at a healthy weight

So take the first step. Get a little more active each day. Move your way.

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner
Physical Activity Plan

Make Your Own
SMART

What are your SMART goals?

Specific
Measurable
Attainable
Relevant
Time-Based
SMART Goal Example

Goal:
I will be more physically active.

SMART Goal:
I will do muscle strengthening activities for 20 minutes Tuesdays and Thursdays on my lunch break.
SMART Goals

Step 5
Time-Based
When will this goal be met?

Step 4
Relevant
Will this goal help me reach my long-term goals?

Step 3
Attainable
How can this goal be met?

Step 2
Measurable
How will I know when I reach my goal?

Step 1
Specific
What do I want to accomplish?
Questions?
Thank You!