


Make Time to Move

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Allina Health Weight Management

Allina Health 

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Health Benefits of Exercise

- ▶ Protects against many chronic diseases (heart disease, diabetes, high blood pressure)
- ▶ Aids in weight management
- ▶ Lowers blood pressure (in people who already have high blood pressure) and improves cardiovascular health
- ▶ Improves quality of sleep
- ▶ Reduces feelings of anxiety and depression
- ▶ Promotes psychological well-being
- ▶ Helps build and maintain healthy bones, muscles, and joints
- ▶ Aids in mobility and balance
- ▶ Increases life expectancy
- ▶ Improves brain health and function

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Exercise and Weight Management

- ▶ Those who increase their physical activity in combination with reducing calories are more likely to retain their weight loss long-term
- ▶ According to the National Weight Control Registry, most maintainers are physically active for at least 60 minutes per day
 - ▶ You can achieve this by replacing some of your sedentary behaviors with more active ones
 - ▶ You can break this up into 10-minute sessions

What are some sedentary behaviors you can replace?

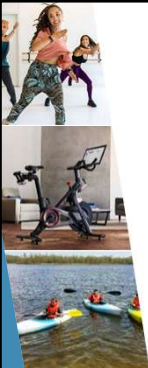
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Importance of Cardio/Aerobic Activities

- ▶ Aerobic activity:
 - ▶ Heart health: Decreases risk of heart disease, lowers blood pressure, increases HDL ("good") cholesterol, decreases resting heart rate
 - ▶ Helps you burn calories, strengthen muscles, and keep your bones strong
- ▶ Higher impact activity:
 - ▶ Jogging, walking, stair climbing, aerobic dance
 - ▶ If joint problems, arthritis, or previous injuries cause pain, choose low-impact weight-bearing activities or non-weight bearing activities
- ▶ Lower impact activity:
 - ▶ Swimming, cycling, rowing, water aerobics, water walking/jogging

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Other Cardio/Aerobic Activities



- ▶ Cardio equipment
 - ▶ Treadmill, elliptical, recumbent bike, rower, Peloton
- ▶ Body weight exercises
 - ▶ Mountain climbers, high knees, jumping jacks, burpees, jog in place
- ▶ Jump rope, trampoline
- ▶ Dancing
- ▶ Organized sports/adult leagues
- ▶ Home videos or Apps
- ▶ Activities outside
 - ▶ Swimming, hiking trails, bike ride, yard work, canoeing/kayaking

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Importance of Strength/Resistance Training

- ▶ Improves everyday activities/makes you stronger
 - ▶ Carrying the groceries, playing with the kids/grandchildren, household chores, gardening, yardwork, laundry, etc.
- ▶ Boosts metabolism by increasing resting metabolic rate
- ▶ Decreases visceral fat (fat around your organs)
- ▶ Improves bone health, mobility, range of motion and lowers the risk of injury (especially in older populations)
- ▶ Improves blood sugar control, as well as insulin resistance
- ▶ Studies show an increase in mood, reduced anxiety feelings, and an increase in cognitive function due to improved blood flow and reduced inflammation in the brain

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Other Strength/Resistance Training Activities

- ▶ Gym membership
 - ▶ Ask a trainer (new member benefits?), Silver Sneakers, insurance reimbursement, buddy system, group classes
- ▶ At home equipment
 - ▶ Resistance bands, dumbbells, kettlebells
- ▶ Body weight exercises
 - ▶ Squats, lunges, pushups, plank, stairs
- ▶ Yoga or mat Pilates
- ▶ Gardening or yard work
- ▶ Continue your normal day-to-day activities
 - ▶ Carrying the groceries, putting laundry away, cleaning, yard work, piggyback rides, taking the stairs whenever possible

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Various Forms of Activity

- ▶ Running/jogging
- ▶ Walking
- ▶ Biking/cycling
- ▶ Swimming
- ▶ Dancing
- ▶ Snow activities
 - ▶ Snow shoeing, skiing
- ▶ Rowing
- ▶ HIIT
- ▶ Jumping rope
- ▶ Stretching/Yoga
- ▶ Pilates
- ▶ Strength/Resistance:
 - ▶ Lifting weights
 - ▶ Dumbbells, barbells, kettlebells, medicine balls, items around the house
 - ▶ Weight machines
 - ▶ Working with resistance bands
 - ▶ Climbing stairs or hiking up and down hills
 - ▶ Body weight exercises
 - ▶ Squats, lunges, planks, push ups, etc.

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At home options

- ▶ Apple Fitness
- ▶ Peloton
- ▶ FitOn
- ▶ Nike Training/Run Club
- ▶ Strava (free)
- ▶ Daily Workouts
- ▶ The 7 Minute Workout
- ▶ Youtube
- ▶ JeFit
- ▶ Sweat
- ▶ STRETCHIT
- ▶ Amazon Prime
- ▶ Netflix (NTC workouts)

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Make Exercise a Habit!

- ▶ Tips:
 - ▶ Choose a workout you enjoy!
 - ▶ Exercise can become a highlight of your day, something you will look forward to
 - ▶ Keep diversity
 - ▶ Keep trying different activities you enjoy, even changing the scenery can keep it interesting!
 - ▶ Baby steps
 - ▶ Start with 15-20 minutes, and gradually increase, giving the body time to adjust to it
 - ▶ Focus on frequency
 - ▶ Make time to move!
 - ▶ Set a particular time and create a plan for the workout
 - ▶ Treat the time set aside for activity as you would an appointment

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Setting Physical Activity Goals

- ▶ Smart goals
 - ▶ Specific: The goal is clear and defined. For example, "workout three times a week" rather than "exercise more."
 - ▶ Measurable: There's a way to track your progress, which could be logging the weights you lift or the distance you run each week.
 - ▶ Attainable: This goal can be feasibly reached within the set time frame. Very few people could train for a marathon in two weeks, but many could over a couple of months.
 - ▶ Relevant: There's a "why" driving your motivation to reach the goal. Maybe you want to feel stronger, more flexible, or manage an underlying condition.
 - ▶ Time-bound: The goal has a deadline whether it's four weeks or six months.

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Goals to get inspired

- ▶ Do you feel you have no time to be active?
 - ▶ Walk briskly for 10 minutes every day this week
- ▶ Need some support to get active?
 - ▶ Go for a walk with a friend for 15 minutes 2 times per week
- ▶ Want stronger muscles?
 - ▶ Do 15 minutes of activity 2 times this week that strengthen my muscles and bones (strength/resistance training exercises)
- ▶ Does the social part of being active motivate you?
 - ▶ Go to your local gym (YMCA, community center) and find a class that is intriguing to you (swimming, aerobics, pilates, Zumba)
 - ▶ Set a goal that is relevant for the class - how often is the class offered?
- ▶ Want the whole family to get active?
 - ▶ Do an outdoor family activity with the kids (hiking, skiing, biking)
- ▶ Are you already very active? Challenge yourself!
 - ▶ Be physically active for 60 minutes 4 times this week

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