

# Moving Matters

## Participant Workbook



Images courtesy of the Obesity Action Coalition

Weight Wise Adult Community Team: 780-735-1078  
To Book or Cancel Workshops: 780-401-2665

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Goals for the Workshop

To understand how you can use physical activity to help you control your chronic disease(s) while maintaining or improving your overall health.

We will have the opportunity to make a SMART goal based on your physical activity goals.

## Agenda

- Introduction
- Benefits of Physical Activity
- Types of Physical Activity
  - Lifestyle
  - Structured
- Physical Activity Targets
- SMART Goals
- Myths of Physical Activity
- Wrap Up



## Benefits of Physical Activity

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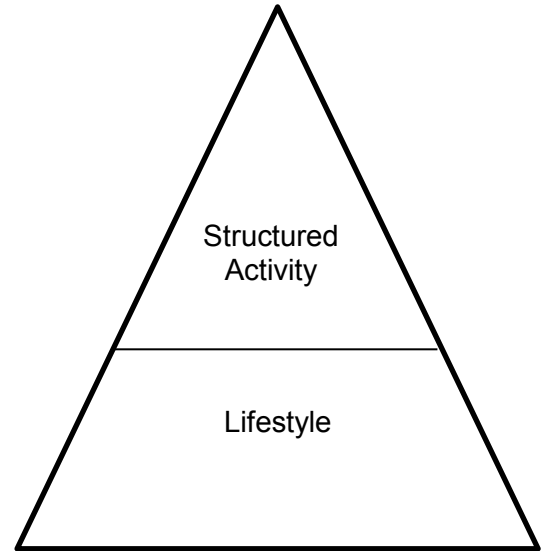
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**Lifestyle Physical Activity (Active Living)**

Ideas for increasing my lifestyle physical activity:

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**A pedometer** can help you to gradually add more steps onto your day. After you find how many steps you are doing, try to add 5-10% more steps each week.

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**Structured Physical Activity:** This includes flexibility, cardiovascular and resistance activities.

**Structured Physical Activity**

Ideas for increasing my structured physical activity:

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**Flexibility:** Refers to activities that restore or maintain normal joint, muscle and tendon movement

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**Cardio:** Widest range of health benefits and especially beneficial for heart and lung health.

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- For **general health benefits**, the closer you get to 150 minutes per week (21 minutes per day) of cardio the better.
- For **weight loss**, the closer you get to 300 minutes per week (42 minutes per day) of cardio the better.

**Resistance:** Any movement where your body is creating force while moving, or trying to move itself or another object. Resistance training is helpful for improving your general health, muscle strength and muscle mass. Muscle tissue burns more calories than fat tissue.

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- The Canadian physical activity guidelines recommends muscle and bone strengthening activities at least 2 times per week
- Pay attention to your tempo and make sure to get enough rest.
- Try to add small increments in weight and increase the amount of repetitions you can do over time.

**Circuit Training:** Combines resistance training and cardio.

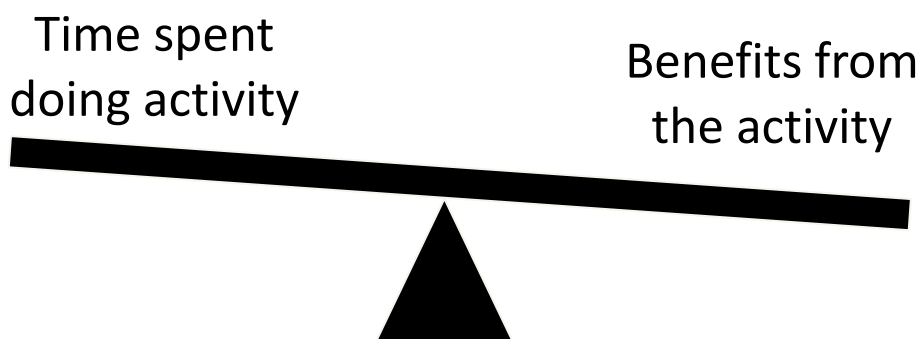
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- Can be 2 exercises or more.
- Can be done sitting or standing.

### Physical Activity Targets

Find your balance



**How Hard Should I Work?** Workouts should be challenging but safe!

**How Hard Activity Feels For Me:** On a scale from 0-10/10 you are aiming for moderate activity of 4-6/10.

10	Maximum (completely out of breath, unable to talk)
9	Very Hard Activity (can speak only one word at a time)
7-8	Hard Activity (out of breath, can speak a sentence or two)
<b>4-6</b>	<b>Moderate Activity (can still carry a conversation)</b>
2-3	Light Activity (breathing is easy)
1	No Activity

**Heart Rate:** Can be useful. It is best to meet 1 on 1 with a qualified exercise professional to learn how to use it.

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**Consider the Impact** Activities that could work for me:

No Impact Activity \_\_\_\_\_

Low Impact Activity \_\_\_\_\_

High Impact Activity \_\_\_\_\_

Every pound of body weight adds \_\_\_ lbs of pressure to my hips and \_\_\_ pounds of pressure to my knees.

## Safety

Talk to your health care provider to understand how to be safe while enjoying your physical activity.

## Activity Tips

- Find something you enjoy.
- Cardio can be split into 10 minute sessions (or less).
- Wear proper fitting shoes.
- Low cost options are available like walking, exercise videos and dancing.
- Remember to keep hydrated with water during physical activity.

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## Barriers to Physical Activity

1. What is the challenge or problem preventing you from reaching your goal?

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2. Brainstorm: How can I overcome this challenge or solve this problem?

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## **SMART Goal Worksheet**

An action plan helps you succeed when you are ready to set a goal. Answer the following questions to help you on your way!

### **Is it SMART?**

#### **Specific**

What am I going to do?

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How much?

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When am I going to do this?

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How often am I going to do this?

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#### **Measurable**

How will I keep track of it?

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#### **Achievable (and Sustainable)**

How confident am I that I can begin, and continue this behaviour? (Rate 1-10)

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**Rewarding**

What do I like about this goal?

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How will I recognize and reward my efforts to achieve this goal?

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What will I do to reward myself when I achieve this goal?

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**Timeframe**

When will I evaluate this goal?

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## Health benefits timeline

We can see some of the benefits of physical activity right away! Other benefits may take more time and patience.

This table provides a timeline of some health benefits.

Short-term (a single session of physical activity)	Medium-term (4-8 weeks of regular physical activity)	Long-term (months to years of regular activity)
<ul style="list-style-type: none"> <li>↑ mood &amp; energy</li> <li>↑ self-esteem</li> <li>↑ sleep</li> <li>↑ concentration</li> <li>↑ good cholesterol</li> <li>↑ calories used</li> </ul>	<ul style="list-style-type: none"> <li>↑ muscle strength</li> <li>↑ bone &amp; joint strength</li> <li>↑ balance &amp; posture</li> <li>↑ heart health</li> <li>↑ insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>↑ quality of life and overall well-being</li> <li>↑ your independence</li> <li>↑ how long you live</li> </ul>
<ul style="list-style-type: none"> <li>↓ stress</li> <li>↓ depression</li> <li>↓ high blood sugar</li> <li>↓ bad cholesterol</li> <li>↓ blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>↓ body weight &amp; body fat</li> <li>↓ joint pain &amp; swelling</li> <li>↓ falls</li> <li>↓ bad cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>↓ heart disease</li> <li>↓ osteoporosis (bone disease)</li> <li>↓ dementia (such as Alzheimer's)</li> <li>↓ certain cancers (such as colon &amp; breast cancer)</li> </ul>

↑ = improve/increase    ↓ = decrease/lower

Created by the Alberta Centre for Active Living