Incorporating Physical Activity into your Daily Life

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Incorporating physical activity in your daily life

DFEND 2.0
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Learning Objectives

1. Identify the 5 health-related components of fitness
2. Understand and Identify examples of how to meet the US Physical Activity Guidelines
3. Understand how to incorporate healthy physical activity into everyday life
4. Compare wearables to track your physical activity
5. Identify opportunities for safe physical activity during the COVID-19 pandemic
Source for information

• WHO - #healthyathome
  • https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome

• American College of Sports Medicine – staying healthy at home

• Aspen Institute – Project Play
  • https://www.aspenprojectplay.org/coronavirus-and-youth-sports

• CDC – Youth Sports Game plan
Definitions

Physical activity – any bodily movement produced by contraction of muscles that results in a substantial increase in caloric requirements.

Exercise – PA that is planned, structured, and repetitive for the purpose of conditioning any part of the body.

Fitness – the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies.
US National Physical Activity Guidelines for Adults (aged 18–64)

- **2 hours and 30 minutes a week** of moderate-intensity
  - or **1 hour and 15 minutes** a week of vigorous
  - or an equivalent combination
- **Episodes of at least 10 minutes**, preferably spread throughout the week
- **Additional health benefits** are provided by increasing to 5 hours (300 minutes) a week of moderate
  - or 2 hours and 30 minutes a week of vigorous
  - or an equivalent combination of both
- **Muscle-strengthening** activities on 2 or more days per week

Easy to remember:

- **150** moderate
  - Or half
- **75** vigorous

Double for additional benefits

- **300** moderate
  - Or half
- **150** vigorous

+ muscle strengthening x2
US National Physical Activity Guidelines for Children (aged 6–17)

• **60 minutes (1 hour)** or more of moderate-to-vigorous physical activity daily
  - Most should be moderate- or vigorous intensity
  - Vigorous-intensity physical activity on at least 3 days a week
• **Muscle-strengthening** activities on at least 3 days a week
• **Bone-strengthening** activities on at least 3 days a week

• **Preschool children (aged 3-5)**
  - Should be physically active throughout the day
  - Encourage active play that includes a variety of activity types
What is moderate and vigorous physical activity?

- Talk test
  - Light – can talk & sing
  - Moderate – can talk but can’t sing
  - Vigorous – can’t talk or sing

- Moderate activities (3<-6 METs)
  - Brisk walking, golf, canoeing, water aerobics, ballroom dancing, vacuuming

- Vigorous Activities (≥6 METs)
  - Running, sports like basketball, chopping wood, carrying groceries up stairs

- More on this next week!

A MET is a metabolic equivalent of how much energy you’re using

https://sites.google.com/site/compendiumofphysicalactivities/Activity-Categories
### New Activity Updates

This page will provide new activities, new description, and associated MET values since the 2011 Compendium of Physical Activities was published.

New Compendium codes will be added during a future update and are listed as To Be Determined (TBD).

Additions in an activity description are presented in italics.

<table>
<thead>
<tr>
<th>Compendium</th>
<th>New Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBD</td>
<td>Zumba - Cumbia, American Mix¹</td>
</tr>
<tr>
<td>TBD</td>
<td>Zumba - Merengue, Salsa¹</td>
</tr>
<tr>
<td>TBD</td>
<td>Activity promoting video game - Single player mode - Zumba Fitness Rush XBOX 360⁶</td>
</tr>
<tr>
<td>TBD</td>
<td>Activity promoting video game - Multiplayer mode - Zumba Fitness Rush XBOX 360⁶</td>
</tr>
<tr>
<td>11075</td>
<td>Childcare, daycare, general</td>
</tr>
<tr>
<td>11077</td>
<td>Childcare, daycare, playing with children, moderate effort, only active periods</td>
</tr>
<tr>
<td>20020</td>
<td>Standing, preaching/singing in church, attending a ceremony, standing, active participation</td>
</tr>
<tr>
<td>TBD</td>
<td>Sitting, singing</td>
</tr>
<tr>
<td>TBD</td>
<td>Standing, singing</td>
</tr>
<tr>
<td>TBD</td>
<td>Kettlebell workout, interval or continuous kettlebell swings²³</td>
</tr>
</tbody>
</table>
Meet Guidelines

- 30 minutes basketball on Monday (vigorous)
- 30 minutes racquetball on Thursday (vigorous)
- 30 minute walk with kids on Sunday (moderate)
- 20 minute walk Tuesday (moderate)
- 20 minutes walk Thursday (moderate)
- 60 minutes mowing lawn on Friday (moderate)
- 20 minutes vacuuming on Saturday (moderate)
- 30 minutes weeding on Sunday (moderate)
5 Health-related components of physical activity

1. Aerobic capacity
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body composition
Fitness of University of Arkansas Students, Faculty and Staff

**Aerobic Fitness**
- Superior: 4%
- Excellent: 10%
- Good: 23%
- Fair: 24%
- Poor: 20%
- Very Poor: 19%

**Flexibility**
- Poor: 20%
- Fair: 24%
- Good: 18%
- Very Good: 25%
- Excellent: 39%

**Muscular Strength**
- Poor: 21%
- Very Good: 24%
- Good: 17%
- Fair: 24%
- Excellent: 14%

**Muscular Endurance**
- Poor: 11%
- Fair: 13%
- Good: 18%
- Very Good: 19%
- Excellent: 39%

**Body Fat**
- Healthy: 28%
- Unhealthy: 72%

*In general…*  
- Green = Good  
- Yellow = Not so good
Activity break
Aerobic fitness

• The ability of the circulatory and respiratory system to supply oxygen during sustained physical activity

• Ways to improve: Walking up hills and stairs, cycling on the greenway, taking a fitness class
Muscular Strength

• The ability of a muscle to exert force

• Ways to improve: Use a weight room, try a group personal training session, Kettlebell squats, Bicep curls with your heaviest cookbook
Muscular Endurance

• The ability of a muscle to continue to perform without fatigue

• Ways to improve: As many body squats as you can, Planks to the your favorite song
Flexibility

• The range of motion available at a joint

• Ways to improve: yoga videos, Hamstring stretches on a bench, Calf stretches going up the steepest hill you can find
Body composition

• The relative amounts of muscle, fat, none and other vital parts of the body

• Ways to improve: Drink water, Check out some new fruits and veggies at the your local farmers market
#healthyathome

https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity
Staying Physically Active During the COVID-19 Pandemic

Mar 16, 2020

ACSM is dedicated to supporting and promoting health through physical activity. Amid concerns around the coronavirus disease 2019 (COVID-19) pandemic, individuals in communities across the country and around the world are being encouraged to stay home. Below you will find many resources to help you continue to stay physically active while at home.

Featured Resources

- COVID-19, Exercise, Children and their Developing Immune System | Blog
- A Call to Action: Physical Activity and COVID-19 | Op-Ed
  - Available in Spanish
- Staying Active During COVID-19 | A blog from Liz Joy, M.D., MPH, FACSM, FAMSSM and Exercise is Medicine
- Staying Active During the Coronavirus Pandemic | Handout
- Keeping Children Active during the Coronavirus Pandemic | Handout
- The Physician’s Perspective on COVID-19 | The Sports Medicine Checkup, a Podcast by ACSM
- Exercise, Immunity and the COVID-19 Pandemic | Blog
- Ten Sought-After Functions in Workout Apps | Infographic
- ACSM Summit Workouts | YouTube Playlist | Need a full-at-home workout? Check out these workouts that were presented at previous ACSM Health & Fitness Summit events!

Music & Dance for Healthcare Workers

Walkin’ Tutorial
A quick clip from Dance and Bmore with Peabody Faculty Member, Cjay Philip.

We Throw Shine!
We are throwing some shine your way today!

Quick Clip! Warm Up with the Forever Fit & Fun Club!

Quick Clip! Shoulder & Neck Stretches

https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being/covid/physical-activities.html
Going to the gym safely

1. Screening
2. Staff should wear face covering, patrons when not exercising
3. Sanitation
4. 12 ft between people
Parks and exercising outdoors

- 3 main physical factors on virus persistence outdoors:
  - temperature
  - Humidity
  - sunlight
- 90% or more of SARS-CoV-2 virus will be inactivated after being exposed for 11-34 minutes of midday sunlight in most US and world cities during summer

What is open:

- Day use areas, such as trails used for hiking, mountain biking, and wildlife watching, and trails listed below.
- Camping
- Backcountry camping sites at Hobbs State Park-Conservation Area, Mount Nebo State Park, and White Oak Lake State Park are open. Contact parks for information.

https://www.arkansasstateparks.com/covid-19-update
Sports

YOUTH SPORTS GAME PLAN
Reduce the Spread of COVID-19

LOWER RISK
- Skill-building drills at home
- Team practice
- Within-team competition
- Competition with teams from your area
- Full competition from different areas

HIGHER RISK


RETURN TO PLAY
COVID-19 RISK ASSESSMENT TOOL

+ PICKLEBALL

Lowest Risk
Train or engage in activities alone or with household members at home (shadow swing, dribbling, footwork) with your own equipment.

Medium Risk
Play or train on public or shared court only with household members.

Highest Risk
Play or train on public or shared court with non-household members; no measures taken to minimize touching of shared objects.

Sources and resources: USA Pickleball Association

https://www.aspenprojectplay.org/return-to-play
Online videos

1. Who is sponsoring the video? Is it from a trusted source?
2. What claims does the video make? Are they realistic?
3. Who is the target audience? Are they people like you?
Fitness monitors

- Is it accurate?
- What type of activity do I do?
- Will I wear it?
- What functions do I need?
- If I need an app, is it useful?
Tips for staying active

Set goals
Get instruction
Find a role model
Monitor your activity
Create activity prompts (sticky note on the fridge)
Write a contract
Find a physical activity buddy
Build it into your schedule
Give yourself a reward (not food)
Get feedback
Practice, practice, practice

https://ore.exeter.ac.uk/repository/bitstream/handle/10871/13753/Abraham%20Michie%202008%20Behaviour%20Techniques%20Taxonomy%20Health%20Psychology.pdf;sequence=2
It takes a village

What activities do I like? What barriers do I have?

Are my friends, family, coworkers active?

How can my workplace promote activity?

Are there laws that encourage activity?

What community events or resources are there to be active?
Exercise is Medicine®
On Campus
University of Arkansas

Questions? ekhowie@uark.edu

Name: EVERYONE
Address: Worldwide
Date: always

RX
Exercise
Dosage: 30 min. a day
Side effects: increased energy, improved brain health, weight loss, strengthens lungs and heart, reduces blood sugar levels, regulates blood pressure, improves mood, reduce risks of cancer and heart disease.

MD Dr. Feel Good
Signature: [Signature]

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