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PHYSICAL ACTIVITY

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What is physical activity?

- Any form of exercise or movement of the body that uses energy
 - Active chores around the house, yard work, walking the dog, etc.
- For health benefits, include activities that:
 - Make you breathe harder
 - Make your heart and blood vessels healthier
- **What are examples of aerobic & strength activities?**

Answers:

Aerobic Activities

- Activities that increase heart rate & use large muscle groups
 - Brisk walking
 - Running
 - Dancing
 - Swimming
 - Playing basketball

Strength Activities

- Activities that make muscles stronger
 - Push-ups
 - Using resistance bands
 - Strength/Selectorized Machines
 - Free weights
 - Body weight exercises

Why is Physical Activity Important?

Physical Activity Guidelines for Americans

- **Regular** physical activity reduces the **risk** of many adverse health issues
- Some physical activity is better than none
- For most health outcomes
 - As the amount of physical activity increases, additional benefits occur
- **How do you increase your amount of physical activity?**

Answer:

Increase

- Frequency
- Duration
- Intensity

Why is Physical Activity Important?

Physical Activity Guidelines for Americans (cont.)

- For health benefits:
 - At least 150 minutes (2 hrs. and 30 min.) per week of moderate intensity
 - More physical activity = more benefits
 - Include Aerobic (endurance) and muscle-strengthening (resistance) exercises
- Health benefits occur for:
 - Children and adolescents
 - Young and middle-aged adults
 - Older adults
 - Every studied racial and ethnic group
 - People with disabilities
- Benefits far outweigh the risks

Key Guidelines for Adults

- All adults should avoid inactivity!
- For substantial health benefits, adults should do aerobic physical activity:
 - At least 150 minutes (2 hours and 30 minutes) a week (moderate-intensity)
 - Or 75 minutes (1 hour and 15 minutes) a week (vigorous-intensity)
 - Or an equivalent combination of moderate and vigorous intensity aerobic activity
 - At least 10 minute intervals, spread evenly throughout the week
- For additional and more extensive health benefits:
 - At least 300 minutes (5 hours) a week (moderate intensity)
 - Or 150 minutes a week (vigorous intensity)
 - Or an equivalent combination of moderate and vigorous-intensity
- Muscle-strengthening (resistance) activities (moderate or high intensity)
 - All major muscle groups
 - 2 or more days a week

How Can You Get at Least 10 Minutes of Activity at Work?

- Use a pedometer
- Track activities
- Find colleagues that are active too
- Find exercises that work for you
 - Exercise at Work!

SOURCES: Toni Yancey, professor of health services at UCLA and author of the get-moving book "Instant Recess"; Alice Burron, exercise physiologist and spokeswoman for the American Council on Exercise; Catrine Tudor-Locke, who studies walking behavior at Pennington Biomedical Research.

GRAPHIC: Sohail Al-Jamea, Bonnie Berkowitz, Kat Downs, Laura Stanton - The Washington Post. Published Sept. 6, 2011.

Physical Activity Guidelines for Adults - <http://www.health.gov/paguidelines/default.aspx>



Try multi-tasking: Our exercise leader did side lunges while conducting a phone interview.

A workout at work?

WE ALL NEED TO GET UP AND MOVE, BUT WHAT CAN WE DO? In the spirit of public service (and because our boss made us), The Post's infographics department tested exercises in and around our cubicles twice a day for a week to see which ones real people could incorporate into a workday. The moves were suggested by experts whose jobs involve studying motion, preventing obesity and generally getting people off their duffs. We rejected a few immediately — jumping jacks? Not in this bra! — but chose these 12. Our observations aren't scientific, but they're definitely real. **By Bonnie Berkowitz and Laura Stanton**

Difficulty?	NOT TOO			VERY
	1	2	3	
Sweaty?	1	2	3	
Humiliating?	1	2	3	

1 RAISE THE ROOF (20 reps)
While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding books or water bottles.

Pre: One person found it "comforting" to dust off a 1990s dance move.
Con: Brief moment of panic while you try to remember if you shaved your armpits.

2 TRICEPS KICK (20 reps)
While marching in place, bend at the hips, about 45 degrees. Bend your elbows, then extend them behind you as if you are lifting weights.

Pre: Loosens your upper body.
Con: Awkward-looking. Several people accidentally whacked things behind them.

3 THE HULK (20 reps)
Keep marching and leaning. With your elbows bent and fists together in front, move your arms back like wings. Try to touch your shoulder blades together.

Pre: Some people make funny sound effects.
Con: Draws attention to the chest area.

4 HAMSTRING CURL (20 reps)
Bend arms at the elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.

Pre: Not terribly noticeable.
Con: Requires caution to avoid kicking things behind you.

5 KNEE LIFT (20 reps)
Just like hamstring curls, except you lift your knee up in front as your arms go down.

Pre: Walks up the big frowns and quadriceps.
Con: Requires extra concentration and coordination.

Wardrobe warning: Impossible in a tight skirt or activewear in a skirt.

6 HALLELUJAH (20 reps)
Sweep arms above your head and down again as you step side to side. Actually yelling "Hallelujah" is optional.

Pre: Made us smile. Lends a flashmob feel to even the least coordinated group.
Con: Not the slightest bit subtle.

Wardrobe warning: Armpits will rise on both arms and sides.

7 PUNCHING (20 reps)
While rocking foot to foot, punch with alternating arms. To reduce elbow stress, try not to fully straighten your arm.

Pre: Cathartic; an outlet for aggression.
Con: Most workplaces do not allow you to actually hit anyone.

8 DESK PUSHUP (10 reps)
Place hands on edge of desk, shoulder width apart, legs out behind you. Push off with as much force as you can.

Pre: Not noticeable from across the room. Tough, in a good way.
Con: First, make sure your desk doesn't slide easily.

9 SIDE LUNGE (10 per side)
Take a big step to one side. Point toes forward and bend one knee, keeping other leg straight. Push back up.

Pre: Doesn't attract much attention.
Con: Can be hard on knees.

Wardrobe warning: WITHOUT your skirt in perfect shape, right pants and heels.

10 JUMP SQUATS (10)
Make sure you have space in front of you. Bend into a half-squat with your arms behind you, then jump and swing your arms up as if you're celebrating.

Pre: Best calorie-burner of the moves we tried.
Con: Tall people (or high-heeled short people) will hit eight-foot ceilings.

Wardrobe warning: Major rise of exposure in a halter-neck or untucked skirt.

11 CHAIR DIPS (10)
With your legs out in front of you, grab the edge of a chair (or desk) and lift yourself down in front of it and back up. At the end, you will be conveniently back in your seat.

Pre: The most discreet of the bunch. Really works triceps.
Con: Can soothe wrists. Be careful if your chair has wheels!

12 WALK (10 min.)
Lap your block or a floor of your office. Try for a pace of 100 steps per minute, which is easy if you don't stop to play with techtoys on other people's desks.

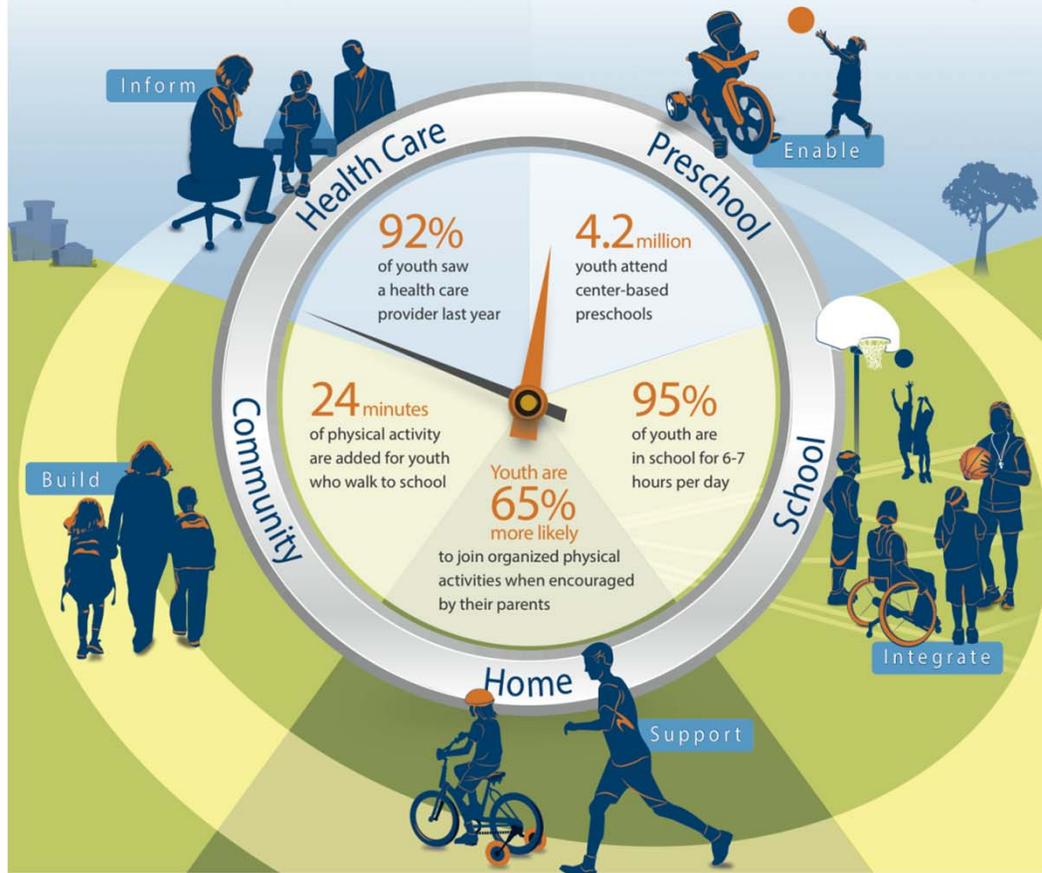
Pre: No one will notice. Great excuse for a stroll to Starbucks.
Con: Indoor legs get old; outside, you're at the mercy of the weather. Takes more time than a few quick moves at your desk.

Sources: Tim Yarrow, professor of health services at UCLA and author of the get-moving book "Instant Release"; Anne Burns, exercise physiologist and spokeswoman for the American Council on Exercise; Catherine Tucker, who studies walking behavior at Pennings Biomedical Research



Minutes or More a Day

Where Kids Live, Learn, and Play



Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



Sources: Synder T, Dillow S. Digest of education statistics 2010. Washington, DC: National Center for Education Statistics, Institute of Education Sciences, US Department of Education; 2011. Federal Interagency Forum on Child and Family Statistics. America's children in brief: key national indicators of well-being, 2008. Washington, DC: US Government Printing Office; 2006. Sirard JR, Riner WF, Mciver KL, Pate RR. Physical activity and active commuting to elementary school. *Med Sci Sports Exerc.* 2005;37(12):2062-9. J Pediatr. 1991;118(2):215-9. Bloom B, Cohen RA, Freeman G. Summary health statistics for U.S. children: National Health Interview Survey, 2011. *Vital Health Stat 10.* 2012 Dec;(254):1-148. Heltzler CD, Martin SL, Duke J, et al. Correlates of physical activity in a national sample of children aged 9-13 years. *Prev Med.* 2006;42(4):254-60.



SNACK ATTACK

Katie Walz, MS, RD, LMNT

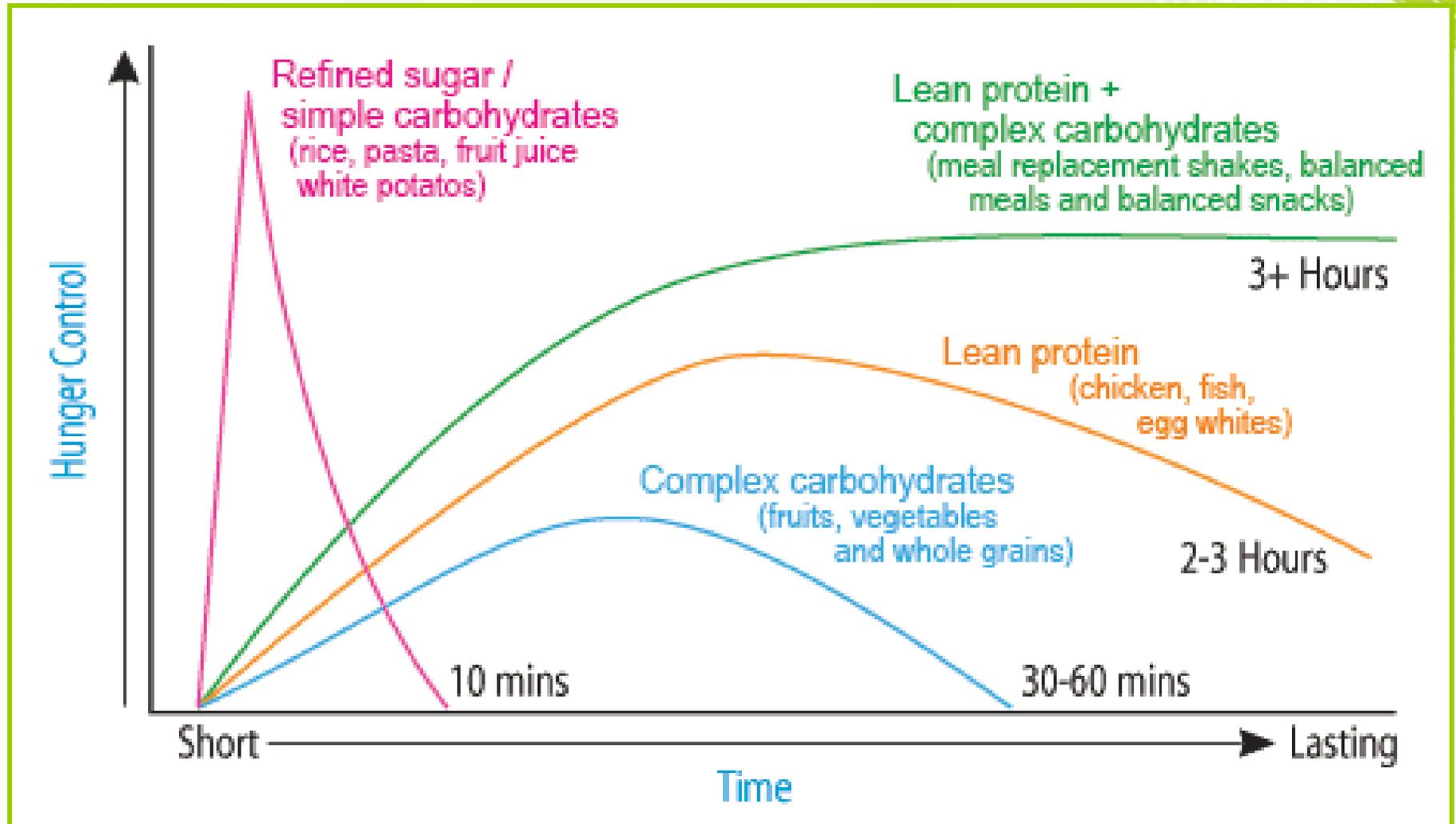
Registered Dietitian Bryan Health LifePointe

Lincoln, Nebraska

10 Habits of Successful Snackers

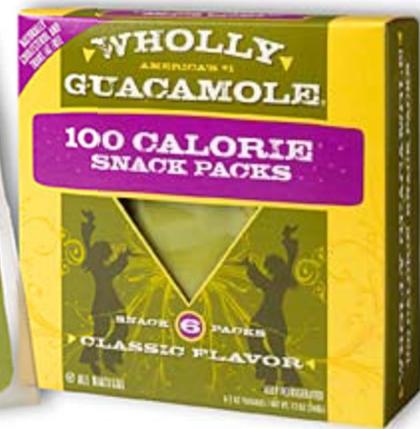
- Plan ahead
- Prepare your own food
- Get the gear
- Eat a balanced snack
- Protein up
- Snack to maintain weight
- Separate mood from food
- Focus on flavor
- Splurge once a month
- Drink lots of water

Energy Usage



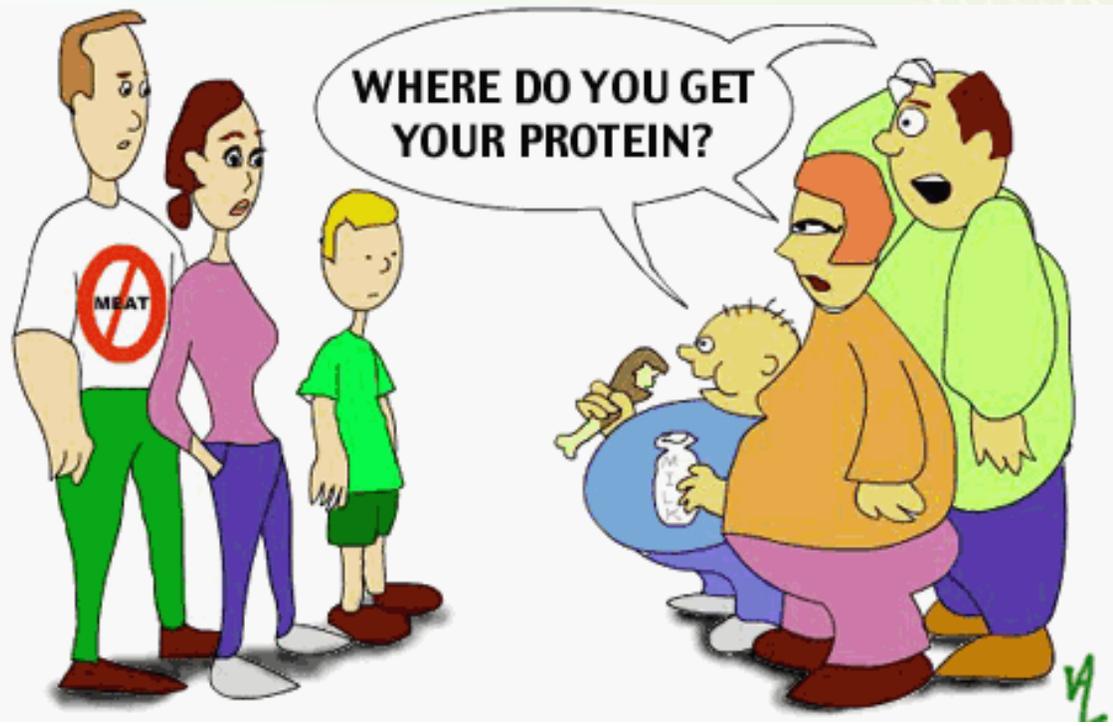
Snack Calculator

Total	Snack(s)	Protein	Fiber	Carbohydrates
1400	100	5	3	15-20
1600	150	6	3	15-20
1800	200	8	3	15-20
2000	200	8	3	15-20
2200	200	10	3	15-20
2400	250	10	3	15-20
2600	250	12	3	15-20



Protein Packed Options

- Cottage Cheese
- Peanut Butter
- Lean Deli Meats
- Ground Turkey
- Beans
- Eggs
- Yogurt
- Milk
- Edamame
- Protein Shake
- Snack Bars

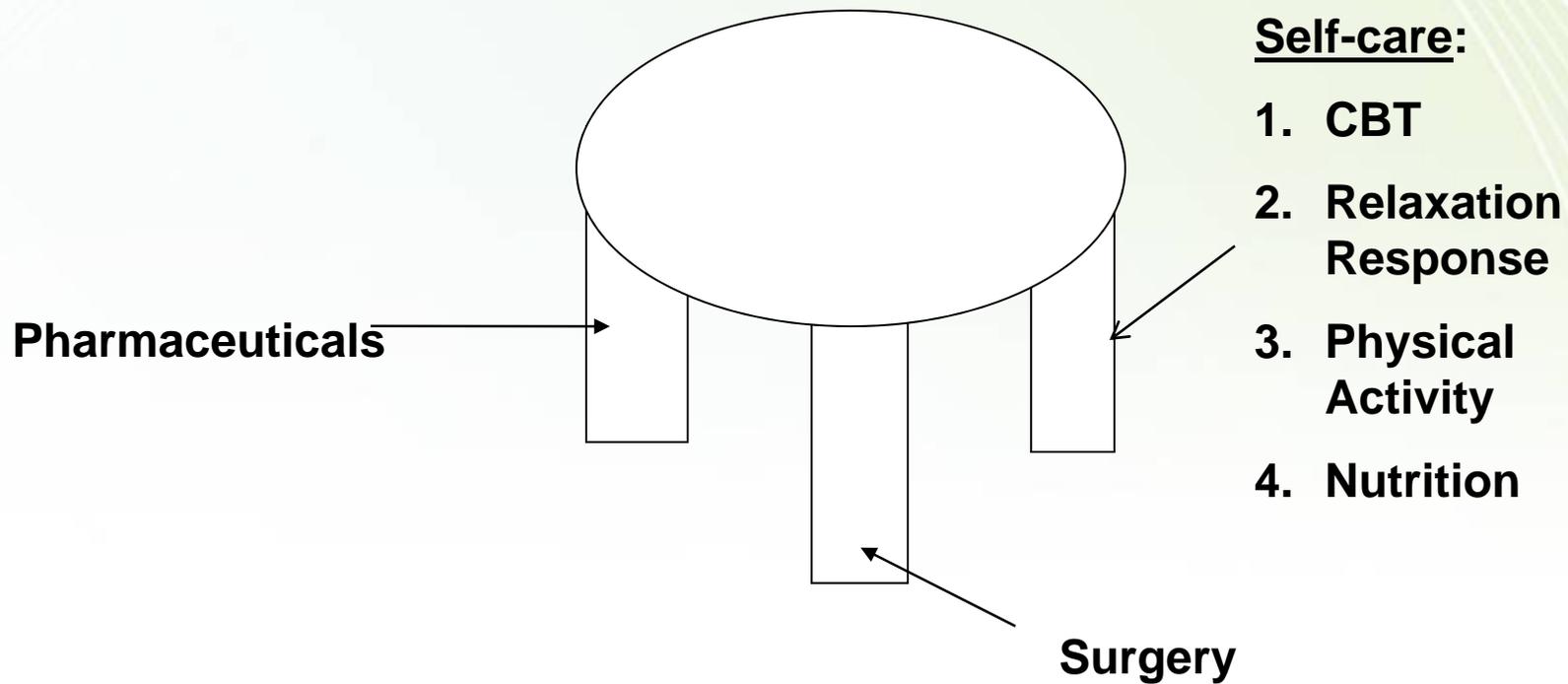




STRESS REDUCTION

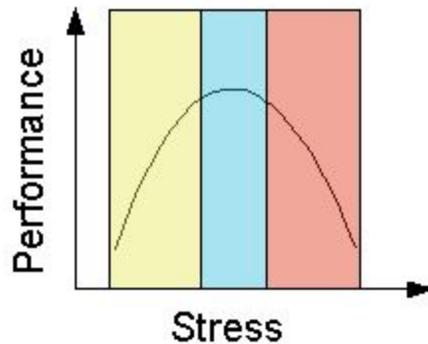
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The Three Legged Stool



Stress-It's Not All Bad

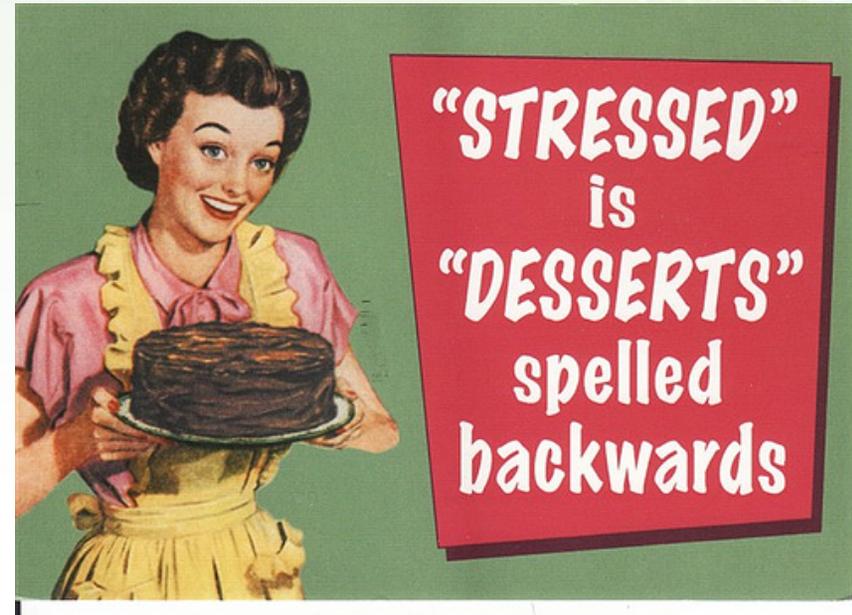
The Yerkes-Dodson Curve



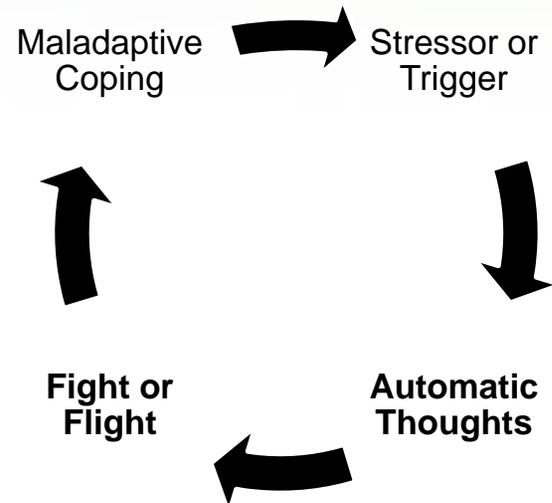
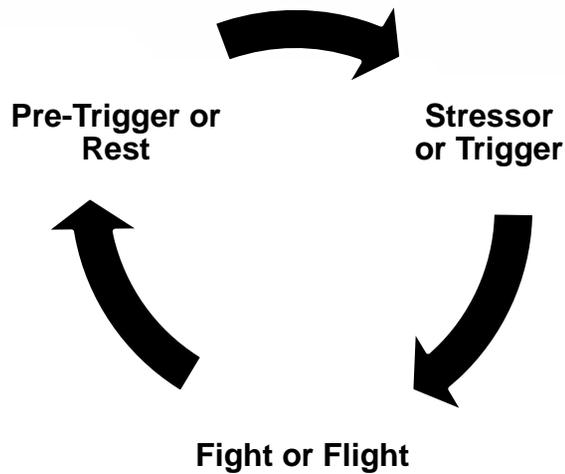
Unproductive – Not Enough Stress

Optimal Production
(Width Varies Based Upon Stress Tolerance)

Unproductive-Too Much Stress

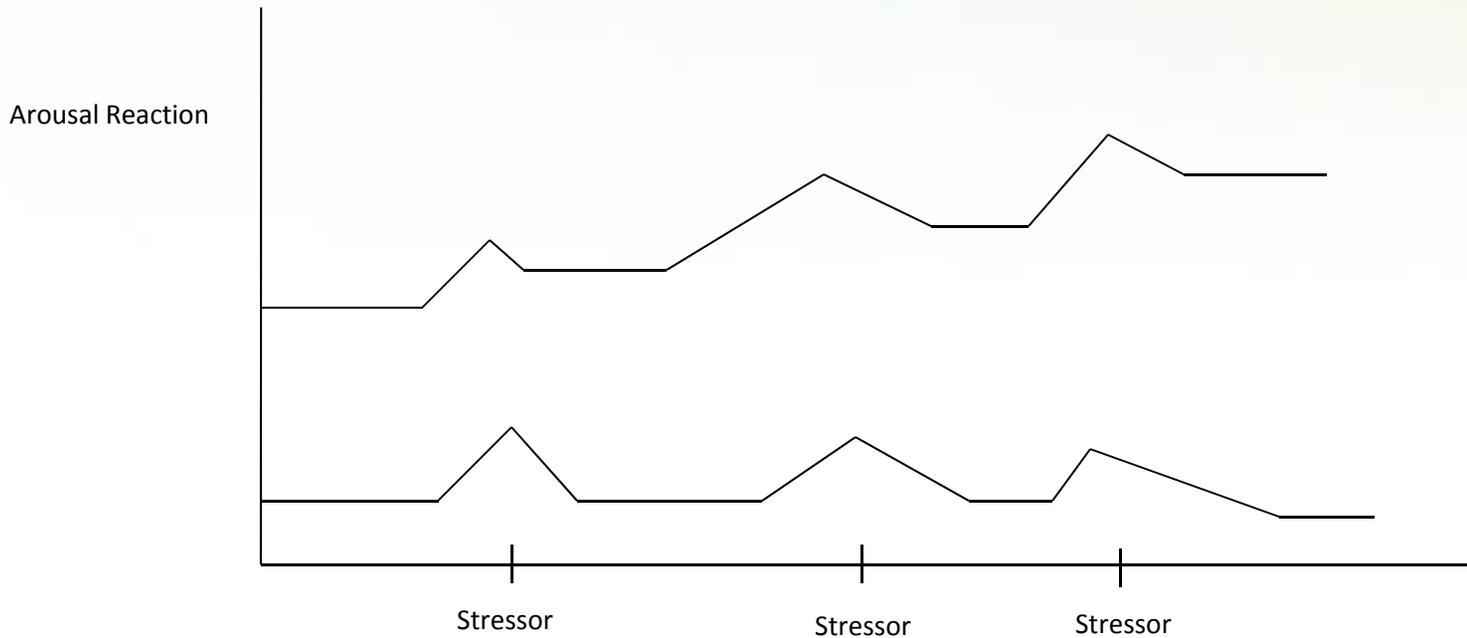


Fight or Flight & Stress

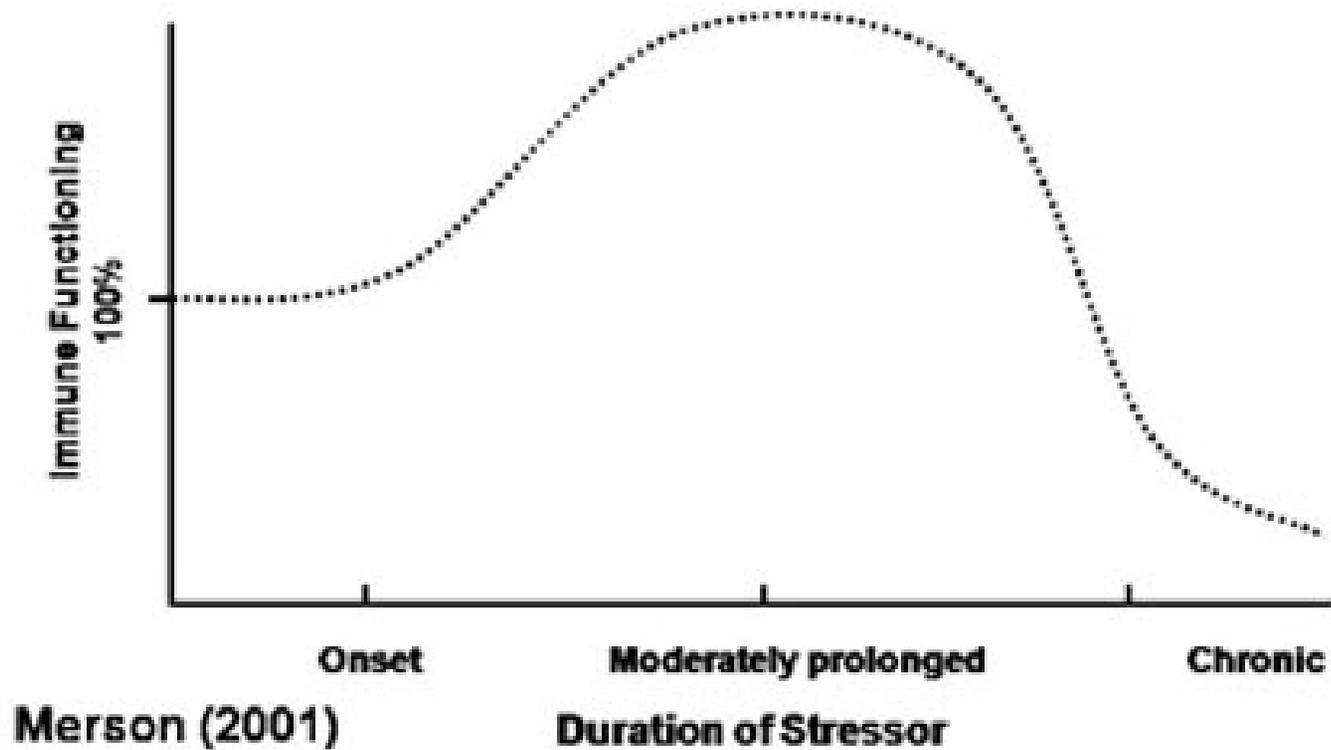


Comparing Normal and Maladaptive Responses to Stress

Typically, arousal reactions return to normal after the stressor is dealt with. In maladaptive responses to stress, the arousal continues even after the stressor has been dealt with. In other words, the set point or baseline of arousal is steadily moved upward.



Stress and Immune Functioning



Eliciting the Relaxation Response



A state of relaxed, passive attention to a repetitive or absorbing stimulus that turns off the “inner dialogue” thereby decreasing arousal of the sympathetic nervous system.

Two Components to Eliciting the Relaxation Response:

- A mental focusing device-breath, repeating a word or phrase, prayer, sound, repetitive muscular activity-to shift the mind from everyday thoughts
- A passive attitude towards distracting thoughts (non-judgmental, “oh-well”) and returning to focus

Benefits of the Relaxation Response

Psychological

- Decreased anxiety
- More optimism
- Greater self awareness
- Improved sleep
- Reduced aggression
- Greater efficiency
- Improved learning abilities, concentration and memory

Physiological

- Decreased heart rate
- Lowered blood pressure
- Reduction in serum cholesterol
- Reduction in cortisol levels
- Improved immune functioning
- Changes in EEG patterns associate with a state of restful awareness
- Changes in neurotransmitters