

Its Never Been as Easy as This!!

Physical Activity, Wellness and an Active Lifestyle

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So ...*What is Wellness?*

- ***Wellness*** - “Healthy lifestyle”
 - “Informed decision-making”
 - “Empowerment”
- ***“Successful Aging”***
 - As compared to the “usual” kind
- ***The importance of just being ‘active’***

Challenging questions for every American

- How do we reduce our chances of feeling “old?”
- How do we increase our chances of “feeling good?”
- How do we at least maintain, and preferably improve, our physical, mental and social health/wellness?

Increasingly the answer seems to

Be more active!!

“Anyone wishing to adopt a sedentary lifestyle should first of all undergo a stringent medical examination to see if they are fit enough to stand the inactivity!”

Major Wellness factors for US

- The majority of Americans are physically inactive (not to mention overweight!)
- We tend to get even less active as we age
- Women tend to be less active than men

Exercise is “good for you”

- “Everybody” knows about this
- But hardly anybody does anything about it
- More than 60% of Americans are partly or completely sedentary
- Why is this???

**I CAN SEE NO REASON
WHY YOU SHOULD NOT
ENGAGE IN REGULAR
PHYSICAL ACTIVITY**

**KEEP LOOKING!!
KEEP LOOKING!!**



Maybe its just too darn hard!!!

- Got to get “FIT”!!
- Got to “WORK OUT”!!
- Got to get to my “Target Heart Rate”!!
- GO FOR THE BURN!!
- NO PAIN - NO GAIN!!

Surgeon General's Report on Physical Activity and Health 1996

● **“Moderate intensity” PA**

About the same as a brisk walk

About 30 minutes a day

Good News/Bad News

**YOU DON'T HAVE TO DO
IT ALL AT ONCE!!**

Accumulating Activity

1 x 30 minute walk per day

2 x 15 minute walk per day

3 x 10 minute walk per day

Any one of
these will
work!!

So How much is enough?

- How much can I get away with?????
- If you are currently not (very) active the answer is

Not very much at all!!

More Good news/Bad news

**YOU DON'T HAVE TO
“WORK OUT”!!**

Accumulating ADL

- » Wash the car (45-60 mins)
- » Do some gardening (30-45 mins)
- » Wheeling in wheelchair (30-40 mins)
- » Walk 1.5miles (35 mins)
- » Rake some leaves (30 mins)
- » Bike about 4 miles (15 mins)
- » Run about 1.5 miles (15 mins)
- » Climb some stairs (15 mins)

Less vigorous, more time



More vigorous, less time

Activity Pyramid

EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START...

IF YOU ARE INACTIVE

Haven't thought about activity in years!

Increase daily activities at the base of the Activity Pyramid by

- taking the stairs instead of the elevator
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can

CUT DOWN ON
WATCHING TV
COMPUTER GAMES
SITTING FOR MORE THAN 30 MINUTES AT A TIME

IF YOU ARE SPORADIC

Active some of the time, but not regularly!

Become consistent with activity by increasing activity in the middle of the pyramid by

- finding activities you enjoy
- planning activities in your day
- setting realistic goals

2-3 TIMES A WEEK

LEISURE ACTIVITIES
GOLF
BOWLING
SOFTBALL
YARDWORK

FLEXIBILITY AND STRENGTH
YOGA AND STRETCHING
PUSH-UPS/CURL-UPS
WEIGHT LIFTING

IF YOU ARE CONSISTENT

Active most of the time, or at least four days each week!

Think about the long term as you move throughout the pyramid by

- changing your routine if you start to get bored
- exploring new activities

3-5 TIMES A WEEK

AEROBIC EXERCISE
(20+ minutes)

BICYCLING
CROSS-COUNTRY SKIING
SWIMMING
LONG WALKS

RECREATIONAL
(20+ minutes)

SOCCER HIKING
BASKETBALL TENNIS
MARTIAL ARTS RACQUETBALL

**ABOVE ALL...
HAVE FUN
AND
GOOD LUCK!**

EVERYDAY

(as much as possible)

WALK THE DOG
TAKE LONGER ROUTES
TAKE THE STAIRS INSTEAD OF THE ELEVATOR

BE CREATIVE
IN FINDING A
VARIETY OF WAYS
TO STAY ACTIVE

WALK TO THE STORE
OR THE MAILBOX
PARK YOUR CAR FARTHER AWAY
MAKE EXTRA STEPS IN YOUR DAY

**“I’M TRYING TO ACCUMULATE 30 MINUTES OF
DAILY EXERCISE INTO MY BUSY SCHEDULE.
TODAY I TOOK 360 FIVE SECOND WALKS”**



So What can I get out of this

Regular PA reduces risk of

- » Premature death
- » CHD mortality
- » Depression and Anxiety
- » Obesity and overweight
- » Osteoporosis

● **Developing**

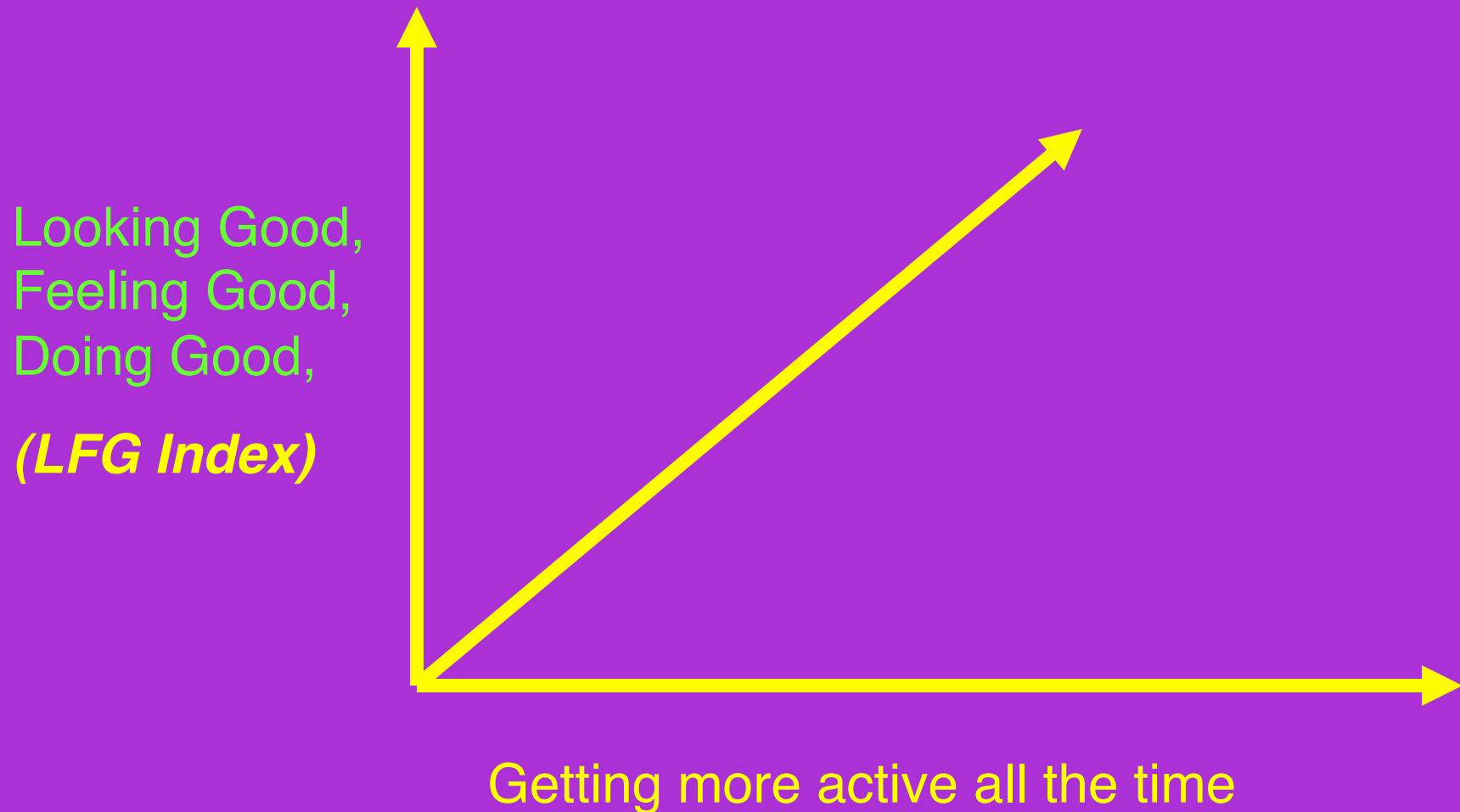
- » diabetes
- » high BP
- » colon cancer

(Surgeon Generals Report 1996)

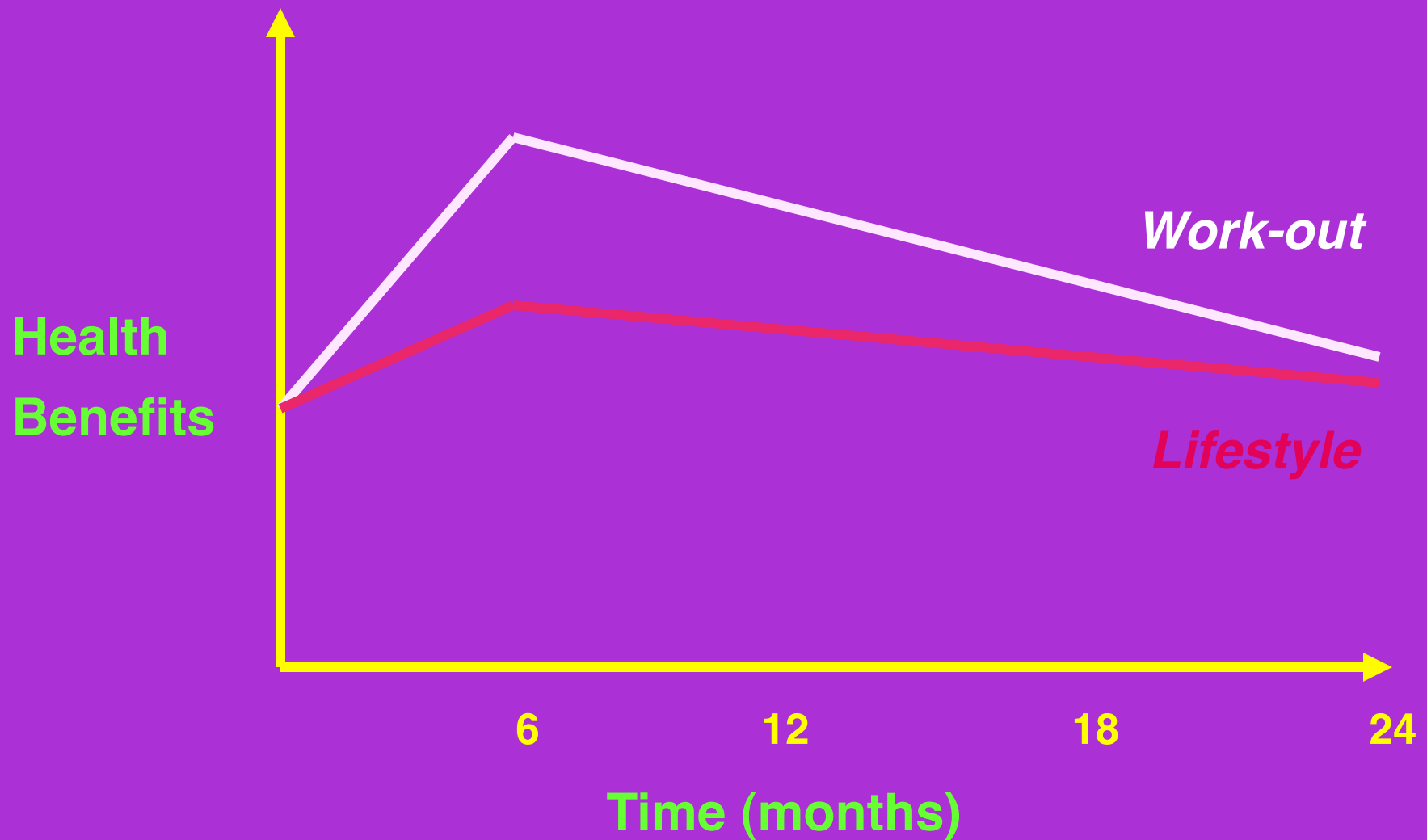
But more importantly

It increases your LFG Index!!

Looking Good/Feeling Good Index



'Lifestyle' vs 'Work-out' program
Does it work???



Getting Active

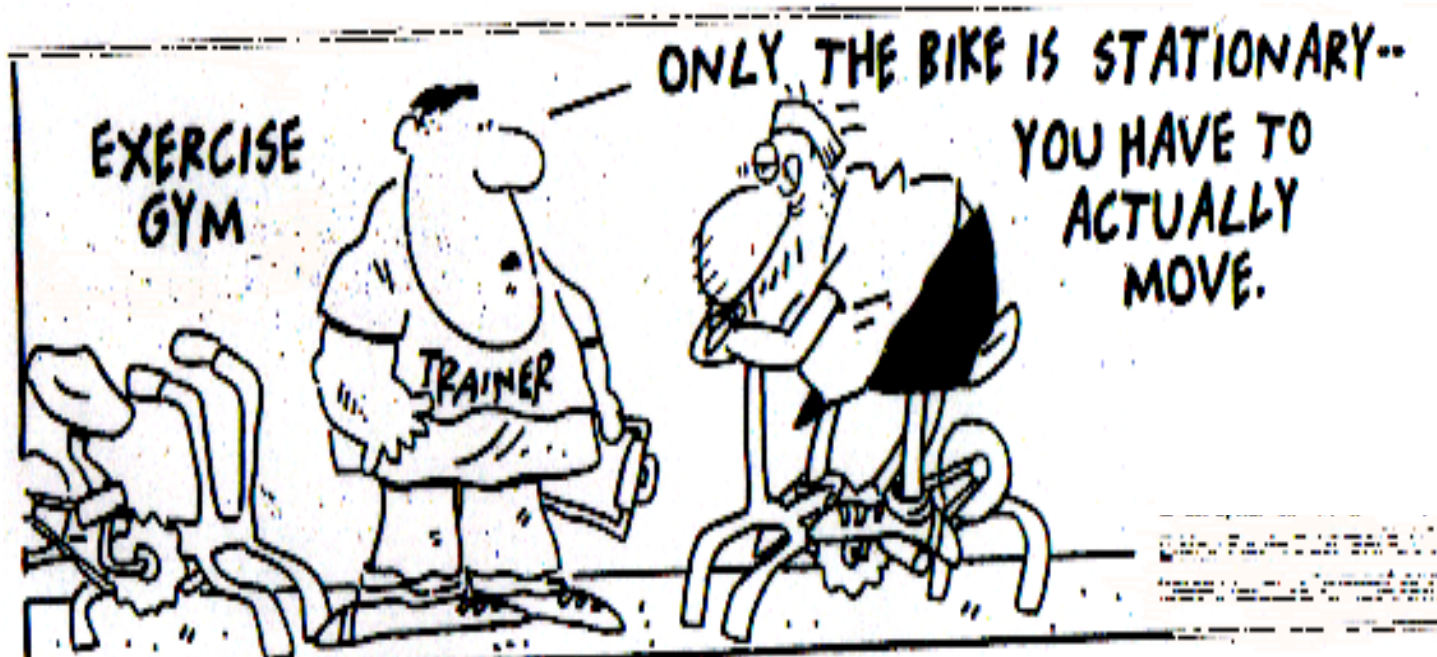
- “Just Do it “ Doesn’t do it!!
- Lots of ‘barriers’ to getting active
- Some unique barriers for women



DON'T YOU GET ANY EXERCISE, MRS. JONES?

kids exercise!

Of course you do have to adopt a positive attitude!



Ready ... Set

**Be a 'high energy user'
NOT
a 'low energy user'**

Ideas that work ... at home!

- Create 'situations'

- » Mall walking
- » Store shopping
- » Walking a 'lot'

- Creative Chores

- » Vacuuming??
- » Stairs??
- » Dusting??

Ideas that work ... at work!

- Create 'opportunities'

- » Designated walks

- Add-a-Walk

- » Designated stairs

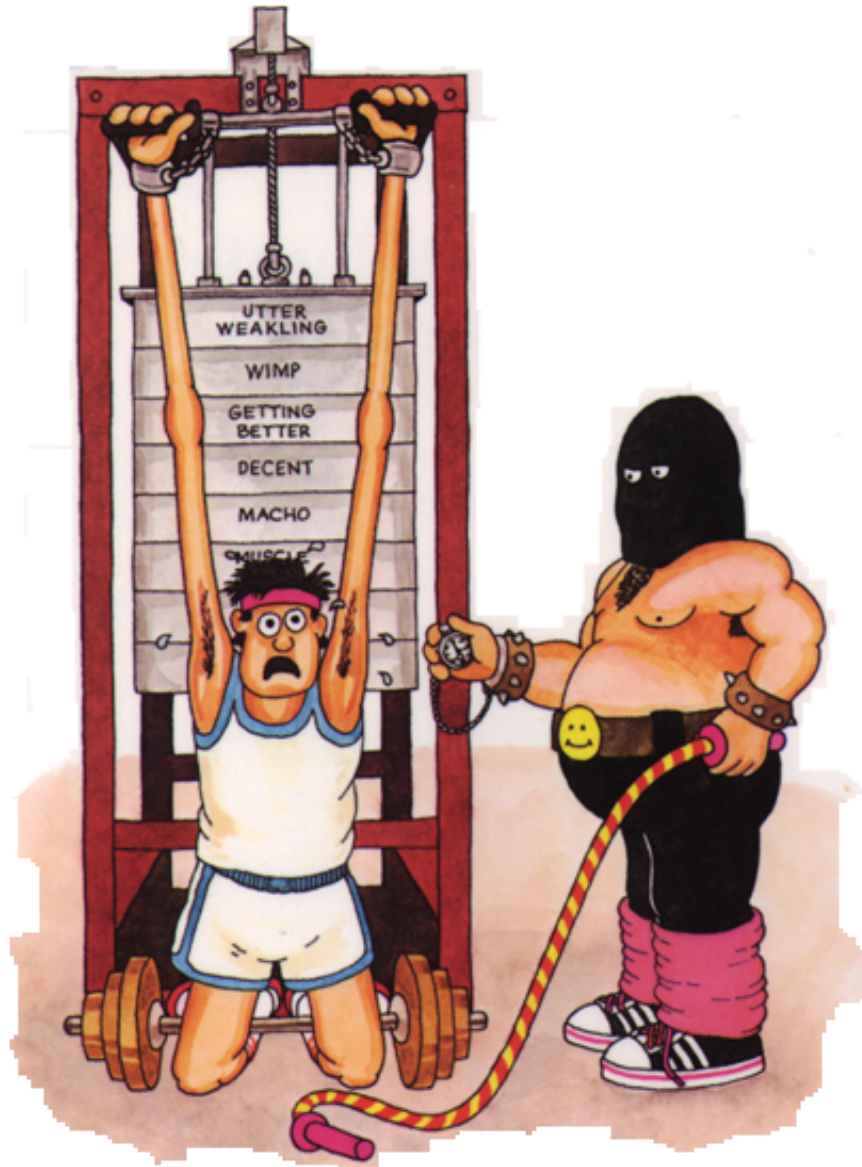
- Add-a-Flight

- » Designated parking

- Add-a-Zip

Strength is important also!!

***This too has never
been as easy!!!!!!***



DISPELLING THE MYTHS OF STRENGTH TRAINING

Myths of Strength Training

- Lifting weights is only for men
- Lifting weights will make me look masculine
- Lifting weights will make me look bulky and muscle bound
- I'm too old to lift weights
- I don't need to lift weights - I already go to aerobics classes
- I don't need to lift weights - I already get enough exercise with walking

What Strength Training WILL DO

- SLOW OR STOP BONE LOSS
- IMPROVE BALANCE
- HELP PREVENT OSTEOPOROTIC BONE FRACTURES
- REDUCE FATIGUE - MAKE YOUR DAY EASIER!
- GIVE YOU MORE ENERGY
- FIRM UP MUSCLES - HELP WITH WEIGHT CONTROL!

More of what strength training **WILL DO**

- **IMPROVE SLEEP QUALITY**
- **IMPROVE MOOD**
- **REDUCE DEPRESSION AND ANXIETY**
- **IMPROVE SELF EFFICACY**
- **IMPROVE QUALITY OF LIFE**
- **REDUCE SYMPTOMS OF CHD AND DIABETES**

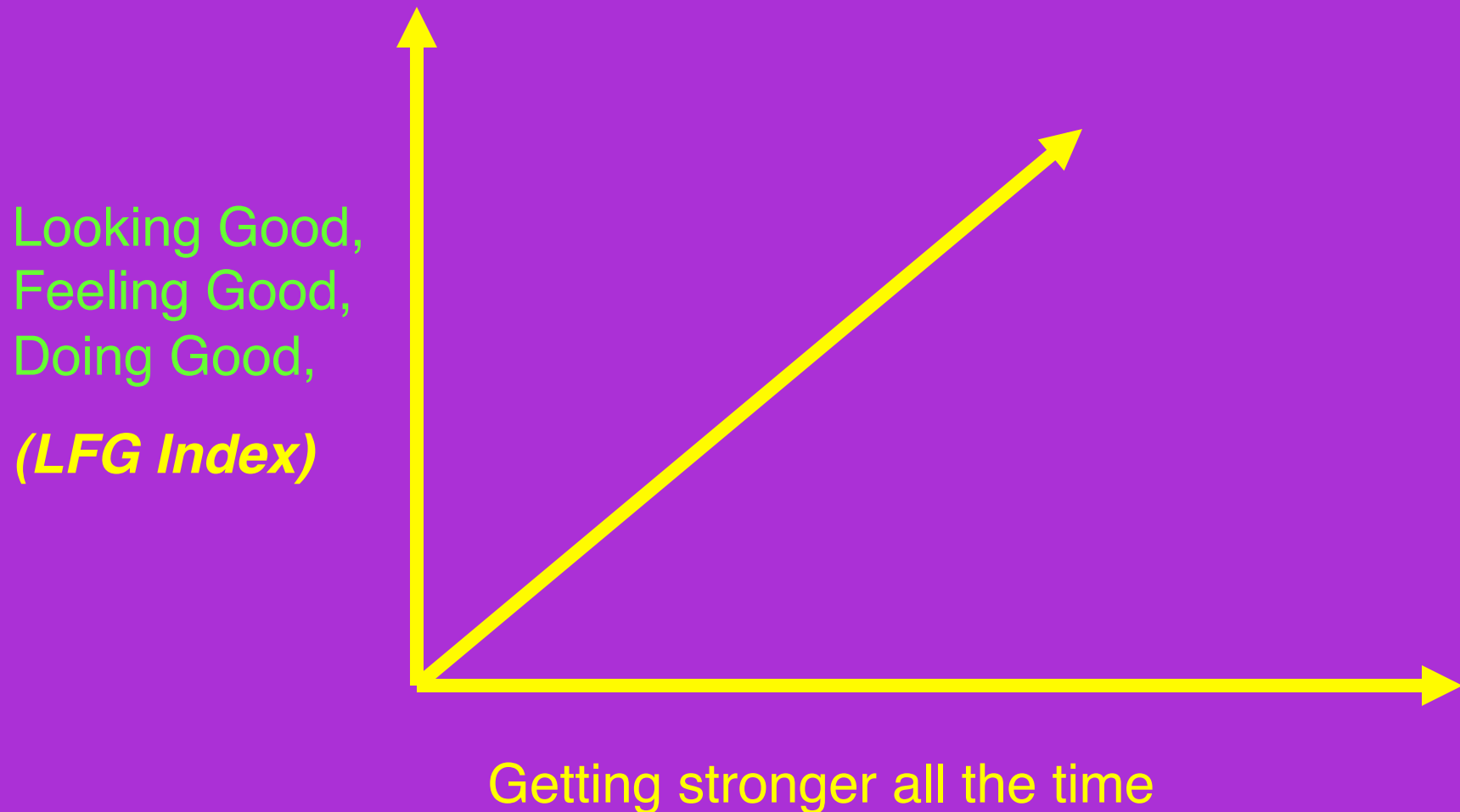
What Strength training **WON'T DO**

- **MAKE YOU LOOK LIKE A MAN**
- **MAKE YOU MUSCLE BOUND**
- **MAKE YOU HURT**
- **MAKE YOUR WALLET HURT!**

But more importantly

It will increase your LFG Index!!

Looking Good/Feeling Good Index



Strength Training - Starting out

- Do your “homework”
 - » Check your health history
 - » Get advice and/or instruction from a professional - at least initially
 - » Consider a gym and/or YMCA - at least initially
- **NOTE:** *An appropriate strength training program is safe for most people - at any age*

Strength Training- Approaches

- **Low intensity (10-15 ‘comfortable’ repetitions)**
 - » ‘Functional’ training/’Grocery’ sets
 - » Calisthenics
 - » Wrist and ankle weights
 - » Rubber bands



Strength Training- Approaches

- **Moderate Intensity (8-12 repetitions to fatigue)**

- » Wrist and ankle weights
- » Circuit weight training
- » Free weights and machines





'Successful' vs 'Usual' Aging

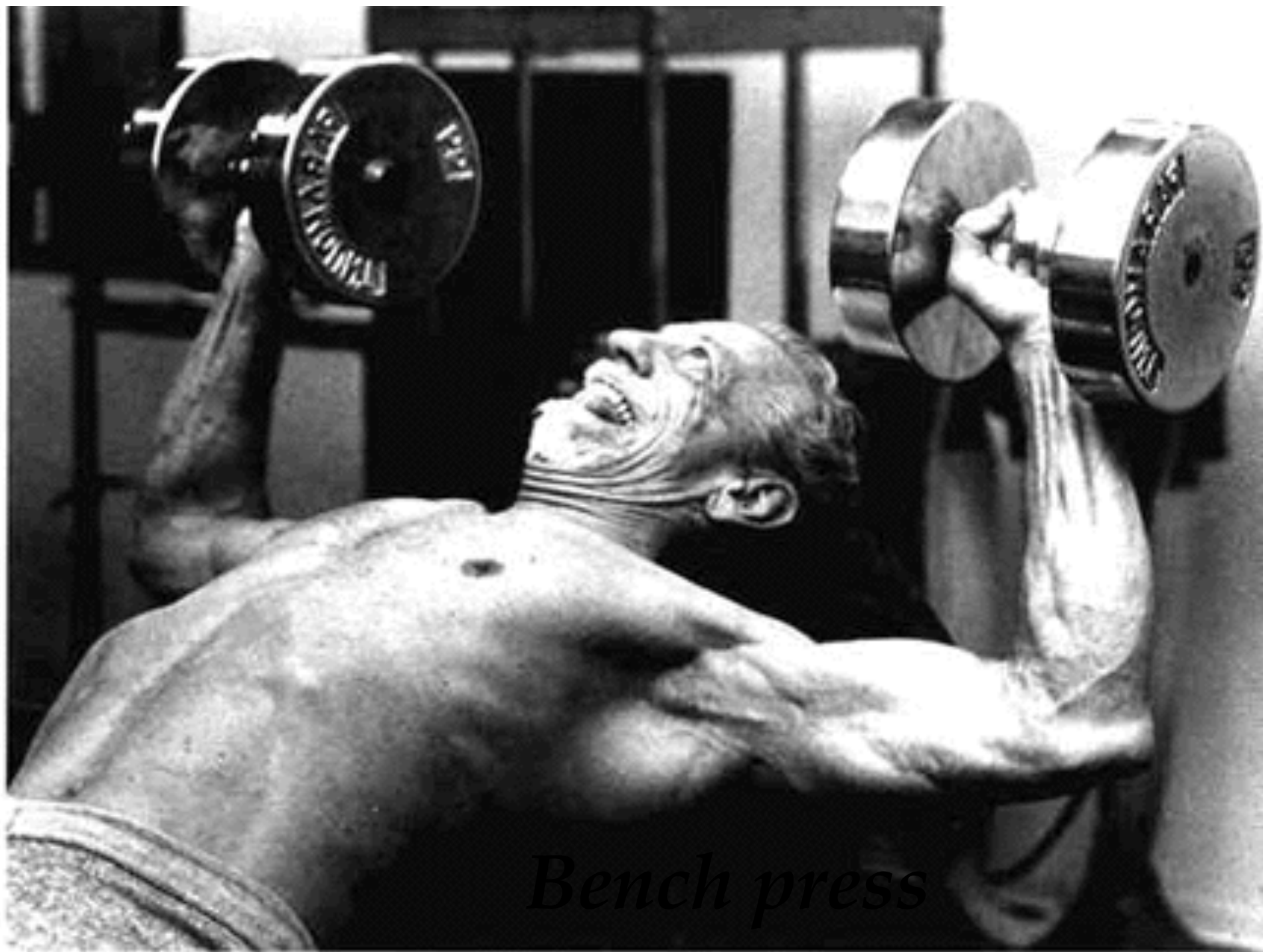
- What does this mean and
- What's the secret??

Several secret steps for “Successful Aging” (At any age!)

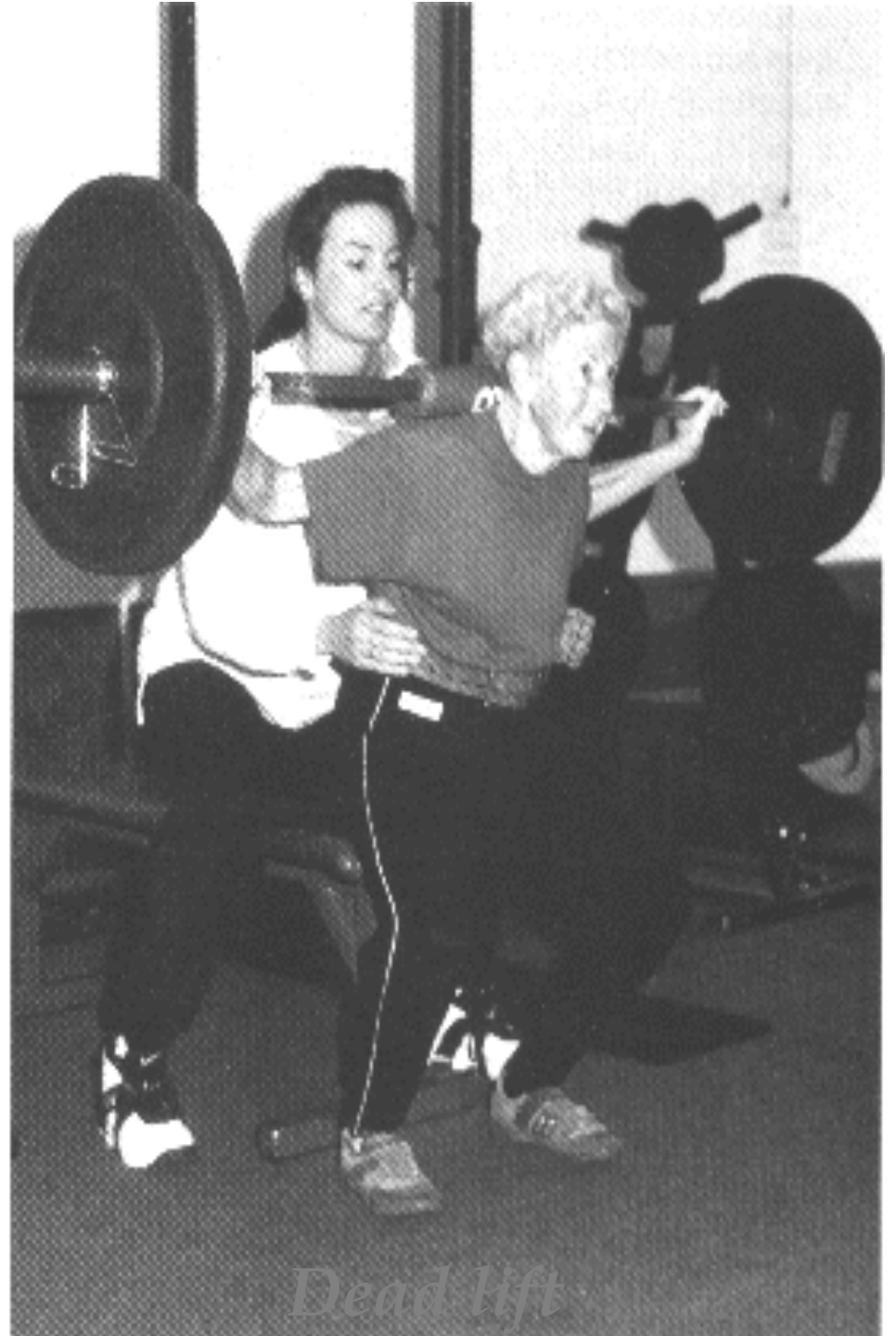
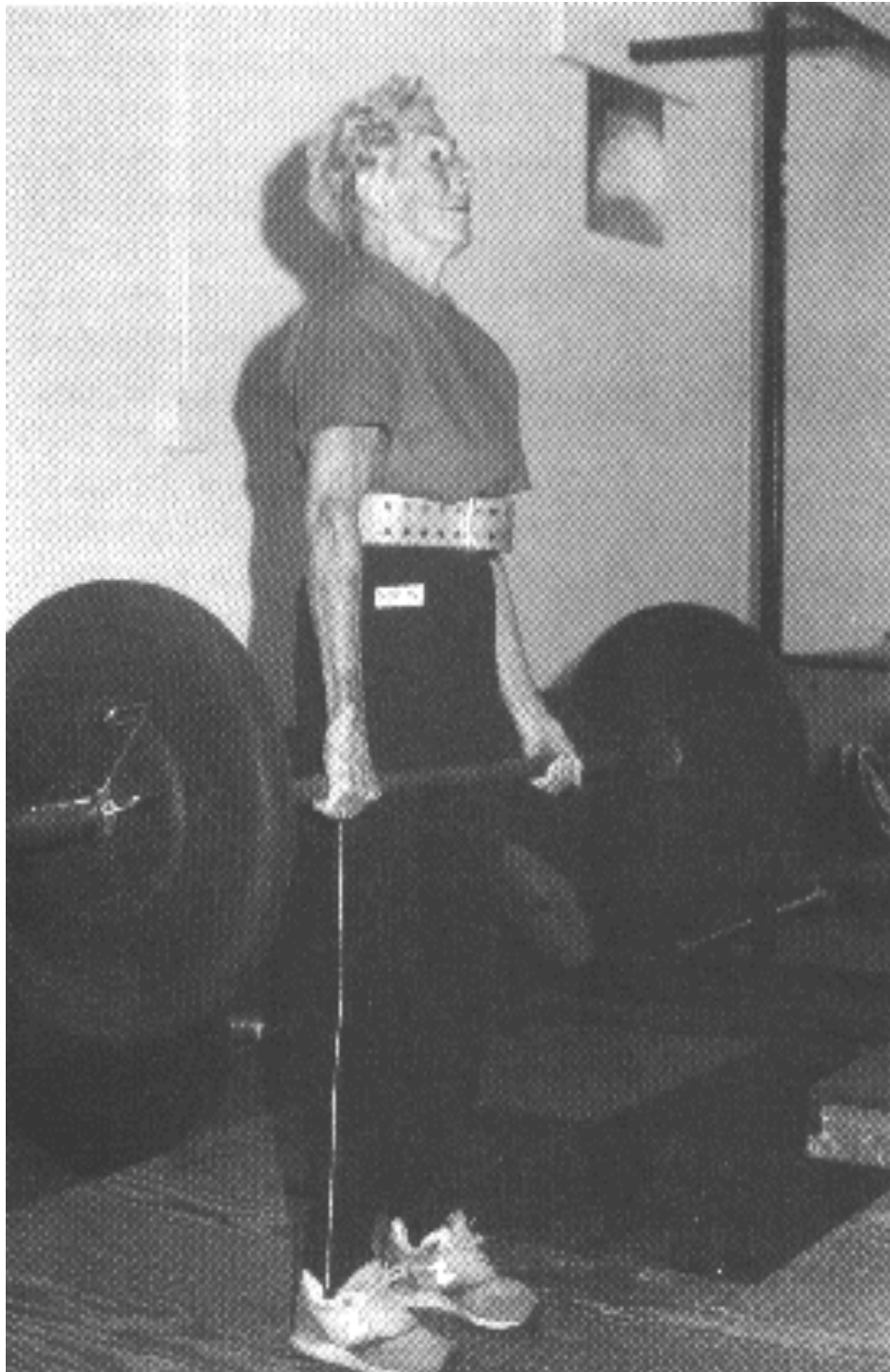
- Stay physically active and (especially) strong
- Eat a good diet/maintain normal weight
- Get plenty of sleep
- Maintain contact with friends and family
- Keep your mind alert
- Engage with your environment

Step lively into the new millennium!

- ***ITS NEVER BEEN AS EASY AS THIS!***
- ***GIVE YOURSELF A “LIFT”***



Bench press



Dead lift

GET STRONG!!