

Physical Activity

August 2016



Objectives

- What is physical activity
- Benefits of being physically active
- Risks of being inactive
- Physical activity guidelines
- Types of physical activity
- Precautions
- Ideas for being active
- Goal Setting

Disclaimer: Medical and other information in this resource is intended as information resource only and does not create any patient-physician relationship. The information is not intended as a substitute for professional medical care and advice. Only your doctor can provide medical advice and diagnose and treat a medical problem.

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Eating a healthy diet and getting regular exercise are the most important things a person can do to maintain good health.



National
Aboriginal
Diabetes
Association



What Is Physical Activity?

- ❑ **Everyone benefits from physical activity**
- ❑ Anytime we move our bodies and use more energy than when we're just resting
 - ❑ Examples: vacuuming, playing baseball, hanging up laundry, going for a walk
- ❑ Physical activity can be categorized into 3 different groups
 - ❑ Sport, Exercise, Activities of Daily Living



Types of Physical Activity

Sport

- Planned
- Usually follows a set of rules



Exercise

- Planned and prescribed



Activities of Daily Living

- Physical activity done through activities you do on a daily basis



What Is Active Living?



- ❑ Useful, pleasurable and satisfying
- ❑ Helps to live in the movement
- ❑ Can be experienced individually or in a group/social setting
- ❑ Encourages a person to get moving, add a little more activity or add a sensible approach to being active
- ❑ Includes activities that value and protect our environment
- ❑ Is holistic: physical, emotional, mental and spiritual well being



Do you feel stressed?



Increase Physical Activity



Are you confused or feeling forgetful?



Increase Physical Activity



DO YOU NEED MORE ENERGY?



Increase Physical Activity



Benefits of Physical Activity

❑ Better health

- ❑ Lowers cholesterol
- ❑ Lowers blood sugar
- ❑ Helps body use insulin better
- ❑ Lowers risk of diabetes complications
- ❑ Lowers risk of heart attack and stroke



❑ Better fitness

❑ Better balance

❑ Better posture

❑ Stronger muscles and bones

❑ Weight control or weight loss

❑ More energy

❑ More overall happiness

❑ Better sleep

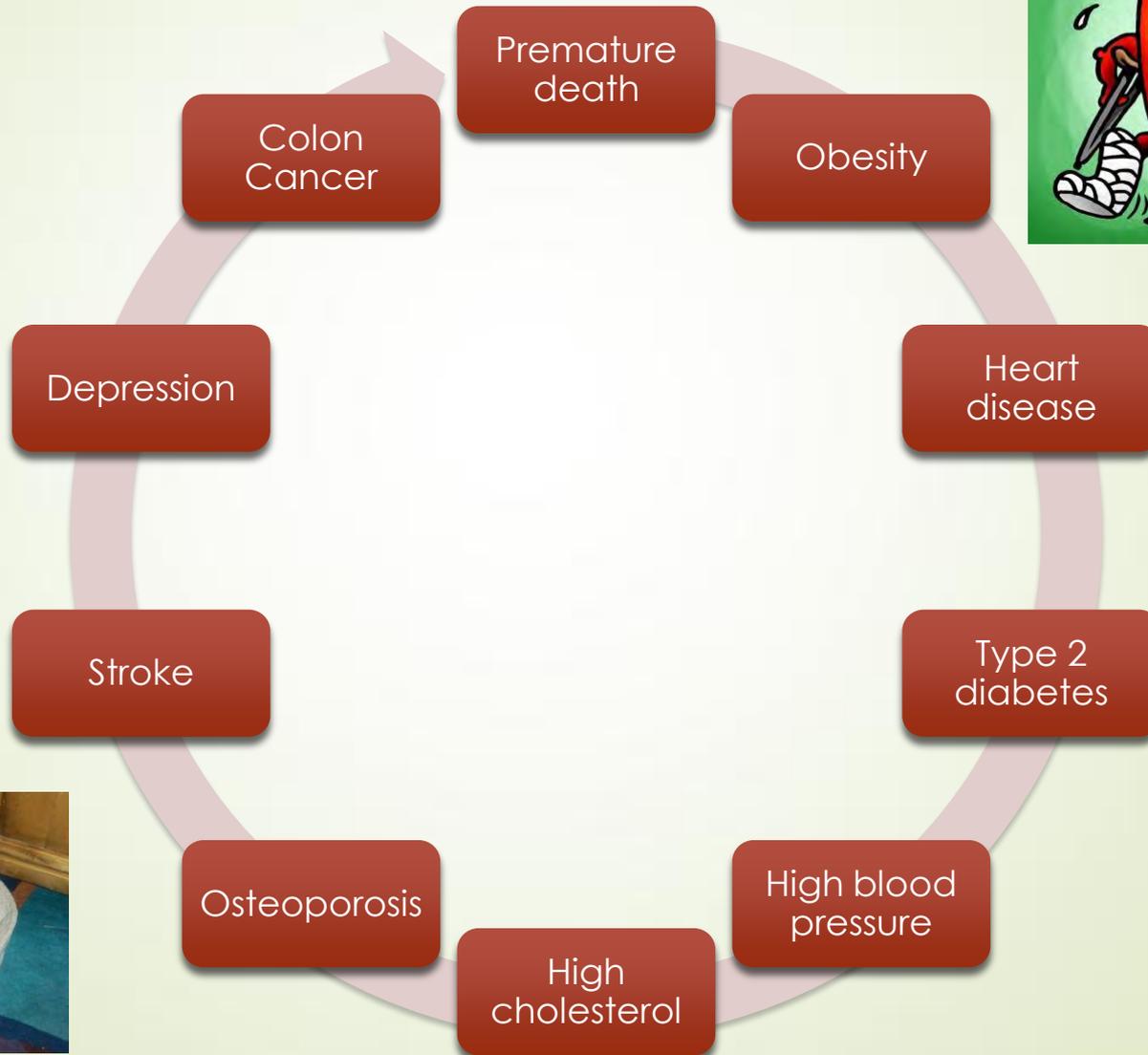
❑ Promotes relaxation and reduces stress

❑ Improves cognitive function and reduces risk of dementia

❑ Maintain independence later in life



Health Risks of Inactivity



Why Are We So Sedentary ?

Traditional Lifestyles

- Hunting & Gathering
- Physical Job
- Walking
- Essential duties
 - (Ex Cutting wood)
- Self Powered Tools



Modern Technology

- Television
- Computers
- Video games
- Power Tools
- Transportation
- Inactive jobs



Physical Inactivity: A Global Epidemic

- ❑ Only 15% of Canadian adults are meeting the physical activity guidelines
 - ❑ We need at least 150 minutes of moderate to vigorous physical activity per week
- ❑ Most people are sedentary for ~ 9.5 hours/day!!
- ❑ 61% of individuals with diabetes report NO weekly exercise
- ❑ In one study, only 2.5% of individuals with type 2 diabetes achieved BOTH CDA recommendations for aerobic AND resistance exercises.

Physical Activity Recommendations



Accumulate a minimum of 150 minutes of moderate- to vigorous-intensity aerobic exercise each week, spread over at least 3 days of the week, with no more than 2 consecutive days without exercise



Perform resistance exercise at least twice a week and preferably 3 times per week in addition to aerobic exercise



Set specific physical activity goals, anticipate likely barriers to physical activity, develop strategies to overcome these barriers and keep records of their physical activity



Types of Physical Activity

- ❑ 2 main categories that we are discussing
 - ❑ Aerobic and Resistance

- ❑ 2 other category:
 - ❑ Flexibility and Balance

- ❑ Including both aerobic and resistance exercise to meet the CDA guidelines and help control blood glucose, but include all components help to keep our bodies health

- ❑ It is not necessary to “work out” in order to see health benefits and address all of the types of physical activity

Aerobic Exercise

Also called
endurance or
cardiovascular
activity



Activities
that are
continuous
in
movement
over an
extended
period of
time



Gets your
heart
pumping
and your
blood
flowing



You need
to get 150
minutes a
week!
30 minutes
5x/week or
21 minutes
7x/week



Examples of Aerobic Exercise

- Walking*
- Biking*
- Swimming*
- Dancing*
- Aerobics*
- Raking leaves
- Shovelling
- Jogging*
- Hockey
- Basketball
- Volleyball
- Vacuuming
- Mopping
- Energizers



Aerobic Exercise Prescription

age	Max	50%	55%	60%	65%	70%	75%	80%	85%	90%
30	190	95	105	114	124	133	143	152	162	171
35	185	93	102	111	120	130	139	148	157	167
40	180	90	99	108	117	126	135	144	153	162
45	175	88	96	105	114	123	131	140	149	158
50	170	85	94	102	111	119	128	136	145	153
55	165	83	91	99	107	116	124	132	140	149
60	160	80	88	96	104	112	120	128	136	144
65	155	78	85	93	101	109	116	124	132	140
70	150	75	83	90	98	105	113	120	128	135
75	145	73	80	87	94	102	109	116	123	131
80	140	70	77	84	91	98	105	112	119	126

Resistance Exercises

Activities that use muscles strength to move a weight

Incorporates pushing, pulling, lifting and carrying

Strengthens muscles and bones and improves balance and posture

CDA guidelines recommends doing strength activities at least 2 days a week

Improves glycemic control



Examples of Resistance Exercises

- Weight lifting*
- Push-ups*
- Sit-ups*
- Lunges*
- Yard work
- Cutting and piling wood
- Lifting and carrying groceries
- Climbing stairs
- Lifting and playing with children
- Resistance band exercises*



Resistance Exercises Prescription

Start with 1 set,
using a weight
that you can
perform 15-20
repetitions

Progress to 2 sets
and decrease
the number of
repetitions to 10-
15

Progress to 3 sets
of 8 repetitions ,
using an
increased
weight



Flexibility

- ❑ Keeps your muscles relaxed and joints mobile
- ❑ Allows you to be more agile and move more easily
- ❑ Try to include all of your muscles
- ❑ Examples:
 - ❑ Reaching, bending, yoga, gardening, yard work, vacuuming, bowling, Tai Chi, dancing, etc.



Special Considerations

- Anyone starting an exercise program more vigorous than walking should fill out a Physical Activity Readiness Questionnaire and/or see a doctor
- If a person is usually inactive, start slow (5-10 minutes a day to start)
- Take special care to prevent low blood sugars
- Certain conditions may limit the types of activity a person with diabetes can do:
 - Feet problems (decreased sensation or sores)
 - Poor vision
 - High risk for heart attack or stroke



PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

**If
you
answered**

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

How can I get started?

- Choose an activity you enjoy
- Make a plan
- Start slow
- Choose a good time to exercise
- Find a partner
- Every little bit counts
- Reward yourself



Goal Setting- Deciding to be active

What are the good things about staying the same?

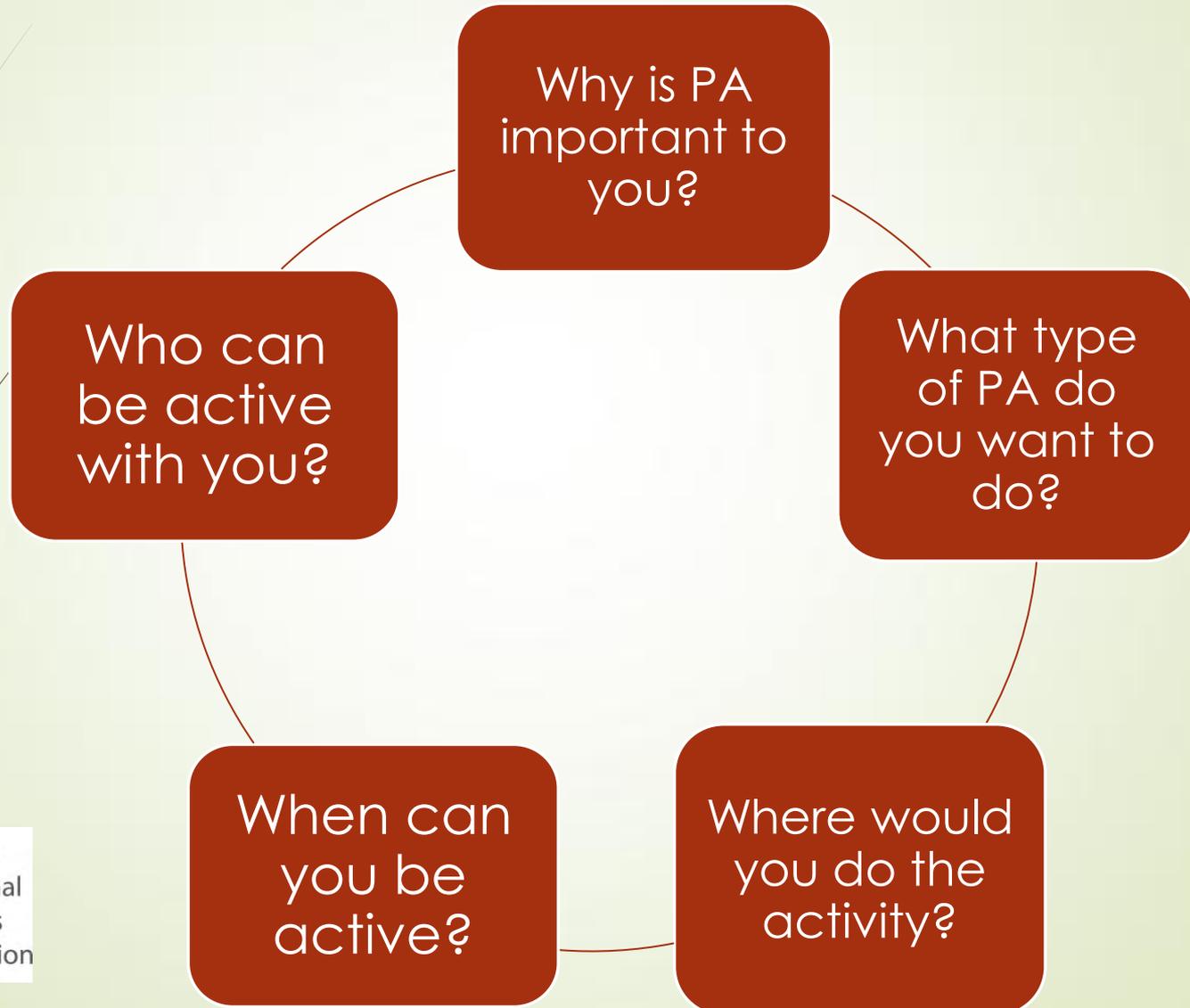
What are the good things if you make a change?

What are the bad things about not making the change?

What are the bad things about making the change?

What is motivating you to change?

Goal Setting- Making a Plan



Goal Setting - SMART

☐ SMART Goals

- ☐ Specific
- ☐ Measurable
- ☐ Attainable
- ☐ Realistic
- ☐ Timely



Specific and Measurable

You need to be able to tell when you've succeeded!

"I will
exercise
more"



"I will stretch
every morning as
soon as I get out
of bed"



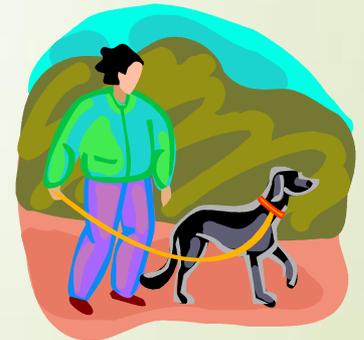
Attainable and Realistic

Choose something that you can do!

“I will climb Mount Everest tomorrow!”



“I will go for a 15 minute walk at lunch time 3 days a week!”



Timeline

- ❑ “I’ll do it tomorrow”
- ❑ Set yourself a real date to meet your goal



“I will eat two
vegetables with
supper every
night!”



“I will eat two vegetables with
supper every night starting this
Thursday!”



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Sign Comment

Physical Activity. It's good for your health. Do It for Life!

in motion In motion Activity Tracker

My "in motion" goal for the month of _____ is:

How to use your in motion Activity Tracker...

1. Set a new activity goal at the start of each month!
2. Record the type of activity in the box provided (A: _____)
3. Circle the intensity of the activity!
1 (easy)
2 (light)
3 (moderate)
4 (hard)
5 (maximum)
4. Record your minutes "in motion" in the box provided. (M: _____)
5. Have FUN!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
A: _____						
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
M: _____						
<input type="checkbox"/>						
A: _____						
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
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A: _____						
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M: _____						
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A: _____						
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
M: _____						

For more information on physical activity and goal setting, visit winnipegmotion.ca

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Tools

- ❑ CDA resources
 - ❑ Intro: https://www.youtube.com/watch?v=mU_R_NT-vTw
 - ❑ Exercise band: <https://www.youtube.com/watch?v=-6D6fpQLh3s>
 - ❑ Weights: <https://www.youtube.com/watch?v=KCX2yEeZT5c>
 - ❑ Making a Plan: <http://www.diabetesgps.ca/en/getting-active/making-a-plan>
 - ❑ Managing Diabetes Through Healthy Weight http://www.diabetesgps.ca/gps/pdf/EatWell_EN.pdf

Tools

- ❑ Other

- ❑ Older adults exercise dvd:

- ❑ [http://winnipeg.inmotion.ca/in motion older adult exercise video.php](http://winnipeg.inmotion.ca/in_motion_older_adult_exercise_video.php)

- ❑ Stretching

- [http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSFM stretching F13.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSFM_stretching_F13.pdf)

10 Easy Ways to Increase Your Activity

1. Take a daily 10 minute walk after dinner
2. Hang dry your clothes instead of using the dryer
3. Plant a garden for your vegetables instead of getting them from the store
4. Pick a couple of exercises to do during commercials of your favourite TV show
5. Go outside and play with your kids or grandkids
6. Stand on one foot, switching feet every 10-30 seconds while you wash dishes.
7. Walk or bike to the store instead of driving
8. Take a 30 second stretch break for every 20 minutes that you are sitting still
9. Try a new sport, like Ultimate Frisbee
10. Park further from the entrance of buildings so you have to walk a bit further



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Additional Resources can be found at
www.nada.ca

Speaker notes available on request.
Please email diabetes@nada.ca