



# Making Choices to Live Healthy and Well

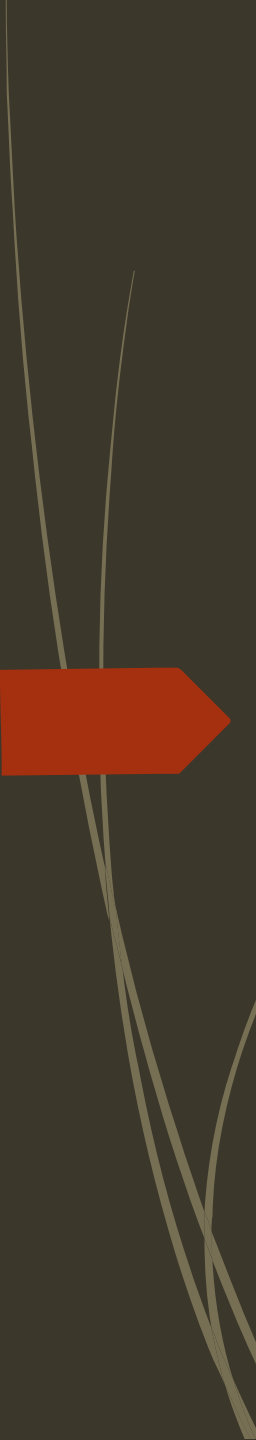
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# Making Choices to Live Healthy and Well: Overview

- Where to Start?
- Components of an Active Lifestyle
- Develop a Plan
- Tips, Ideas, and Discussion

# Where to Start?



Determine your  
“Why”



Consider your  
network of support



Evaluate your  
resources



Identify an interest



Establish a timeline



Activity or  
Movement  
throughout the day



Aerobic. Physical  
activity that elevates  
the heart rate



Strength. Weight  
bearing activities or  
exercises



Flexibility. Building or  
maintaining range of  
motion and flexibility



Function. Balance  
and Posture training



Components  
of an Active  
Lifestyle



Develop a  
Plan:

Daily  
Activity



Re-engineer activity back into  
your day



Set goals and plan for activity.



Consider an Activity Tracker



## Develop a Plan:

## Aerobic Activity

### Frequency: *\*\*Minimum guidelines per week*

- 150 minutes of moderate activity, OR
- 75 minutes of vigorous activity, OR
- A combination of moderate and vigorous activity = 150 minutes

### Intensity: Elevate the Heart Rate

- Calculate your heart rate zone
- How do you feel? How easily can you converse?

### Type: Choose an activity

- Are you interested in it?
- Will you enjoy it?
- Do you have an accountability partner / group?





## Develop a Plan:

## Strength Training

### Frequency

*\*\*Minimum guidelines per week*

- Twice a week for all major muscle groups OR
- Up to five days per week by dividing the muscles groups into smaller bouts

### Intensity

- At least one “set”
- At least 8 -20 repetitions, depending on type

### Type

- Body weight
- Resistance
- Heavy weights



## Develop a Plan:

## Flexibility

### Frequency

- Daily, a minimum of 10 minutes
- Intermittent throughout the day

### Intensity

- Hold a stretch for 10 – 30 seconds (Breathe!)
- Stretch to a point of mild tension, but never pain

### Type

- Focus on range of motion
- Active versus static stretching
- Yoga, Pilates, Barre, etc.



## Develop a Plan:

## Balance and Posture

### Frequency

- Daily
- Intermittent throughout the day

### Intensity


- Start with a prop / support
- Selective increases in intensity

### Type

- Postural awareness activity
- Balance Exercises



# Tips, Ideas, Discussion

- Start!
  - Plan for it.
  - Sit Less.
  - Try Something New.
  - Invest in an Activity Tracker.
  - Go Virtual.
  - Go with Friends.
- 



# Resources



- ▶ [Exercise Intensity – How to Measure It, MayoClinic](#)
- ▶ [Balance Exercises – 10-minute Home Workout to Improve Balance](#)
- ▶ [12 Exercises to Improve Your Posture](#)
- ▶ [Benefits of High Intensity Interval Training \(HIIT\)](#)
- ▶ [Choosing a Diet Plan That's Right for You](#)
- ▶ [The Best Fitness and Activity Trackers for 2021](#)
- ▶ [Dance Like Your Doctor is Watching: It's Great for Your Mind and Body](#)