Making Choices to Live Healthy and Well

Presented by:
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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
Components of an Active Lifestyle

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
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

<table>
<thead>
<tr>
<th>Frequency</th>
<th><strong>Minimum guidelines per week</strong></th>
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<tbody>
<tr>
<td>• Twice a week for all major muscle groups OR</td>
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<tr>
<td>• Up to five days per week by dividing the muscles groups into smaller bouts</td>
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<table>
<thead>
<tr>
<th>Intensity</th>
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<tbody>
<tr>
<td>• At least one “set”</td>
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<tr>
<td>• At least 8 -20 repetitions, depending on type</td>
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<table>
<thead>
<tr>
<th>Type</th>
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<tbody>
<tr>
<td>• Body weight</td>
<td></td>
</tr>
<tr>
<td>• Resistance</td>
<td></td>
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<tr>
<td>• Heavy weights</td>
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Develop a Plan:

Flexibility

<table>
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<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Type</th>
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| • Daily, a minimum of 10 minutes  
• Intermittent throughout the day | • Hold a stretch for 10 – 30 seconds (Breathe!)  
• Stretch to a point of mild tension, but never pain | • 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