OCHD — HEALTH PROMOTIONS

Weekly Wellness

WEEK ONE

MAY 2016

MONTHLY OVERVIEW

May is National Physical Fitness Month. Let's get moving!

Week I:

 Benefits, Recommendations And Tips

Week 2:

Stay Hydrated!

Week 3:

What Counts?

Week 4:

- Let's Move!
- Prevent Injury

Physical Activity

- So far, we've covered a lot of ground. Last month we talked about stress and sleep and the important role they play in our health.
- Now, let's talk about the important roles physical activity and water play in our total wellness plan.
- This month you will learn several things to consider about physical activity and water intake, and ways to incorporate more of them into your day— EVERYDAY!
- Let's get started with a review of the benefits of physical activity...some of these
 may surprise you. Be sure to check out the recommendations from the AHA
 and some of the tips below to help make following them a little easier.

Benefits of Exercise:

Weight loss/management

Decreased risk for type 2 diabetes

Better sleep, mood and energy

Improved balance and flexibility

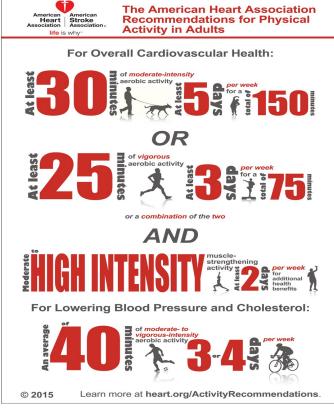
Lower blood pressure and cholesterol

Stronger muscles

Lower stress

Decreased risk of heart attack or stroke

AHA Recommendations: The American Heart Asso



Tips:

- Schedule your activity just like any other IMPORTANT event
- Start with just 10 minutes at a time—if you can, work up to this 3 times per day, you'll be at 30min/day in no time!
- Track your progress—however this works best for you
- MAKE IT FUN!

Weekly Wellness

Helping you be healthy, one week a a time







Stay Hydrated

Water is one of the most important, yet one of the most commonly underconsumed, nutrient that our bodies need. You may know that water is important for our external appearance and flushing out waste, but did you know it also helps regulate our body temperature, lubricate and cushion our joints, and protect our spinal cord and other sensitive tissues?

It is recommended that we get **at least** 64 oz of water every day; that's just 8 cups.

We need even more when we're:

- Active
- In hot or humid climates—like NC
- Running a fever



Tips:

- Drink when you are thirsty and with meals
- Choose foods with higher water content (tomatoes, celery, melons)
- Have a water bottle (frozen or non) available for drinking all day
- Choose water over sugar-sweetened beverages—you'll save money and **CALORIES!**
- If you need to add some flavor, use a lemon or lime wedge. There are also **naturally-sweetened**, **non-caffeinated** water enhancers available.
- Keeping track of your water intake can help you stay on track to meet your needs.

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What Counts as Physical Activity?

- Aerobic activity, or "cardio", gets you breathing harder and your heart beating faster. Remember, at least 10 minutes at a time—three times per day—counts towards our 150 minutes per week (minimum) goal.
- In addition to aerobic activity, it is also important to incorporate exercises to **strengthen your muscles** at least two days per week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms). **This does not necessarily mean picking up a set of dumbbells.** This can include something like swimming (chest, shoulders, arms, abs, hips, and legs). which can also be very aerobic. Additionally, exercises using your own bodyweight count, such as pushups, sit-ups, or squats. Be creative to make it fun.

Aerobic Activity

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

Walking fast	Doing water aerobics		
Pushing a lawn mower	Playing doubles tennis		
Riding a bike on level ground or with	Doing Yard Work		

Muscle Strengthening Activities

- + To gain health benefits, **muscle-strengthening activities** need to be done to the point where it's hard for you to do another **repetition** without help.
- + Try to do 8-12 repetitions per activity; that count as one set.
- + Try to do at least I set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.
- + Also incorporating ANY KIND of resistance to your aerobic activity adds muscle-strengthening benefits.

A supplemental document will provide a sample workout







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Helping you be healthy, one week as a time

FAVORITE EXERCISE.

Let's Move!!!

- Now, it's time to put it all together! So, grab a buddy and get moving!
- Below is an example of a weekly schedule to help plan out your physical activity and a few sites and resources that have been used personally.
- It doesn't have to be "exercise." It should be simple and fun for YOU and fit into your routine.

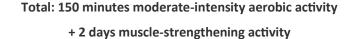


Sample Week Schedule 1

Example 1: Moderate Intensity Activity and Muscle Strengthening Activity



Sunday	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
30 minute	30 minute	30 minute	Weight	30 minute	30 minute	Weight
brisk walk	brisk walk	brisk walk	training	brisk walk	brisk walk	training
			fl. la			tOr



Prevent Injury

- Stretch regularly
- Start slow and spread throughout the day/week
- Warm up and cool down for at least I min
- Listen to your body—discomfort and pain are not the same thing
- Wear proper clothing/gear—it doesn't have to be "gym" attire, but clothing that fits well and allows your body to breathe; shoes that are supportive to your feet; etc



