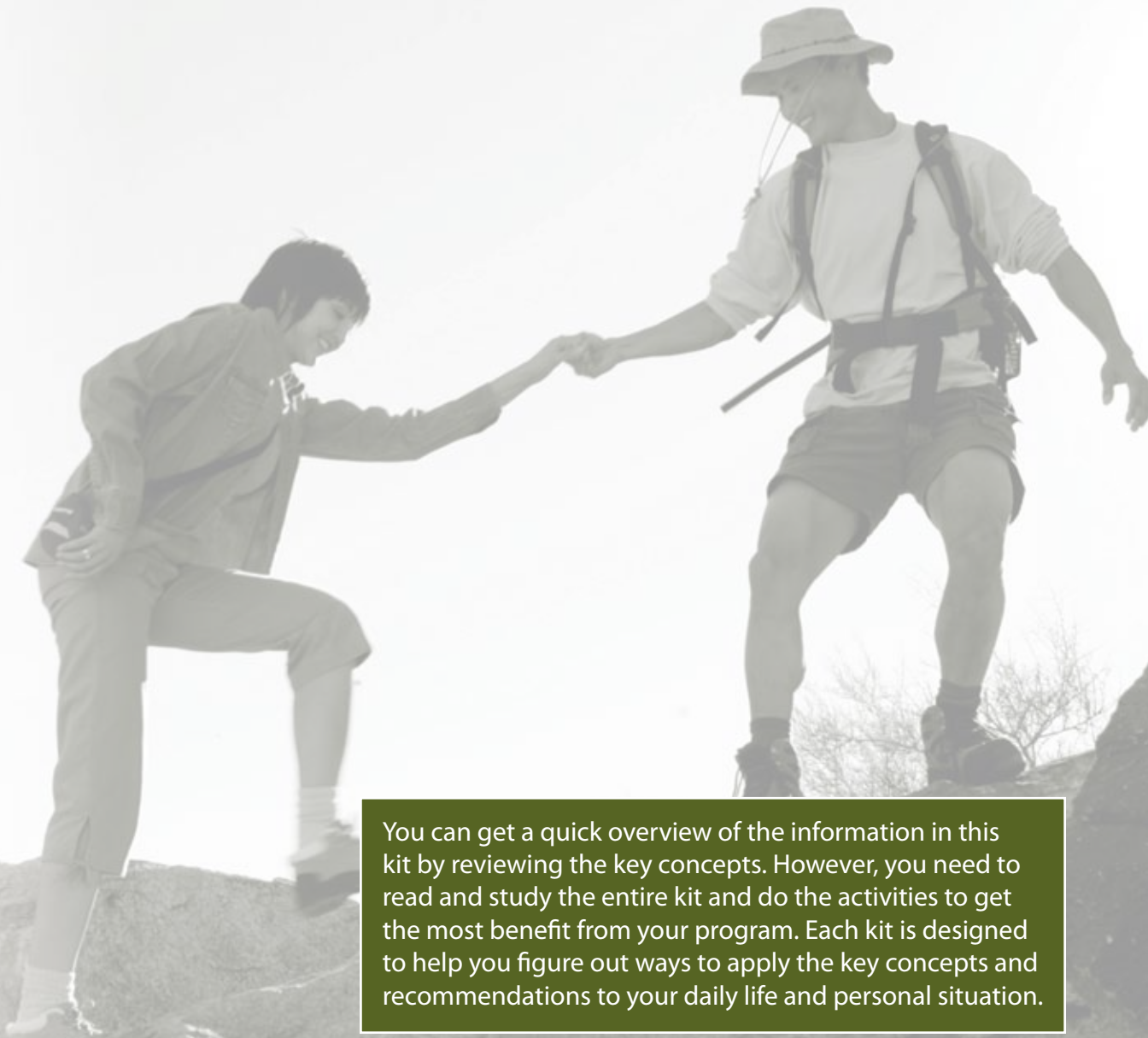


Adding Activity to Your Lifestyle



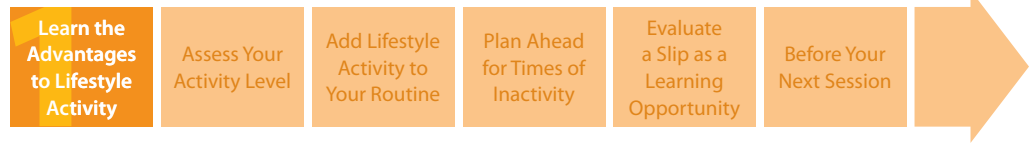
You can get a quick overview of the information in this kit by reviewing the key concepts. However, you need to read and study the entire kit and do the activities to get the most benefit from your program. Each kit is designed to help you figure out ways to apply the key concepts and recommendations to your daily life and personal situation.

Key Concepts

- Physical activity includes all activities that use muscles to burn calories (or kilojoules). Raking leaves, vacuuming the carpet and walking the dog are examples of lifestyle physical activity.
- Lifestyle physical activity, along with traditional exercise (brisk walking, swimming, cycling, jogging, lifting weights), can help you increase your overall physical activity. There are other advantages of lifestyle physical activity:
 - You can do lifestyle physical activities at any time.
 - You don't have to find a place to do lifestyle physical activity, because opportunities are all around you.
 - You don't need special equipment, exercise clothes or special skills to be able to perform the activity.
 - There is less chance for you to get injured, since lifestyle physical activities typically are not too vigorous.
- One way to assess your current lifestyle physical activity is to use a pedometer to determine the number of steps you take each day. For lifestyle physical activity, all steps count – short ones and long ones, steps up and steps down the stairs. Taking 10,000 extra steps in one day is equivalent to adding approximately 30 to 60 minutes of moderate intensity exercise to your daily routine.
- Think of ways to burn extra calories (or kilojoules) through lifestyle physical activities at home, at work and at play. You should do as much lifestyle physical activity as possible every day.
- Learn to be aware of the amount of time you spend sitting or reclining and the times during the day when you are most inactive.
- Plan ways to substitute lifestyle physical activities for the times you are inactive. For example, take the stairs instead of the escalator or elevator, walk to lunch instead of riding in a car and walk when playing golf instead of using a cart.

Getting There





Learn the Advantages of Lifestyle Physical Activity

Technically, exercise and physical activity are different. Physical activity includes all muscle activities that burn calories. Exercise refers to traditional, repetitive activities.

REFERENCE



Types of Physical Activity		
Lifestyle Physical Activity	vs.	Traditional Aerobic Exercise
<ul style="list-style-type: none"> • Walking the dog • Pushing a child in a stroller • Raking leaves • Vacuuming the carpet • Taking the stairs • Walking to the mailbox • Digging in the garden 		<ul style="list-style-type: none"> • Swimming • Cycling • Walking on the treadmill • Jogging • Rowing • Jumping rope • Aerobic dance

Advantages of Lifestyle Physical Activity

- You can do lifestyle physical activities at any time.
 - Every minute spent in physical activity counts – even a two-minute walk to the mailbox or climbing a few flights of stairs instead of taking the elevator.
 - You don't have to plan time for lifestyle physical activity, since the active minutes add up throughout the day. It is not unusual to accumulate 30 to 45 minutes of extra physical activity every day.
- You don't have to find a place to exercise.
 - Opportunities are all around you. It's easy to fit in lifestyle physical activity.
- You don't need special equipment.
 - You just need a pair of comfortable shoes.
 - You don't have to put on special exercise clothes, and you won't need to take a shower when you're done, because you're not likely to perspire heavily.
- You don't need special skills.
 - You will mostly be doing activities you know how to do and that need to be done anyway.
 - You may even save time and money by doing the job yourself.
- There is less chance that you'll get injured.
 - These activities aren't too vigorous.

ACTIVITY



Advantages of Lifestyle Activity

What are some advantages of lifestyle physical activity that appeal to you?



2

Assess Your Activity Level

One easy way to assess your current physical activity level is to use a pedometer to determine the number of steps you take each day. Pedometers are about the size of a large wristwatch and are available in most sporting goods stores.

When you get dressed in the morning, attach a pedometer to your belt or waistband. Then go about your usual routine for the day. At the end of the day, check the pedometer to see how many steps you took over the course of the day. Wear the pedometer and count your steps for a period of seven consecutive days.

ACTIVITY



Measuring Steps

Record your steps on the chart below. Total your steps for the week and divide by seven to determine your average steps per day. This will be your baseline.

Week of: _____													
Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	Average				
Steps		+		+		+		+		=		÷ 7	=

My Goal for Increasing the Steps I Take

For the week of: _____ Average steps per day: _____

Your goal is to find ways to add more steps to your daily routine. Don't worry about the actual distance that you measure with your pedometer. For lifestyle physical activity, all steps count – short ones and long ones, steps up and steps down the stairs. When you can reach 10,000 steps in a day, it is equivalent to adding approximately 30 to 60 minutes of moderate-intensity exercise to your daily routine. You can get the benefits of exercise without actually participating in a formal exercise program.

Use this approach to:

- Add extra steps to your day
- Burn extra calories
- Stay active on days when you can't perform your usual exercise routine

Type of Day	Number of Steps
Sedentary Day	1,500 – 2,500
Average Workday – The average number of steps most people take during a routine workday	2,000 – 5,000
Very Active Day – More walking than usual, perhaps traveling and walking in airports or sightseeing while on vacation	15,000 – 20,000



3

Add Lifestyle Physical Activities to Your Daily Routine

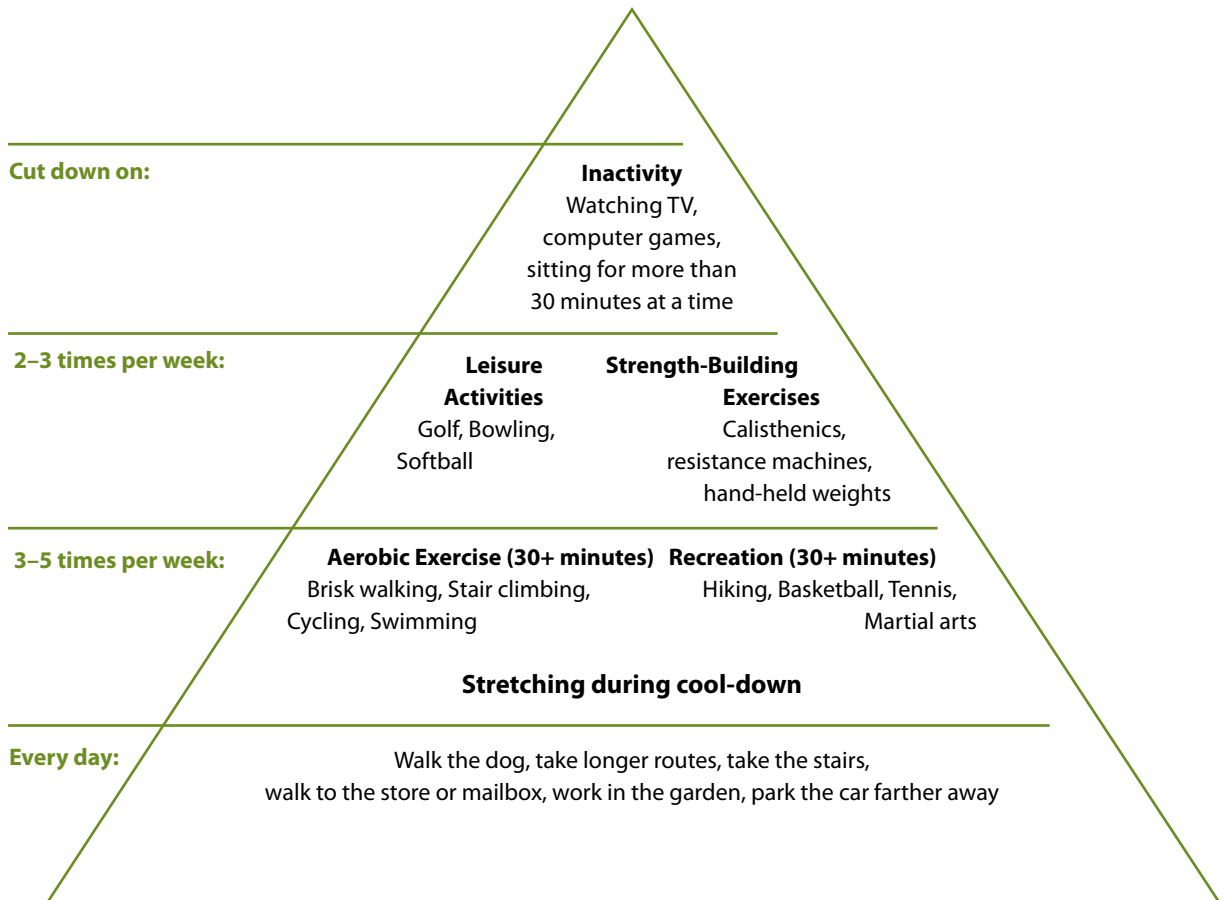
The activity pyramid below is similar to the Nationwide Better Health Food Pyramid but shows various types of lifestyle physical activity and exercise you can do. Notice that lifestyle physical activity is the base of the pyramid. You are encouraged to do as much lifestyle physical activity as possible everyday, in addition to your traditional exercise. You will add recreation, leisure and strength training exercises later in this program.

REFERENCE



The Activity Pyramid

Be creative in finding ways to stay active!



Adding Activity to Your Lifestyle



ACTIVITY



Burn Extra Calories

In addition to your traditional exercise program, look for ways to burn extra calories through lifestyle physical activities. Write ways that will work for you in the spaces below.

Lifestyle Physical Activities	Ways to Add Lifestyle Physical Activities
<p>At Home</p> <ul style="list-style-type: none"> • Rake the leaves instead of using a blower • Vacuum the carpet at a faster pace than normal • Walk the dog after supper instead of watching TV 	<hr/> <hr/> <hr/>
<p>At Work</p> <ul style="list-style-type: none"> • Take the stairs instead of the elevator • Stand instead of sit while talking on the phone • Walk to lunch instead of riding in a car 	<hr/> <hr/> <hr/>
<p>At Play</p> <ul style="list-style-type: none"> • Walk when playing golf instead of using a cart • Play ball with a child • Walk to see the sights when traveling to a new city 	<hr/> <hr/> <hr/>

Just as the tip of the Nationwide Better Health Food Pyramid contains food to avoid or use sparingly, the tip of the activity pyramid contains the times you are very inactive, which you should also avoid. Think about how much time you spend sitting or reclining and identify the times during a typical day when you are most sedentary. List them below, then plan ways to substitute lifestyle physical activities for sedentary activities.

Instead of (sedentary activities):	I will do (lifestyle physical activities):
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



4

Plan Ahead for Times of Inactivity

There will be times when it will be difficult or maybe even impossible for you to exercise, which is expected. Going several days without exercise is not a tragedy. It is very important to be prepared with a plan to resume your exercise routine as soon as possible so a slip doesn't cause you to give up exercise altogether.

You will be able to anticipate and plan for some of these situations. Others will not be within your control.

REFERENCE



Planning Ahead	
Situations I CAN Control and Plan For	Situations I CAN'T Control or Plan For
<p>Business travel</p> <ul style="list-style-type: none"> • Walk from one appointment to the next instead of taking a taxi. • Take a brisk walk before breakfast. • Check your luggage or stow it in a locker and walk through the terminal while waiting for a plane. • Take a walk at the end of the day before going to your room or out for dinner. 	<p>Injuries</p> <ul style="list-style-type: none"> • Look for a substitute activity (for example, water aerobics, stationary cycling or chair aerobics.). • Don't break your routine. Continue to set aside time for exercise. • Plan to resume your regular exercise program as soon as you heal.
<p>Vacations</p> <ul style="list-style-type: none"> • Explore a new city by walking, jogging or cycling to see the sights. • Walk through parks and museums. • Include active recreation (for example, hiking, fishing, bird watching, horseback riding or canoeing) 	<p>Illness</p> <ul style="list-style-type: none"> • Never exercise when you have a fever. • Be aware of symptoms that might indicate a heart problem. • Repeat the steps you used when you began your exercise program. • Cut back on the amount and intensity of your exercise when you start back. • Keep a positive attitude.
<p>Work responsibilities</p> <ul style="list-style-type: none"> • Fit in short bouts of brisk walking several times during the day. • Discuss work issues with coworkers while walking. • Take stretch breaks to improve productivity and concentration. 	<p>Family responsibilities</p> <ul style="list-style-type: none"> • Find opportunities for you and your partner or spouse to exercise together. • Go for a walk together and use the time to talk. • Serve as an active role model for other family members.
<p>Special occasions and holidays</p> <ul style="list-style-type: none"> • Seek out activities you can enjoy with friends. • Let others know exercise is a priority for you, and ask for their support. • Combine social activities with exercise (for example, dancing, ice skating, hiking or cycling) 	

Adding Activity to Your Lifestyle



ACTIVITY



My Potential Barriers to Exercise

What situations could present problems for you? How will you plan to minimize their impact and get back on track quickly?

Potential Problems	My Plan

TIPS

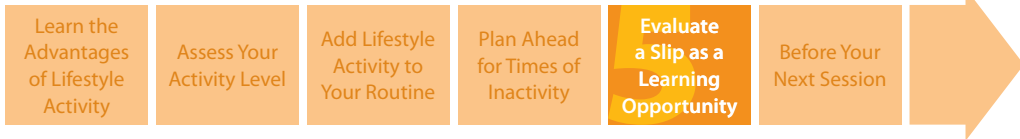


Adjusting Your Exercise Schedule

If you are unable to perform your usual exercise program for several weeks:

Remember the F.I.T. prescription (frequency, intensity and time)? The good news is you can cut back on the time allotted for each exercise session by as much as two-thirds. If you exercise at your usual intensity and at least every third day, you will be able to maintain your current fitness level for up to 15 weeks, but try to get back on track with your usual exercise program as soon as possible.

For example, if you usually walk briskly for 45 minutes each day at an intensity of 13 on the perceived exertion scale, you can walk at the same pace but reduce the time to 15 minutes and the frequency to three days a week. Try to get back on track with your usual exercise program as soon as possible.



Evaluate a Slip as a Learning Opportunity

Changing your lifestyle or habits can be difficult, so it is common to have occasional slips. What’s important is how you deal with those slips. Learn to think of problems as learning opportunities. The next time something happens that could keep you from exercising, make a record of how you handle the situation and evaluate your efforts. This will help you to learn what will work for you in the future.

ACTIVITY



Evaluate Your Efforts

	What happened?	What did you do?
Before the slip?		
During the slip?		
After the slip?		
What did you learn from the slip?		
Is there something you could have done differently?		
Do you feel more confident about handling problems in the future?		

If you are having problems staying with your exercise program, it is important that you talk with your health coach. He or she can help you develop solutions and a plan that will work for you.

Adding Activity to Your Lifestyle

Learn the Advantages of Lifestyle Activity

Assess Your Activity Level

Add Lifestyle Activity to Your Routine

Plan Ahead for Times of Inactivity

Evaluate a Slip as a Learning Opportunity

Before Your Next Session



6

Before Your Next Session

In the time between your sessions with your health coach, do the following:

- Be sure to read and complete this educational kit.
- Use this kit to record your work.
- Have this kit with you for your next session.

REVIEW



Check Yourself

Complete the statements to be sure you understand the key concepts in this kit.

1. Exercise refers to _____, repetitive activities.
2. _____ includes all muscle activities that burn calories.
3. Taking the stairs instead of the elevator is an example of _____ physical activity.
4. The activity pyramid recommends lifestyle physical activity _____.
5. Do aerobic exercise for at least __ minutes __ to __ times per week.
6. Cut down on sitting for more than __ minutes at a time.
7. In addition to your traditional exercise, look for ways to burn extra _____ through lifestyle physical activities.

Answers: 1) traditional; 2) Physical activity; 3) Lifestyle; 4) every day; 5) 30, 3, 5; 6) 30; 7) calories

Write any questions for your health coach here.