

Living Well Rockdale Presents:



**MONTHLY WORKSHOPS
WITH HEALTHY TIDBITS**

**4TH THURSDAYS
12:15-1PM
ON ZOOM**

**STRONGER BUSINESS
STRONGER YOU**

Physical Activity for Everyone

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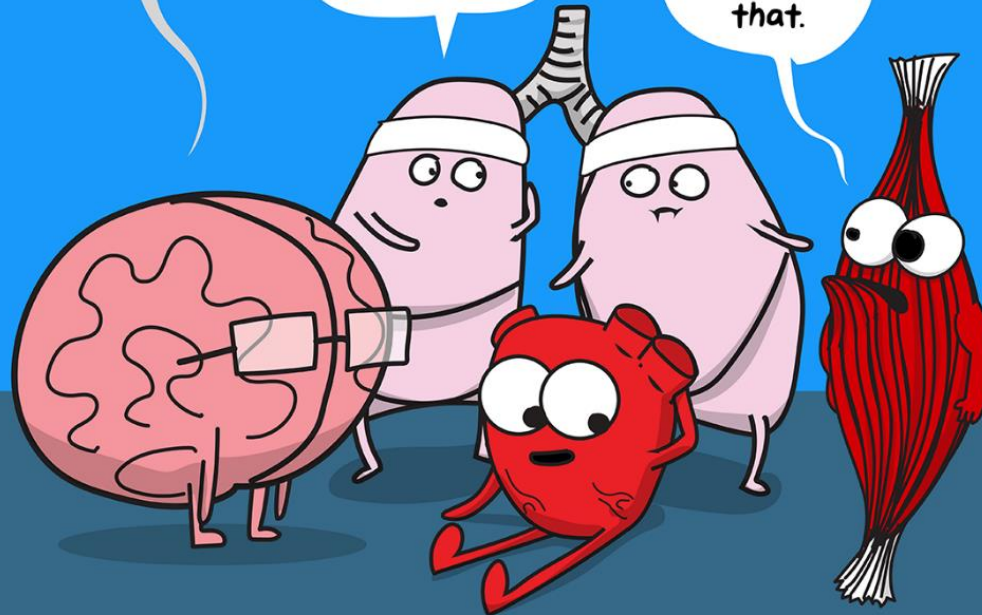
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I can't believe how long it has been since we exercised! You all ready to pick up where we left off?

Listen... about that...

We forgot how to do that.



theAwkwardYeti.com

Objectives

1. Learn why activity is important
2. Learn about the different types of activity and how much is needed
3. Practice fitting in activity in a way that works for you
4. Finding joyful movement
5. Physical activity at work



Why do we need
physical activity?

Benefits of Activity



Improves mood

Stimulates chemicals that helps you feel more relaxed



Reduces risk of disease

Helps prevent diabetes, heart disease, and high blood pressure



Improves your memory

Increases blood flow, allowing your mind to work faster



Boosts energy

Improves the ability to deliver oxygen and nutrients throughout the body



Benefits of Activity

- Decrease anxiety and depression
- Better sleep
- Reduce risk of chronic illness like cardiovascular disease, type 2 diabetes, and some cancers
 - Risk for 13 cancers can be reduced with physical activity alone!
- Strengthens bones and muscles



Benefits of Activity

- Helps with arthritis
- Improve balance and reduce risk of falls
- Makes everyday activities easier
- Weight management and weight loss



What are
different types of
activity?

Aerobic Activity

- “Cardio”
 - Increases heart rate and often has you breathe harder
 - Heart gets stronger from beating faster – gets better at pumping blood throughout your body
- Moderate Intensity
 - Walking
 - Water aerobics
 - Mowing the lawn
- Vigorous Intensity
 - Jogging
 - Singles tennis
 - Basketball



Muscle Strengthening Activity



- Activity that works your major muscle groups
 - Legs, arms, abs, chest, back, hips, glutes
- Causes muscles to contract and relax
- Can be weightlifting, using resistance bands, bodyweight exercises, gardening, or yoga



How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

“Talk Test” and Effort, Not Pain



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How to fit activity into
your busy life:

Break it into chunks



- Start Small
 - Opt for 5 minutes before work or at lunch
 - "20 in 2020"
 - Do NOT plan on going to the gym every day for an hour
 - Recipe for failure AND unnecessary!
- 10 minutes counts!
 - Lower bar – easier to meet – confidence booster!



Involve the Family... Or Don't!

- Consider your needs
 - What sounds better?
 - A walk alone to clear my head
 - A family dance party or bike ride
- Could be different things at different times!
- Maybe throughout the week you get both!



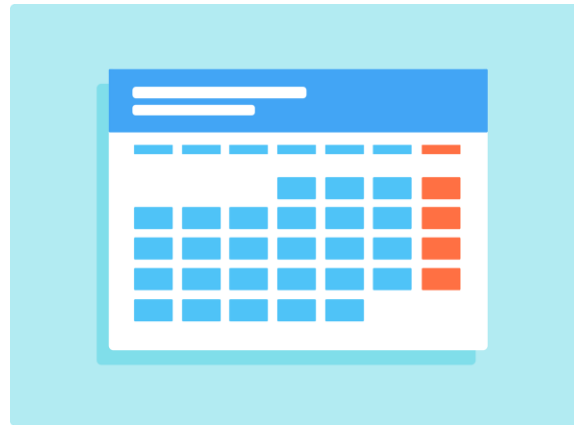
Sneaking Activity in During the Day

- Think of as many ways as possible to incorporate activity into your day
 - Pace during phone calls, park further away, set alarms for 10 am and 2 pm



Weekend vs Weekday

- Often very different!
- Do you prioritize relaxing and chores on the weekend or are you a weekend athlete?



Finding joyful movement

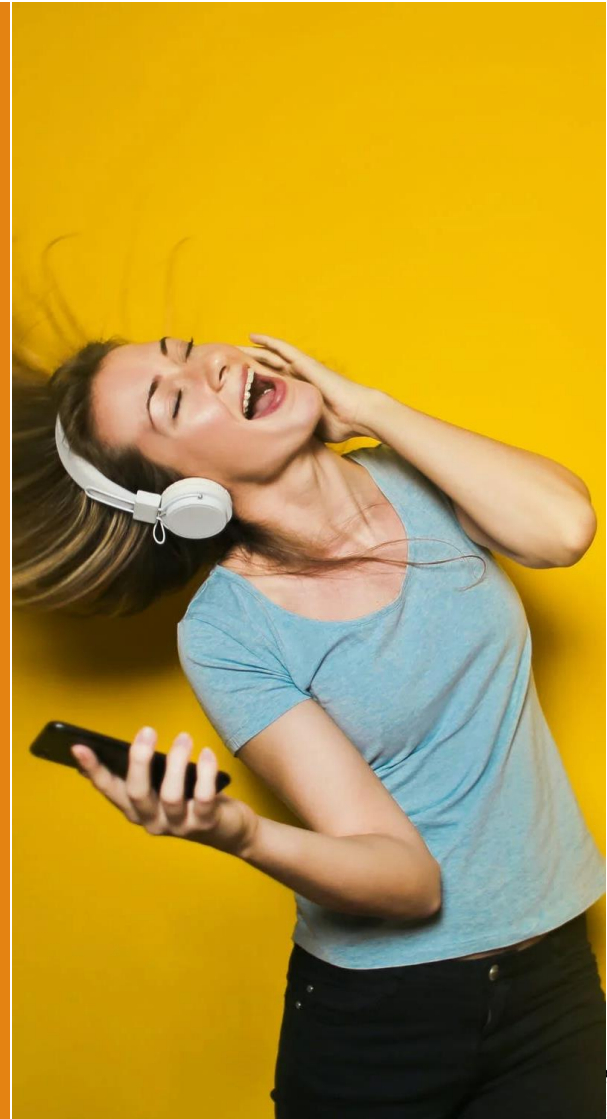
Joyful Movement is Key

If you are not enjoying your exercise, you are less likely to be consistent

We have so little free time, it's a shame doing things you don't love

Moving your body should be a source of healing and health instead of something we dread

Very important to instill in kids – celebration of what your body can do!

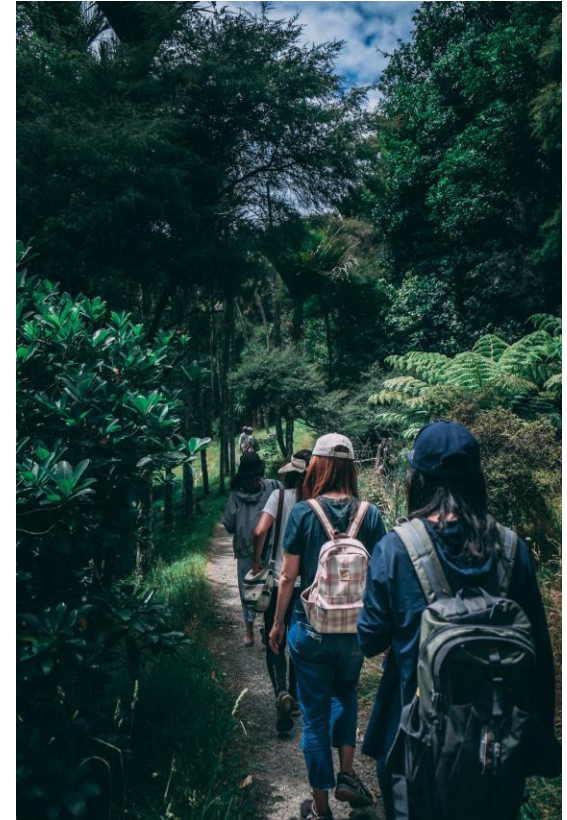


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Get a (socially distanced) buddy

- Be active together
- Support during rough spots
- Make behavior agreements
- Brunch and Walk
 - You want to see your friends – doesn't always matter what you do
 - Find someone willing to try something new with you



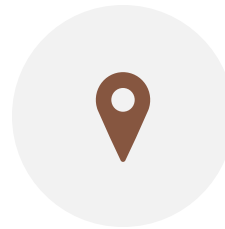
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Prevent Boredom



ADD VARIETY



DO IN A
DIFFERENT PLACE



BE SOCIAL



MAKE IT FUN



CHALLENGE
YOURSELF



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Brainstorm Joyful Movement

- Think of movement that you enjoyed as a child or a young adult
 - Did you like dance classes when you were little? Try a dance video on YouTube!
 - Did you play intramural basketball in college? Try getting the family together for a game!
- Think of movement you enjoyed on a vacation
 - Does swimming bring you joy? Walking around exploring a new city?



Physical Activity at Work

Physical Activity at Work

- Wear comfortable shoes
 - Encourages you to stand and walk more
- Start small
 - Walk briskly to the copier
 - Schedule walking meetings
 - Park further away
 - Stand for a few minutes every hour, during phone calls, coffee breaks



Physical Activity at Work

- Aim to move 5 minutes every hour
 - Take the long route to the water fountain or bathroom
 - Pace during phone calls
 - Stressed – take a 5-10 minute walk break
- Keep muscles limber by doing exercises throughout the day
 - Tricep dips
 - Chair exercises
 - Calf raises
 - Walking videos
- Stretch, stretch, and stretch



Resources are Out There!



Raise the roof (20 reps)

While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding water bottles.

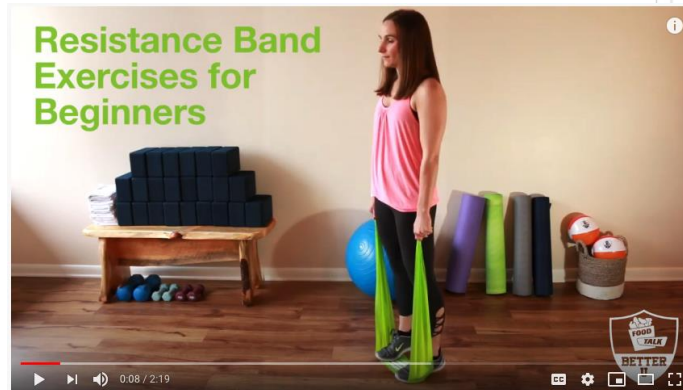


Our ratings:

	Not too	Very
Difficult?	1	
Sweaty?	1	
Humiliating?		2

Our thoughts:

- Pro:** One person found it "comforting" to dust off a 1990s dance move.
- Con:** Brief panic while you try to remember if you shaved your armpits.



Using a Better U Resistance Band



#fitness #exercise #workouts
Beginner 1 Mile Walk | Walk at Home



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Let's Try it!

Intro to Desk Stretches & Desk Workout

PRIZES!

<http://bit.ly/2DR99Xb>

Program Name: **Physical Activity for Everyone**

Program Date: **9/24/2020**

When you answer "*How would you summarize your experience in the program in one sentence?*" **include your email address** to be entered in the drawing!

We'll choose 3 random names after each session!



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Save the Date & Spread the Word!

Living Well Rockdale Presents:



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STRONGER YOU

OCT. 22 | 12:15-1 PM

Mindful Eating
Join us on Zoom!

Register at
tinyurl.com/rockdaleSBSY

FOR MORE INFO, CONTACT:

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Thank you!

Have more questions? Email us at:

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