



# MOVE!

WEIGHT MANAGEMENT PROGRAM  
FOR VETERANS

## Session 9 (Fine Tune Your Physical Activity)



# MOVE!

## ▶ Weight Management Team Members:

- MOVE! Coordinator, Registered Dietitian

- Extension 4407 or 5395

- New Mexico VA: (505) 265-1711, Extension 4407

- Please call the MOVE! Coordinator if late or cannot make it to class.

- Brain Kersh, PHD – Clinical Psychologist

- Extension 5669

- Claudia Segura, DPT – Physical Therapist

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# The Four Elements of Fitness

Here are the four main elements of fitness:



## **Aerobic Fitness**

Aerobic fitness improves overall health and well-being. It helps your heart, blood vessels, lungs, and muscles. Popular activities include walking, biking, jogging, swimming, and dancing. Exercise for at least 10 minutes at a time and for a total of 30–60 minutes most days of the week.



## **Muscular Fitness**

Strength training improves your muscle and bone health, and helps with weight loss. Do strength training with free weights, resistance bands, weight machines, household items, or your own body weight.



## **Flexibility**

Flexibility allows you to move your body freely. Being flexible decreases your risk of injury. Stretching lengthens your muscles. To improve flexibility, consider chair-stretching exercises or yoga.



## **Stability and Balance**

Your body's core strength helps stability and balance. You can improve stability and balance by doing exercises that focus on the center of your body. A strong core will help improve posture, low back pain, and prevent falls. Consider core exercises (bottom muscles, lower back muscles, and abdominal muscles) or Tai Chi.

### ***Special Note:***

- To maintain your weight and health, exercise 150 minutes of moderate-intensity physical activity per week.
- To lose weight, exercise 300 minutes of moderate-intensity physical activity per week.

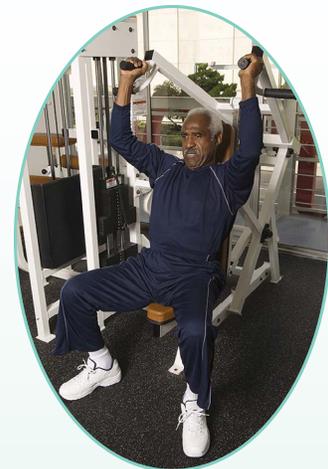
# Strength Training Benefits

There are many benefits to strength training. Strength training helps increase muscular strength. Muscular strength is the ability of a muscle to lift or resist a force against it.



Here are some of them:

- Builds your muscle strength and endurance
- Improves your balance and coordination, making a fall less likely
- Helps firm and tone your muscles
- Makes it easier to do chores such as carrying groceries, shoveling snow, or yard work
- Prevents muscle tissue loss that comes with aging
- Keeps bones strong
- Whether you have diabetes or not, it improves your body's ability to use insulin and maintain healthy blood sugar levels
- Helps your body burn more calories
- Takes stress off your joints
- Helps you lose weight and keep it off
- Protects your independence as you age



# FITT — Frequency, Intensity, Time, and Type of Activity

When you put a lot of effort into increasing physical activity, you want results! Whether you are a beginner or have experience, FITT will help you build your physical activity program. By following FITT, you are striving to manage your weight and improve your health.

## FREQUENCY

*How often are you active?*



### Everyone:

- Be active 5 or more days of the week.
- Start slowly and gradually increase your physical activity.

### Beginners:

- Start with 2-3 days of aerobic activity (activity that increases your heart rate). Gradually increase to at least 5 days/week.

### Experienced:

- Continue with aerobic activity 5+ days/week.
- Add in 2 days (Tuesday, Thursday) of strength training.

## INTENSITY

*How hard are your heart and muscles working?*



### Everyone (including Beginners):

- Always warm-up, cool-down, and stretch.
- Be active at a moderate intensity (like a brisk walk or gardening).
- Be active at a rate that allows you to talk.
- Slow down if you have trouble breathing or if you can't catch your breath.
- You should stretch after aerobic or strength training. A stretch should never be painful. Some discomfort is normal. You want to feel a slight pull of the muscle.

### Experienced:

- Build intensity for aerobic exercise by increasing speed (fast/sprint walk for 30 seconds followed by 1 minute brisk walk) and/or incline/resistance (hills on treadmill, greater workload on bike).
- Increase intensity for strength training by adding weight or only resting 30 seconds between sets.

## TIME

*How long are you active?*



### Everyone:

- Try to stay active for at least 10 minutes without stopping. Remember, some activity is better than no activity. It is okay to build up to 10 minutes.
- Aim for a total of at least 30 minutes of activity throughout the day. For weight loss, increase this to 60 minutes per day.
- Set a goal for the week based on total minutes of physical activity.
- Increase the length of time you are active before increasing the intensity of the activity.
- There are no time goals for strength training.
- You should stretch after aerobic or strength activity. For muscles that were used, hold each stretch for 15-30 seconds. Repeating stretches will increase flexibility.

## TYPE

*What are you doing?*

### Everyone:

- All types of physical activity are important...so mix it up.
- Aerobic—these make your heart beat faster—bicycling, dancing, swimming, mowing the lawn.
- Strength—carrying wood, lifting dumbbells.
- Flexibility—seated stretches, yoga.

## DEFINITIONS



**Aerobic activity** is when the body's large muscles move together and your heart beats faster than usual. Examples include aerobics, swimming, running, walking, kickboxing, dancing, and cycling. This type of activity burns the most calories and promotes weight loss.



**Strengthening activity** is when the body's muscles work against a force or weight. Examples include elastic bands, weights, or body weight.



**Flexibility** lengthens a muscle while increasing range of motion. Examples include self-stretch, yoga, Pilates, and chair stretching routines.



**Lifestyle activity** occurs during normal, everyday activity such as vacuuming, walking the dog, mowing the lawn, participating in a walking meeting at work, or dancing.

## How Hard Should I Exercise?

Increasing physical activity improves health and fitness. It is also a key to successfully managing your weight. What is easy for one person may be hard for another. Listen to your body. You are the best judge of how hard you should exercise. Start slowly and build on your physical activity program. Here are some terms you are likely to hear:

### “Moderate-Intensity Physical Activity”

- This is how hard you need to exercise for health benefits.
- These physical activities make you breathe a little harder and sweat lightly.
- There are activities you feel you could do for up to 45 minutes. This does not mean that you have to do the activity for this long—just that you feel you could.
- Examples include brisk walking, bicycling on flat ground, dancing, and carrying or stacking wood.



### “Vigorous-Intensity Physical Activity”

- These physical activities make you breathe hard, make your heart beat fast, and make you sweat.
- Examples include running, aerobics classes, swimming laps, racquet sports, and shoveling.



**Use the following to help you decide if you are exercising at the right intensity:**

**Talk Test:** During moderate-intensity exercise, you should be able to talk with a friend. If you cannot talk comfortably, you are exercising at a vigorous level. If you are just starting to exercise, begin with light- or moderate-intensity activities and build up.



**Borg Scale:** Use this scale to rate how hard you are exercising. Aerobic activities should be done at level 13, or somewhat hard. Strength activities should be done at levels 15–17, or hard to very hard. You can gradually make activities harder as you become more fit. Activities that used to be hard will become easier over time. For example, slow walking on level ground may be a level 13 effort for you in the beginning. As you become more fit, it may take brisk walking up a slight hill to get to that same level 13 effort.

**THE BORG CATEGORY RATING SCALE**

*Least Effort*

- 6
- 7 very, very light
- 8
- 9 very light
- 10
- 11 fairly light
- 12
- 13 somewhat hard
- 14
- 15 hard
- 16
- 17 very hard
- 18
- 19 very, very hard
- 20

**Aerobic Training Zone**

**Strength Training Zone**

*Maximum Effort*



# MOVE!

- ▶ Your “Homework” This Week:
- ▶ Behavior: Identify weight-related problem and work through the steps.
- ▶ Nutritional: Keep a food log everyday. Focus on snacking and good balance in your meals this week.
- ▶ Physical Activity:
  - ▶ 1. Keep an activity log daily.
  - ▶ 2. Write a mini SMART goal of the FITT component.