MOVE!

WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Session 3
(Be Active to Tip the Balance)

New Mexico Va health care System

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 1043
  - Claudia Segura, DPT – Physical Therapist
    - Extension 5280

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- Ground Rules
  - Attendance Policy
    - Sixteen weeks –class is held in the Education Building 39, Auditorium
      - If you miss the first 3 weeks we will ask you to wait until the next session
      - If you miss 4 weeks, we will ask you to wait until the next session
    - Call the MOVE! Coordinator for scheduling and cancellations
    - Class is every Thursday from 9:00 to 10am or 11:00 to 12:00pm (depending on which group you are in)
  - Check-in with the volunteers before class
    - If you do not check in you will be noted as a "no show"
    - Checking in, leaving immediately and not returning will be counted as a "no show"
  - Please respect those around you and the class by not talking out of turn. ☺
    - Please raise you hand to speak in class.

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- Expectations for you ☺
- Be on time for class (try to come 20-30 minutes early to get weighed)
  - Check in with the volunteers before each class
  - Please call if you will be late or are unable to attend.
- Attend class every week
- Weigh-in every week & Waist measurements on week 1, 9, & 15
- Bring food logs and activity logs filled out to every class
- Participate during the class: ask questions and be involved.

Healthy Living

Be Physically Active

Did you know that less than half of U.S. adults get enough physical activity? No matter what your age or body type, you can benefit from even small amounts of activity. You should avoid inactivity.

What are the benefits of being physically active?

- You will have greater energy and stamina.
- You may reduce your chances for developing diseases, such as depression, diabetes, heart disease, high blood pressure, obesity, stroke, and some kinds of cancer.

How much physical activity do I need?

- Aim for at least 2 ½ hours each week of moderate-intensity physical activity. This means that when you move, you can talk but you can't sing. Try it! Choose activities you enjoy, such as walking fast, dancing, and raking leaves.
- To begin, get your body moving. Start at a level that is comfortable. When this level seems easy, add a little more activity each time. Every 10-minute session counts.
- You can also choose to aim for 1 ¼ hours a week of vigorous-intensity physical activity. This means when you move, you can't say more than a few words without pausing for a breath. Try activities like jogging, jumping rope, swimming laps, or riding a bike uphill.
- If you choose, you can combine both moderate- and vigorous-intensity activity.
- Even if you are out of shape or if you haven't been active for a long time, you can begin to be active safely.
- If you have a chronic condition (such as diabetes, heart disease, or arthritis) or a health condition that concerns you, talk with your health care team before you begin.

A Better Way to LIVE

Talk with your health care team about your goals.

©

- Aerobic activity increases your endurance. This means you can stay active for longer periods of time. Aerobic activity is when you move your large muscles for a period of time. You can also feel your heart beating faster and harder than usual. Try it for periods of at least 10 minutes spread out during the week.

What other physical activities are good for me?

- Do strengthening activities at least twice each week. Try to use all the major muscle groups in your body. This means using the muscles in your legs, hips, back, chest, abdomen, shoulders, and arms. To strengthen these muscles, include resistance training or weight lifting. You can create resistance with elastic bands, handheld weights, or your own body weight. The muscles that do the work will strengthen over time.
- Stretching can help you increase flexibility, improve circulation and range of motion in your joints, and relieve stress. It is best to stretch when you are physically active. If you are not active on a regular basis, stretching at least three times each week is a good starting point.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov
- Physical Activity Guidelines for Americans*: www.health.gov/paguidelines
- The President's Council on Fitness, Sports & Nutrition*: http://www.fitness.gov
- Healthfinder — Get Active*: http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=22

* Indicates that the link leads to a non-VA website. The VA is not responsible for content on the site.

If you have questions about how to make healthy living changes, please talk with your health care team.

www.prevention.va.gov

IB 10-406 P96476 April 2011

National Center for Health Promotion and Disease Prevention

Department of Veterans Affairs Patient Care Services

VA Health Care Defining Excellence in the 21st Century

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Be Active Your Way!

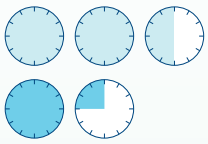
The 2008 Physical Activity Guidelines for Americans

Why are they important?

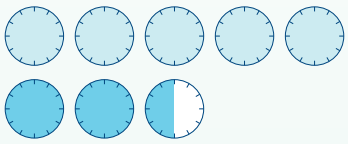
- You can protect your health with physical activity.
- Research shows that 150 minutes (just 2 ½ hours) a week of moderate-intensity physical activity can lead to important health benefits.
- You may also look and feel better too!

What do the guidelines say?

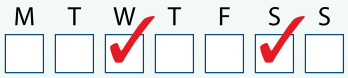
- You should avoid being inactive.
- Some activity is better than no activity.
- For general health, all adults should aim for **at least** 150 minutes a week of moderate-intensity physical activity, **OR** 75 minutes of vigorous activity.



- **To manage weight,** work up to 300 minutes (5 hours) of moderate activity, **OR** 150 minutes of vigorous activity per week.



- Do strength activities **at least** 2 days a week.



What do "moderate intensity" and "vigorous intensity" mean?

- Your body is working at a **moderate** level when you can talk but not sing.
- Your body is working at a **vigorous** level when you can't say more than a few words without pausing for a breath.

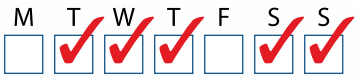
What should I do?

- Write down how many minutes/week you are physically active to see if you are meeting the guidelines.
- If you are doing 150 minutes/week, good for you. Do more for even greater health benefits or if managing your weight.
- If not, plan to build up gradually to 150 minutes/week.

How do I do it?

It is up to you. Being active **your** way means…

- Choosing activities that work for you.
- Being active for at least 10 minutes at a time.
- Spreading out activity over the week.
- Aiming to be active at least 5 days, if not all days of the week.



How do I build up my physical activity?

- Set some goals. Start slowly and do a little each time.
- Once you feel comfortable, do more.
- Add in vigorous activities.
- It's ok to do both moderate and vigorous activity each week.

What about muscle strengthening activities?

- Do these at least 2 days each week.
- Work all major muscle groups: legs, hips, back, chest, abdominals, shoulders, and arms.

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Benefits of Regular Physical Activity

- Helps you manage your weight
- Reduces your risk of coronary heart disease
- Reduces your risk of stroke
- Decreases blood pressure
- Reduces your risk of colon cancer
- Helps prevent and control diabetes
- May decrease "bad" (LDL) cholesterol and raise "good" (HDL) cholesterol
- Helps you sleep better
- Strengthens bones, reduces pain, and helps prevent injury
- Increases muscular strength and endurance
- Increases flexibility and range of motion
- Improves your mood
- Reduces stress and depression
- Improves self-esteem
- Makes you feel better

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How Do I Get Started With Increasing My Physical Activity?

Becoming physically active does not mean you have to join a gym. The best thing about physical activity is that even a little can make you feel a whole lot better. In no time at all, you will have more energy, sleep better, and feel fit.

Safety First:

- **Ask your MOVE!® team whether you need to see your primary care provider before beginning a program of physical activity.**
- **Stop exercising immediately if you experience any of the following:**
  - Severe pain, tightness, pressure, or discomfort in your chest
  - Severe shortness of breath
  - Severe nausea or vomiting
  - Sudden weakness or changes in sensation in your arm and/or leg on one side of your body
  - Difficulty swallowing, talking, or seeing
  - Severe headache or dizziness

CALL 911 immediately if the symptoms do not disappear within a few minutes.

If you have less severe, new, or worsening symptoms when beginning or increasing physical activity, see your primary care provider.

General tips on increasing physical activity:

- **Start slowly.** Choose the type and amount of activity that is right for you.
- **Increase your everyday activity.** Take the stairs. Park farther away and walk. Clean your house. Get up to change the TV channel. Walk to get your mail.
- **Walk** to increase your physical activity. It's free and you can do it almost anywhere. **Use a pedometer** to count the number of steps you take everyday.
- **Choose any activity** that gets you moving. You don't have to belong to a gym.
- **Add 10-minute sessions of physical activity into your day.** You don't have to do it all at one time. Adding up chunks of 10 minutes counts.
- **Be physically active** for at least 30 minutes most days of the week to improve your health. To lose weight, build up to 60 minutes most days. Try not to overdo it at first.
- **Wear comfortable shoes and clothes** that are right for the activity and weather.
- **Listen to your body.** You are the best judge of how hard and how long you should exercise.
- **Recruit a buddy** or someone who likes the same activity. You can motivate each other.
- **Warm-up before you exercise, cool-down after, and stretch at the end of your session** to prevent injury and reduce muscle soreness.
- **Drink plenty of water** before, during, and after activity.

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Making a Good Fit! Shoes for Active Feet

Whatever the activity, wearing the right kind of shoes is very important for your comfort and safety. Here are some helpful tips:

- Shop around for various styles and brands. Ask the salesperson to assist you in choosing the shoe best suited for your chosen activity.
- If possible, go to an athletic store and be fitted for shoes that are appropriate for your width, arches, and gait.
- When trying on new shoes, wear the kind of socks you will wear when you are active. Wear cotton socks or athletic socks. Discard worn-out socks to prevent blisters.
- Your feet swell slightly during activity and at the end of the day. So, when shopping for new shoes, go right after you have been active or at the end of the day.
- Walk around when trying on shoes. There is no need to break in athletic shoes. They should feel comfortable right away.
- There should be one thumb's width of space between your longest toe and the end of the shoe.
- The heel should not pinch or slip when you walk.
- The shoes should bend easily at the ball of your feet just behind your toes.
- After exercising check your feet for any sores, cuts, or blisters. Tell your primary care team if these don't heal.
- Replace your shoes when the soles (bottom) are worn or slick. If the rest of the shoe is still in good shape, you can replace just the insoles (inside cushions) when worn.
- If you are walking regularly to manage your weight, you may need to replace athletic shoes frequently. Many runners will replace their athletic shoes every 3–6 months.

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Why Warm Up, Cool Down and Stretch?

You can help prevent injury and reduce muscle soreness if you warm up before and cool down after physical activity. Warming-up prepares your muscles and heart for activity. Cooling-down slows your heart rate gradually and helps prepare your muscles for the next time you're active.

Warm-ups take 5 to 15 minutes.

1. Do your planned activity, such as walking, but at a lower intensity (slower pace) for a brief time. This may mean walking slowly for a few minutes before speeding up.
2. Do a few minutes of gentle stretching if you plan to do something more vigorous than walking.

Cool-downs take 5 to 15 minutes.

1. To cool down, continue your activity, but slow down the pace for a brief time to slow your heart rate.
2. Stretch all major muscle groups used during the activity. Stretching the muscles while they are warm will help increase flexibility.

Stretch:

Stretching is important for a good warm-up and cool-down and is one of the best ways to prevent and avoid muscle soreness, cramps, and injury.

Here are some helpful tips for proper stretching:

- Do a short warm-up before stretching, such as walking or marching in place. Stretching is more beneficial when your muscles are warm.
- Stretch in both directions (i.e., if you stretch to the left, don't forget to stretch to the right).
- Avoid fast, jerky movements. Stretch slowly and smoothly.
- Stretches should not be painful. Gentle stretching is best. When you repeat the stretch, you should be able to stretch a little further without pain.
- Hold each stretch for 15-60 seconds. Do not bounce.
- Repeat each stretch 4 or more times.
- Breathe slowly in and out. Do not hold your breath.
- Relax, enjoy, and feel good about yourself.
- Stretch often, if possible every day.

Important: Never stretch if you have severe pain.
If a stretch causes pain, stop doing it,
or do it more gently. Listen to your body.
Sample stretches are available from your MOVE!® team.

Sample Stretches

Calf and hamstring stretch:

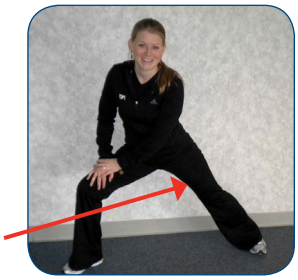
Stand near a wall or other structure and lean on it with your head on your hands as shown. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 15–60 seconds. Do not bounce. Repeat at least 4 times. Now, stretch the other leg.

Ankle and Achilles tendon stretch:

Place your left foot against a wall, with your ankle flexed and toes up as shown. Move your body forward until you feel a mild stretch in the Achilles tendon area (see arrow on picture). Hold for 15–60 seconds. Repeat at least 4 times. This also stretches the bottom of your foot and toes. Now, stretch the other foot.

Thigh stretch:

Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 15–60 seconds. Repeat at least 4 times. Now, stretch the other thigh.

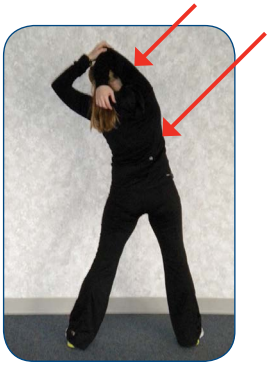


Alternate thigh muscles stretch:
Standing close to a wall or a chair, place your right hand on the wall or chair. With the left hand, reach back and slowly pull your left foot up to touch your buttocks. Hold for 15–60 seconds. Relax back to your starting position. Repeat at least 4 times. Now, stretch the other leg.

Lower back, hips, groin, and hamstring stretch:
Start in a standing position with feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep your knees slightly bent. Let your neck and arms relax. Go to the point where you feel a slight stretch in the back of your legs. Hold this stretch for 15–60 seconds. Slowly come back to a standing position with knees bent. Keep your knees bent throughout the exercise. Repeat at least 4 times.

Shoulder and neck stretch:
Gently tilt your head to one side, as if you are trying to put your ear on your shoulder. Hold for 15–60 seconds, and then tilt your head to the other side. Then, relax your shoulders downwards. Repeat at least 4 times.

Arm and side stretch:
From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 15–60 seconds. Repeat at least 4 times. Now, stretch the other side.



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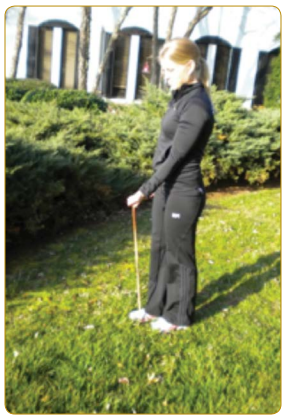
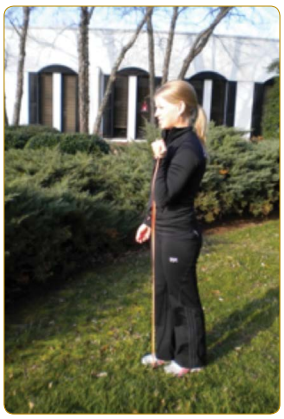
Resistance Tubes and Bands

Resistance tubes and bands are great tools to use for strength training. They can be used at home, work, or when travelling. Here are some examples of exercises you can perform on your own. When performing any exercise, remember knees should be slightly bent, abdominals should be tightened, and breathe.

Bicep Curl

- Place the resistance band under your foot and grasp the handle with your right hand.
- Stand tall with the abdominal muscles tight. Keep your elbow tucked to the side of your waist.
- Curl the hand up towards the shoulder and slowly release back down to the start position.
- Repeat this 8–12 times. Perform on the other side.



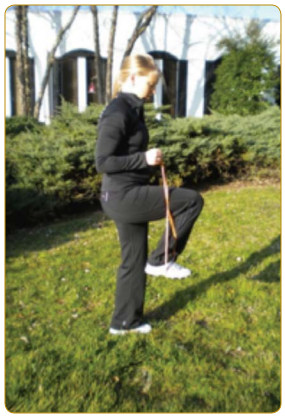


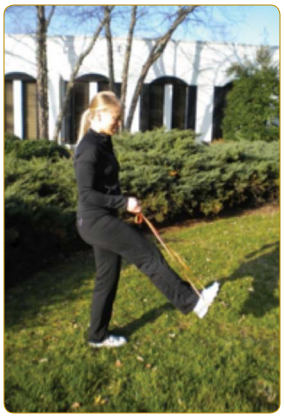
Latissimus (Lat) Pull-down

- Stand with feet hip-width apart or sit tall in a chair with your abdominal muscles tightened.
- Begin with arms straight up overhead, holding the band toward the middle to increase tension.
- Contract the back muscles and pull the band out while bringing the elbows towards the rib cage.
- Always keep band above or in front of head. Repeat 8–12 times.

Leg Press

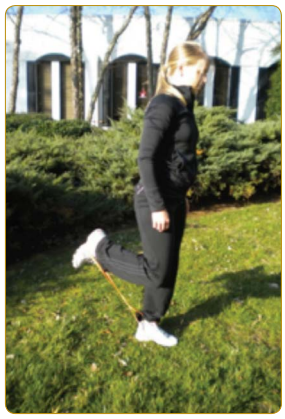
- Place one loop under the right foot.
- Either standing or sitting, start with the knee at a 90-degree angle.
- Keeping tension on the band with hands, extend the knee into a straight position, pushing out with the quadriceps muscle.
- Standing during this exercise challenges balance. If this is too challenging, lie on your back with your knee and foot in the air.
- Repeat 8–12 times. Perform on the left leg.





Hamstring Curl

- You may wish to hold onto a wall or chair for this exercise.
- Loop one handle around standing left ankle.
- Loop other handle under the right foot.
- With knees touching, focus on bringing the heel of the right foot to the gluteus muscle (bottom). This should be felt in the back part of the upper leg.
- Repeat 8–12 times. Perform the exercise on the left side.

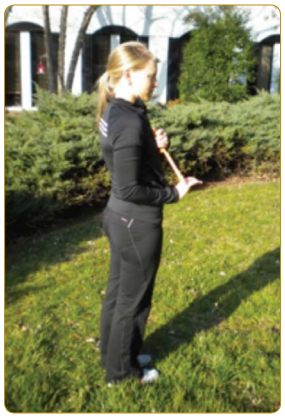


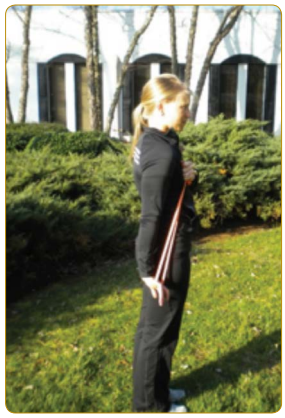
Back Row

- Seated on the floor or in a chair, place the center of the band under both feet.
- Handles go on the either side of the legs.
- Grabbing handles, "row" elbows behind the body.
- Keep shoulders relaxed and envision squeezing shoulder blades together.
- Repeat 8–12 times.

Tricep Extension

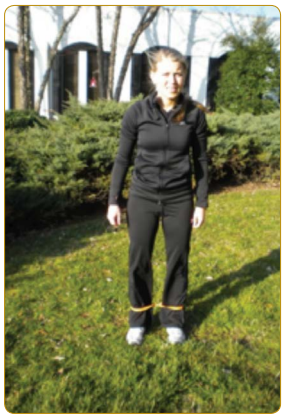
- Hold one side of the band close to chest, while other hand grips handle with palm facing downward.
- Place right arm at a 90-degree angle, with elbow close to abdomen.
- Extend elbow down and towards the hip.
- Slowly bend the elbow back to 90 degrees and repeat 8–12 times.
- Perform the exercise on the left side.

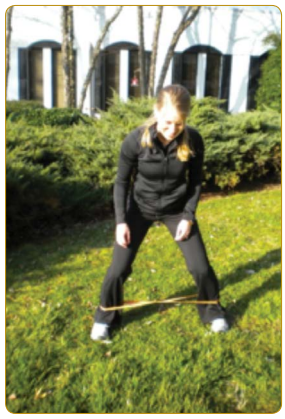




Side Steps for Abductors

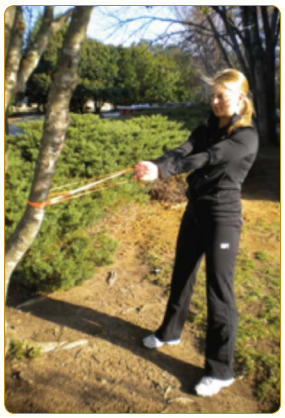
- Step into the resistance tube so that both feet are inside loops. Make sure you are wearing socks or something around your ankles.
- Start with the ankles touching; take 2 large side steps to the right, and then 2 large steps back to the left. This is also going to challenge balance.
- Repeat 8–12 times.

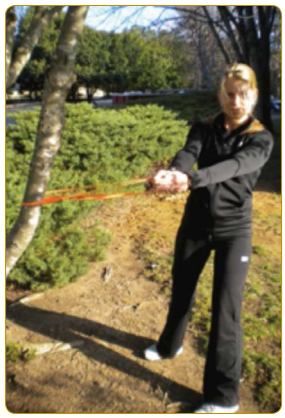




Abdominal Twists

- Wrap the tube around a fixed object (tree, post, door handle, etc).
- Standing hip distance apart and both hands grasping the tube, tighten the abdominal muscles and twist to the right.
- Return back to center with abdominals still tightened, and twist to the left.
- It's important to use the core muscles only. You will feel this in your lower back if you are not tightening abdominal muscles.
- Repeat 8–12 times.





For any questions or for more ideas, ask your MOVE!® team.

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A Guide to Using Your Pedometer

Walking is a great way to help you lose weight, keep the weight off, and improve your health.

Use a Pedometer to:

- Measure how many steps you take.
- Get feedback about your activity.
- Plan, track, and reach your physical activity goals.

How to wear your Pedometer:

- Clip it to your clothing, or place it in a pocket or a bag that you carry or wear.
- Use the leash and clip to keep from dropping or losing your pedometer.
- Do not get the pedometer wet.

Pedometers do not measure:

- Walking for less than 10 steps or 10 seconds at a time.
- Cycling, swimming, some dancing, basketball, and tennis.
- Distances covered while using a manual wheelchair—this requires an odometer/cyclometer.

Getting started:

- Wear your pedometer every day for 1 week.
- The pedometer will count your steps in a 24-hour period beginning and ending at midnight.
- Record your steps on your *Daily Food and Physcial Activity Diary.*
- At the end of 1 week, add up your daily steps.
- Determine your daily average by dividing total steps by the number of days.

Increasing your steps:

- Starting with the second week, set a goal to increase your steps. (**Example:** If you average 3,000 steps per day in first week, then set a goal to increase to 3,500 steps per day.)
- Start at a comfortable level and gradually increase steps.
- Create a weekly walking plan/schedule.

- Record your steps every day.
- Set goals that you can reach.
- Update your goals every week.
- Start where you are and build up.
- Choose an activity and a setting that you enjoy: outside, at a mall, at a gym, etc.

Ways to add walking to your lifestyle:

- Take a 10-minute walk whenever you can.
- Take the stairs (up or down) instead of the elevator.
- Take 10-minute walks during lunch and breaks at work.
- Park farther away and walk.
- Get off the bus one stop early and walk the rest of the way.
- Step in place while watching television.
- Walk your dog (or borrow a friend's dog).
- Mow your lawn with a push mower or do other yard work.
- For short distances, walk instead of driving your car.
- Take the long way when walking to meetings.
- Find a regular walking partner.

Other important facts:

- For health benefits and weight maintenance, aim for walking or other physical activity for 150 minutes (2½ hours) per week, in periods of at least 10 minutes.
- To help you lose weight, walk or be physically active **more than 2½ hours per week.** Weight loss may be achieved with 300 minutes (5 hours) per week of physical activity.
- Walking and wheeling are easy, inexpensive, and you can do them almost anywhere.

10,000 steps per day (about 5 miles) meets the Physical Activity Guidelines for Americans.

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Calories Burned During Physical Activities

The following table gives the number of calories you burn doing 10 minutes of each physical activity listed. The calories will vary depending on a number of factors including weight, age, and environmental conditions. The figures given are for men ranging in weight from 175–250 lbs. and women ranging from 140–200 lbs. If you weigh more than this, you will burn more calories per minute.

CALORIES BURNED IN 10 MINUTES

LIGHT ACTIVITY	MALE	FEMALE
Ballroom Dancing	35–50	28–40
Cleaning, Sweeping at moderate effort	26–38	21–30
Washing Dishes	29–42	23–30
Tai Chi	35–50	28–40
MODERATE ACTIVITY		
Bicycling at <10 miles per hour	46–66	37–53
Step Aerobics	64–91	51–73
Cleaning Gutters	58–83	46–66
Mowing the Lawn	64–91	51–73
Raking Leaves	44–63	35–50
Walking at 4 miles per hour	58–83	46–66
Shoveling Snow	61–88	49–70
Bowling	44–63	35–50
Golf, Walking and Pulling Clubs	61–88	49–70
Slow Lap-Swimming	63–90	54–72
VIGOROUS ACTIVITY		
Jogging (9 min/mile)	149–213	119–170
Basketball	75–108	60–86
Carrying Groceries Upstairs	87–125	70–100

MOVE!

Set SMART goals to increase your physical activity.

As your fitness improves, set new goals.

Examples: "Every day this week I will walk briskly for at least 15 minutes." "I will take the stairs up to my office at least once each day that I am at work."

Write them down:

Goal one: _____

_____

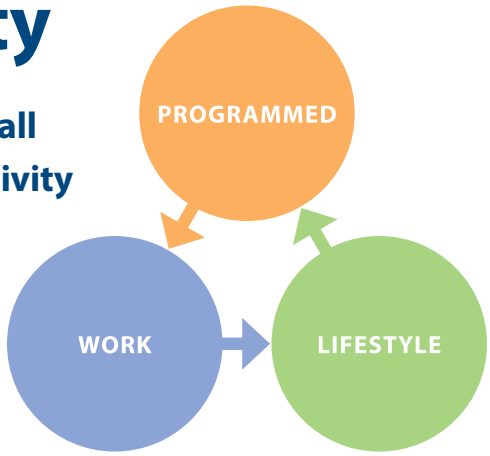
Goal two: _____

_____

MOVE!®

Types of Physical Activity

Programmed, Lifestyle, and Work physical activity all build upon each other. They help meet physical activity goals, reduce boredom, and keep both mind and body challenged! These activities help weight management and benefit your health. Here are some examples of each type of activity. Find areas where you can add or improve.



PROGRAMMED ACTIVITIES

Aerobic Activities:

- Walking
- Jogging
- Stair climbing
- Swimming
- Water walking
- Water aerobics
- Gardening
- Dancing (any type)
- Aerobics classes
- Bicycling
- Roller or ice skating
- Snow skiing
- Chair exercises
- Machines
  - Treadmill
  - Stationary bike
  - Rowing machine
  - Ski machine
  - Elliptical trainer
- Sports
  - Basketball
  - Tennis
  - Golf

Strength Activities:

- Free weights (dumbbells)
- Resistance tubes & bands
- Circuit machines
- Pilates
- Conditioning exercises
- Medicine balls

Flexibility Activities:

- Stretching
- Yoga
- Tai Chi

WORK ACTIVITIES

- Take the stairs instead of the elevator
- Stand up while you're talking on the telephone
- Walk down the hall to talk to a co-worker instead of picking up the telephone or sending an e-mail
- Walk during your lunch break
- Keep a resistance band or stability ball in your office

LIFESTYLE ACTIVITIES

- Walk or ride a bicycle for transportation instead of car or bus
- Mow the grass, rake the leaves, weed the garden
- Get off the bus one stop early, and walk the rest of the way
- Walk every hole if you play golf
- Walk the dog; if you don't have one, borrow someone else's
- Do some extra laps when you are shopping at the mall
- Chop or split wood
- Wash your car
- Vacuum often
- March in place during TV commercials

MOVE!

- Your "Homework" This Week:
- Behavior: Reward yourself with something other than food.
- Nutritional: Keep a food log everyday. Focus on your portion sizes this next week.
- Physical Activity:

1. Keep an activity log daily.
2. Set a goal if being active for **at least** 10 minutes per day for next week.