

Meet the Guidelines

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Meet the Guidelines**. This learning module contains 7 posters and takes approximately 10 minutes to complete.

Before you get started, print the **Passport to Physical Activity: Meet the Guidelines** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit.



Passport to Physical Activity: Meet the Guidelines



Name: _____

Answer these questions as you go through the virtual education exhibit to reinforce your learning.

Exhibit 1: Structured Exercise

Identify the four key areas of structured exercise that are necessary to maintain overall health and circle the ones where you are not meeting the recommended guidelines.

Exhibit 2: Non-Structured Physical Activity

Name two specific activities that you would be willing to incorporate into your day or week to increase NEAT through lifestyle activities.

Exhibit 3: Cardiovascular

Name two cardiovascular activities that you currently practice or would like to incorporate into your scheduled weekly activities to help you meet the recommended guidelines.

Exhibit 4: Your Heart Rate And Cardiovascular Exercise

My resting heart rate is _____ beats per minute.

My heart rate after jogging in place for two minutes? _____

My heart rate after jogging was in my target range? Yes _____ No _____

Exhibit 5: Strength

List areas of your body that you feel would benefit from strength exercises.

Exhibit 6: Flexibility

List areas of your body that are tight and would benefit from a stretching routine.

Exhibit 7: Balance

After doing the balance exercises I rate my balance as:

Good _____ Needs Work _____

STRUCTURED EXERCISE

Maintaining your body's overall heart health, muscle strength, flexibility and balance requires structured exercise in these key areas.

Cardiovascular



Strength



Flexibility



Balance



Physical Activity Guidelines Adults Ages 18-64

Cardiovascular: 30 minutes/5 times/week of moderate activity OR
25 minutes/3 times/week of vigorous activity

Strength: 2 or more days/week

Flexibility: 2 to 3 days/week

Balance: 2 or more days/week

Steps: 10,000 steps daily

Some exercises combine strength, flexibility, and balance enabling you to meet the physical activity recommendations more efficiently. Your step count includes all steps you would get in your day.

Source: CDC, AHA, ACSM, IOM



NON-STRUCTURED PHYSICAL ACTIVITY

NEAT – Non-exercise Activity Thermogenesis

- In the scientific world, the energy used throughout your day to perform your life activities is called “NEAT.”
- NEAT lifestyle activities include active transportation such as walking or biking, taking the stairs, carrying your groceries, playing with your kids, and sitting less in general.
- People with higher NEAT typically have lower waist circumferences and Body Mass Indexes (BMIs).
- Increasing NEAT through lifestyle activities has been shown to lower the risk for many chronic diseases by increasing insulin sensitivity, improving the ratio of good/bad blood lipids, and lowering blood pressure.

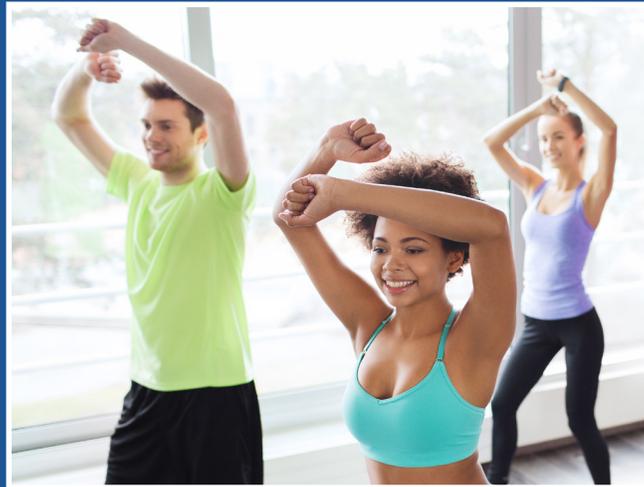


Cardiovascular

Cardiovascular exercise gets your heart pumping at an elevated rate. The more muscle groups you are using, the harder the heart is working. Cardiovascular exercise burns calories and improves one's overall conditioning and endurance.

Examples Include:

- walking
- jogging
- running
- bike riding
- swimming
- playing sports
- roller skating
- cross country skiing
- dancing
- Zumba
- aerobics classes
- jazzercise



Guidelines for Adults Ages 18-64

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity per week (i.e., brisk walking)

or

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity per week (i.e., jogging or running).

You can break it up into smaller chunks of time during the day into spurts of High Intensity Interval Training (HIIT). It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. **A rule of thumb is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity.**



YOUR HEART RATE AND CARDIOVASCULAR EXERCISE



If you have a heart condition, are in cardiac rehab, or recovering from any type of surgery or medical event, talk to a healthcare professional about what exercises you can engage in, what your target heart rate should be and whether you need to be monitored during physical activity.

Increasing your heart rate for a sustained period of time is a key function of cardiovascular exercise. This type of exercise keeps your heart strong.

Checking your Heart Rate or Pulse:

Press the index and middle finger just to the side of the Adam's apple, in the soft area at the side of the neck or place your index and middle finger on the underside of your opposite wrist, below the base of the thumb and press lightly on the blood vessels. Count the number of beats for 20 seconds and multiply that number by 3 to get the beats per minute — this is your heart rate.

Heart Rate During Physical Activity:

Your target heart rate during moderately intense activities is about 50-69% of your maximum heart rate, whereas your target heart rate during hard physical activity is about 70% to 89% of the maximum heart rate. Your maximum heart rate is about 220 minus your age.

Before moving to the next poster, check your heart rate, then jog in place for 2 minutes, then check your heart rate again. Notice how much your heart rate increased from your resting rate to your rate during physical activity.

Average resting heart rate for adults is 60-100 beats per minute.
A lower heart rate at rest generally means better cardiovascular fitness.



Strength

Strength or resistance exercise challenges the muscles to work harder, against more force than normal. Strength exercise is comprised of shorter duration, high-intensity muscular contractions that build or maintain muscle mass. Benefits of strength include a healthy mind, balance and fall reduction, strengthening of bones, weight maintenance, improved blood sugar control, improved sleep, and a healthier heart.

Examples Include:

- squats
- lunges
- chest press
- wall sit
- crunches
- hip lifts
- calf raises
- arm raises
- arm extensions
- weights



Squat (x8)



Lunge (x8)

Try 8 repetitions of squats and lunges before moving to next poster.

Guidelines for Adults Ages 18-64

2 or more days a week work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Increasing the number of days of strength exercises will help you go beyond maintaining your strength to increasing your strength.

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. A repetition is one complete movement of an activity, like lifting a weight or doing one sit-up. Eight to 12 repetitions per activity count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.



Flexibility

Flexibility impacts the range of motion for a joint and is influenced by your muscles and connective tissues (like tendons and ligaments). Stretching is a type of exercise that can lead to an increase in flexibility.

Stretching Tips:

- Stretches are performed symmetrically — both sides of the body should be stretched equally.
- Stretches are performed when the muscles are warm, either from a workout or from external heat (warm bath or heat packs).
- Stretches, active or passive, are held for 10-30 seconds at the point of muscle tightness or discomfort, but not pain. Older people may benefit from longer stretches of 30-60 seconds.
- When time is short, focus on those areas of your body that you know are tight.



Cross-Over



Standing Quad Stretch

Try these 2 stretches before moving to the next poster. Hold each stretch for up to 30 seconds. Repeat until total stretching time totals 30 seconds. Switch sides.

Guidelines for Adults Ages 18-64

2 to 3 days a week to improve range of motion.

Daily during work breaks for hands, arms, hips, and back to prevent repetitive stress injuries.

Repeat each stretch 2 to 4 times to accumulate a total of 60 seconds per stretch.



Balance

Proactive exercise maintains and improves your balance, sustains your reaction time and your ability to right yourself as you age.

Try these balance exercises before moving to the next poster.

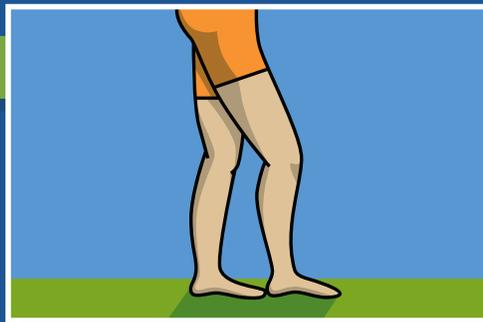
1

See how long you can stand on one foot, then switch sides.



2

Walk heel to toe for 20 steps.



3

Stand on your right foot, bend your left foot behind your back and pull toward your body with your left arm. Put your right arm out in front of you parallel to the floor. Hold for 10 seconds, then switch sides.



Guidelines for Adults Ages 18-64

2 or more days a week to maintain balance. Balance exercises can be done every day or as many days as you like and as often as you like to improve balance.

Meet the Guidelines

Close

We hope you have enjoyed the Virtual Self-guided Wellness Exhibit **Meet the Guidelines**. Additionally, we hope that you learned some tools and techniques that will help you incorporate cardiovascular, strength, flexibility, and balance exercises into your life to keep your body healthy and strong. You are now ready for the **Meet the Guidelines Challenge** to put these practices into daily living.