



Medical Weight Management

Visit Three

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Table of Contents

Types of Physical Activity	4
Aerobic or “Cardio” Activities	4
Strength Training Activities	5
Balance Activities	6
Flexibility Activities	6
NEAT (Non-Exercise Activity Thermogenesis)	7
Physical Activity Goals.....	8
Example Physical Activity Schedule.....	8
Building Your Physical Activity Routine.....	9
Get FITT	9
Building Up Your Physical Activity Over Time	10
Sample Walking Schedule.....	10
Activities for Every Fitness Level.....	11
Preventing Falls: Exercises for Strength and Balance	12
Exercises for Strength	12
Leg Bends	12
Shallow Knee Bends.....	12
Heel Raises.....	12
Leg Lifts	12
Sit-to-Stand Exercise.....	12
Exercises for Balance	13
One-Leg Balance.....	13
Toe-Heel Balance.....	13
Hip Circles.....	13
Heel-Toe	13
Learn More	13
Getting Started with Flexibility and Stretching.....	14
Stretching Tips	14
Stretches: Sitting.....	14
Ankle Stretch.....	14

Table of Contents (continued)

Stretches: Standing	14
Calf Stretch	14
Neck Stretches	15
Stretches: Standing or Sitting.....	15
Side Stretch.....	15
Triceps Stretch.....	16
Prayer Stretch	16
Stretches: On the Floor	16
Quadri-cep Stretch	17
Butterfly Stretch	17
Hamstring Stretch.....	17
Hip Rotation.....	17
Chest and Shoulder Stretch.....	18
Fitting Physical Activity into Your Day	18
Home.....	18
Work.....	18
Staying Active When You Travel.....	19
Free and Easy Ways to Get Moving.....	20
Flexibility.....	20
Strength	20
Aerobics.....	20
Adding More Activity to Your Life.....	20
Tips for Adding More Activity.....	20
Getting Around Barriers to Exercise	21
Easy Ways to Cut Screen Time and Move More.....	22
Nutrition and Physical Activity	22
Balancing Calories and Activity.....	23
Finding Nonfood Ways to Reward Yourself	23
Additional Resource: Getting and Staying Active.....	24
Notes	25

Types of Physical Activity

Being physically active means doing any kind of activity that gets your body moving.

There are different types of physical activity that can help you get fit and stay healthy.

Aerobic or “Cardio” Activities

What are aerobic or “cardio” activities?

- These make your heart beat faster.
- These make you breathe harder.
- “Cardio” is short for cardiovascular, which relates to the heart and blood vessels.

What are examples of these activities?

- Walking
- Jogging
- Biking
- Dancing
- Gardening
- Swimming

How many times per week?

2 to 7 days a week for a total of 150 minutes each week.

For how many minutes?

150 minutes total each week.



How hard (intense) should I be doing these activities?

- Moderate intensity
 - o You will have a faster heartbeat during moderate intensity activities.

How can I check how hard (intense) I am working?

- “Talk Test”
 - o For moderate intensity, you should be able to talk without being too out of breath but you should **not** be able to sing.
- Target Heart Rate
 - o Your target heart rate is a percentage of your maximum heart rate.
 - o One way to find your maximum heart rate to subtract your age from 220.
 - o Your target heart rate range during moderate intensity activity is 60% to 80% of your maximum heart rate (take your maximum heart rate and multiply by 0.6 or 0.8).
 - $220 - \text{age} = \text{maximum heart rate}$
 - 0.6 to 0.8.
 - o Target heart rate is only a guide - pay attention to how you feel.
- Rate of Perceived Exertion
 - o This is a way to measure how you feel during physical activity.
 - o Use a scale of 1 to 10.
 - 1 means very easy, like resting.
 - 5 is moderate intensity, where you can feel your body working but you can still talk.
 - 10 means as hard as you can go, where you feel out of breath and can't talk.
 - o This helps you decide if you should go slower or faster based on how you feel.

What if I am doing these activities even harder (more intense)?

- If your heart rate goes up even more and you breathe faster, you are doing vigorous intensity activities.



- They make you sweat more than moderate intensity activities.
- It becomes harder to talk when you are doing these types of activities.
- Example:
 - o Biking on flat ground at a steady pace is moderate intensity but biking fast or on hills is vigorous intensity.

Strength Training Activities

What are strength training activities?

- These are activities to build muscle and improve strength.
- They are good for your bones.
- They help your body use energy (metabolism).
- They also help with daily tasks and balance.

What are examples of these activities?

- Weight lifting (dumbbells, barbells, kettlebells, machine weights)
- Resistance band exercises
- Bodyweight exercises (push-ups, squats, lunges)

How many times per week?

- 2 to 3 times a week.

What are repetitions and sets?

- A repetition, or rep, is one complete movement.
 - o Example: If you're doing bicep curls, one rep means lifting the weight up and lowering it down one time.
- A set is a group of reps done in a row.
 - o 6 to 10 reps is equal to one set.
 - o Your goal is to do 3 sets of each.
 - o Example: If you're doing bicep curls, lifting the weight up and lowering it down 6 to 10 times in a row is one set.
- Make sure to rest between sets to allow muscles to recover.
 - o Rest 30 to 60 seconds between each set.
 - o Example: If you're doing bicep curls:
 - Do 6 to 10 reps for set 1.
 - Rest for 30 to 60 seconds.
 - Do 6 to 10 reps for set 2.
 - Rest for 30 to 60 seconds.
 - Do 6 to 10 reps for set 3.
 - Rest for 30 to 60 seconds.

How should I feel when doing these activities?

- You should feel tension.
 - o Tension is the feeling you get when a muscle tightens up as it works.
 - o It feels like a pull or squeeze on the muscles you are using.
- You should not feel pain.

How should I breathe during these activities?

- Breathe out (exhale) when you are doing the hard part like lifting or pushing.
- Breathe in (inhale) when you lower or rest.
- This type of breathing helps your body stay relaxed and makes it easier to complete the movements.
 - o Example: If you're doing bicep curls:
 - Breathe in when you lift the weight up.
 - Breathe out when you lower the weight down.

What muscles should I focus on?

- Focus on large muscle groups:
 - o Legs
 - o Back
 - o Chest

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- These are some of the biggest muscle groups in your body.
- Working on large muscle groups helps:
 - o Improve your overall strength and balance.
 - o Boost your metabolism.
 - o Support everyday movements like lifting, standing, and walking.

Balance Activities

What are balance activities?

- These can improve your balance.
- You can do these during your normal daily activities. Here are a couple examples:
 - o Practice standing on one foot at a time when brushing your teeth.
 - o When walking in your kitchen, walk heel-to-toe.

What are examples of these activities?

- Heel-to-toe walking
- Marching in place
- Doing head movements while standing
- Hip circles
- Standing on one foot



How many times per week?

- 6 times a week.

How many times per day?

- 3 times a day.

For how many minutes?

- 2 minutes each.

How can I stay safe while doing these activities?

- Always do these next to a countertop or wall.
 - o Use the countertop or wall for support.
- Stay focused on the same spot ahead of you.

Flexibility Activities

What are flexibility activities?

- Flexibility means being able to use your joints and muscles as far as they can go (to their full range of motion) or until you feel a gentle stretch (to tension).

What are examples of these activities?

- Stretching
- Yoga
- Physical therapy exercises

How many times per week?

- 6 time a week.

For how many minutes?

- 10 minutes each.

How do I start?

- It's best to warm your muscles a bit before you stretch them.
 - o Walk or do some other light aerobic activity for a few minutes before you start.
- When you start stretching, start slowly then try to stretch further or hold it for longer each time.

How do I stretch?

- Always do it slowly.
 - o Flexibility activities are **not** about going fast or making sudden movements.
- Do **not** bounce.
- Hold each stretch for at least 15 to 60 seconds.



How should I feel when doing these activities?

- You should feel a stretch in the muscle.
- You should **not** feel pain.

How should I breathe during these activities?

- Breathe out (exhale) when you do the stretch.
- Breathe in (inhale) as you hold the stretch.
- Do **not** hold your breath.

NEAT (Non-Exercise Activity Thermogenesis)

What is NEAT?

- NEAT stands for Non-Exercise Activity Thermogenesis.
 - o That's a fancy way of saying all the little movements your body does during the day that are **not** part of exercising, eating, or sleeping.

What are examples of these activities?

- Walking to the mailbox
- Waving your hands while talking
- Cleaning your house

- Tapping your foot
- Folding laundry

How often?

- You are already doing these activities without even thinking about it, but you should also do them on purpose.
- Aim to be active for 10 minutes out of every 60 minutes (1 hour).
 - o You can break up these 10 minutes into small activities during the 60 minutes to add up to 10 minutes.

How can I move more during the day?

- Park further away from the entrance.
- Take the stairs instead of the elevator or escalator.
- Stand up and move during TV commercials or while on the phone.
- Walk around while waiting for food to cook or laundry to finish.

Adapted from information provided by Healthwise by WebMD Ignite and the Centers for Disease Control and Prevention (CDC).

Physical Activity Goals

Now that you know about how important it is to do moderate intensity aerobic activities, let's look at the guidelines from the Centers for Disease Control and Prevention (CDC). They recommend:

- Moderate Intensity Aerobic Activities: at least **150 minutes a week**
or
- Vigorous Intensity Aerobic Activities: at least **75 minutes per week**
or
- Combination: a combination of both moderate and vigorous intensity activities
and
Strength Training Activities: at least **2 to 3 days a week**

Example Physical Activity Schedule

Activity Type	Example Activities	Time	How Often
<p>Moderate Intensity Aerobic Activities Moderate intensity activities make your heart rate go up and make you breathe faster, but you should still be able to talk comfortably.</p>	<ul style="list-style-type: none"> • Brisk walking • Dancing • Gardening • Water aerobics • Biking on level ground 	150 minutes a week	Break this down into about 30 minutes a day for 5 days a week.
<p>Vigorous Intensity Aerobic Activities Vigorous intensity activities make your heart and breathing rate go up, and talking becomes hard.</p>	<ul style="list-style-type: none"> • Running or jogging • Aerobic dance • Swimming laps • Biking fast or on hills • Hiking uphill 	75 minutes a week	Break this down into about 25 minutes a day for 3 days a week.
<p>Combination of Moderate and Vigorous Intensity Aerobic Activities A combination of moderate and vigorous intensity activities means doing exercises that make your heart beat faster, some at a steady pace and others that make you breathe harder.</p>	<ul style="list-style-type: none"> • 2 days of moderate intensity walking (30 minutes each) • 2 days of vigorous intensity jogging (20 minutes each) • Strength training exercises (2 days a week) 	150 minutes a week (combination)	<p>Mix moderate and vigorous intensity activities.</p> <p>You might do moderate intensity on some days and vigorous intensity on others.</p>
<p>Strength Training Activities These are activities that build muscle, improve strength, and help your body use energy (metabolism).</p>	<ul style="list-style-type: none"> • Weight lifting (dumbbells, barbells, kettlebells) • Resistance band exercises • Bodyweight exercises (push-ups, squats, lunges) 	2 to 3 times a week	<p>6 to 10 reps per exercise</p> <p>2 to 3 sets</p>

Adapted from information provided by the Centers for Disease Control and Prevention (CDC).

Building Your Physical Activity Routine

Get FITT

The FITT Method helps you create a safe and effective physical activity plan by focusing on 4 key parts: how often, how hard, how long, and what kind of activity you do.

F - Frequency: How often you do the physical activity.

- Make time for physical activity most days of the week.

I - Intensity: How hard you work during the activity.

- Physical activity doesn't need to be hard or painful to be good for you.

T - Time: How long you do the activity.

- Aim for 30 minutes of physical activity a day.
 - You can break this into smaller chunks during the day (10 minutes in the morning, 10 minutes after lunch, and 10 minutes in the afternoon).

T - Type: The kind of physical activity you choose.

- Choose activities that help your body get stronger, more flexible, and have more energy.
- Choose activities that fit your lifestyle and personality.
- Start slowly and let your body adjust comfortably.

No matter how active you are now, you can get all the benefits by changing one of these things to make an exercise plan that works for you.

Adapted from the American College of Sports Medicine (ACSM) and Centers for Disease Control and Prevention (CDC). The FITT principle is used to structure physical activity recommendations for overall health.



Building Up Your Physical Activity Over Time

Starting or increasing your physical activity can be simple and rewarding.

If you are to exercising, begin slowly. Then work your way up to more time of physical activity each day.

If you are already active, pick a starting point that matches your fitness level and move forward from there.

Sample Walking Schedule

Here is a walking schedule to guide you, but feel free to explore other activities that fit your interests and abilities.

Week	Warm-Up (Slow Walk)	Brisk (Quick) Walk	Cool Down (Slow Walk)	Total Time	Stretching
1	5 minutes	5 minutes	5 minutes	15 minutes	After walk
2	5 minutes	7 minutes	5 minutes	17 minutes	After walk
3	5 minutes	10 minutes	5 minutes	20 minutes	After walk
4	5 minutes	12 minutes	5 minutes	22 minutes	After walk
5	5 minutes	15 minutes	5 minutes	25 minutes	After walk
6	5 minutes	18 minutes	5 minutes	28 minutes	After walk
7	5 minutes	21 minutes	5 minutes	31 minutes	After walk
8	5 minutes	24 minutes	5 minutes	34 minutes	After walk
9	5 minutes	27 minutes	5 minutes	37 minutes	After walk
10	5 minutes	30 minutes	5 minutes	40 minutes	After walk
11	5 minutes	33 minutes	5 minutes	43 minutes	After walk
12	5 minutes	35 minutes	5 minutes	45 minutes	After walk

Activities for Every Fitness Level

Remember, there are more activities than walking. There are many fun ways to stay active.

Low-Impact Options

- Walking
- Water aerobics
- Swimming
- Dancing
- Low-impact aerobics

Outdoor Activities

- Biking
- Hiking
- Jogging
- Skating

Sports and Games

- Basketball
- Soccer
- Tennis

Equipment-Based Activities

- Rowing
- Stair stepping
- Cross-country skiing
- Trampoline
- Jump rope

Group or Guided Options

- Fitness classes
- Exercise videos
- Community programs

No matter where you start, what is important is finding activities you enjoy and sticking to them. Take it one step at a time.

Adapted from information provided by Healthwise by WebMD Ignite and the National Heart, Lung, and Blood Institute (NHLBI).



Preventing Falls: Exercises for Strength and Balance

Many people are afraid of falling. This fear grows as we get older. Even young or healthy people can slip and trip, but there are ways to improve your strength and balance to lower the risk of falling.

Here are some simple exercises that you can do every day to lower your risk of falling.

Exercises for Strength

To do any of these strength-building exercises, stand up straight and use a counter or sturdy chair for support. Start by doing each exercise a few times. Then work your way up to 8 to 12 times for each exercise.

Leg Bends

1. Bend one knee so your foot comes up behind you and is level with your knee.
2. Slowly lower your foot to the floor.
3. Repeat, using the other leg.

Shallow Knee Bends



1. Stand with your hands lightly resting on a counter or chair in front of you.
2. Put your feet shoulder-width apart.
3. Slowly bend your knees so that you squat down like you're going to sit in a chair. Make sure that your knees don't go in front of your toes.
4. Lower yourself about 6 inches. Your heels should stay on the floor at all times.
5. Rise slowly to a standing position.

Heel Raises



1. Stand with your feet a few inches apart, with your hands lightly resting on a counter or chair in front of you.
2. Slowly raise your heels 1 to 2 inches off the floor while keeping your knees straight.
3. Hold for about a few seconds.
4. Slowly lower your heels to the floor.

Leg Lifts

1. Hold on to the back of your chair.
2. Keeping your legs straight, lift one leg a few inches to the side.
3. Hold for a few seconds.
4. Slowly lower your leg.
5. Repeat on the other side.

Sit-to-Stand Exercise

1. Sit in your chair, with the chair against a wall.
2. Stand up without using your hands.
3. If this is too hard, start by using a pillow on the chair until you get stronger.

Exercises for Balance

These exercises can help you with balance. You can start by holding on to the sink, the counter, or the back of your chair with both hands. When that gets easy, hold on with just one hand. Then hold on with just two fingers of one hand. Soon you may be able to do each exercise without holding on with either hand. But it's important that you only try this when you feel that the way you are doing it now has become too easy.

One-Leg Balance

1. Hold on to the sink, counter, or back of your chair with both hands.
2. Stand on one leg. Balance for as long as you can, working up to 60 seconds on each leg. When you can do this for 60 seconds, try the next step.
3. Stand on one leg, and fold your arms across your chest. When you can do this for 60 seconds on each leg, go on to the next step.
4. Stand on one leg and hold your arms out to the sides. When you can do this for 60 seconds on each leg, try the next step.
5. Stand on one leg and fold your arms across your chest with your eyes closed. Balance for as long as you can, working up to 60 seconds on each leg.

Toe-Heel Balance

1. Hold on to the sink, the counter, or the back of your chair with both hands.
2. Stand on your toes, and hold that position for 10 seconds.
3. Rock back to your heels, holding that position for 10 seconds.
4. Repeat about 5 times.

Hip Circles

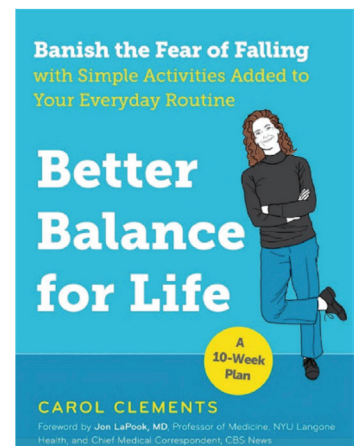
1. Hold on to the sink, the counter, or the back of your chair with both hands.
2. Without moving your shoulders or feet, make a big circle to the left with your hips (counterclockwise).
3. After you make 5 circles to the left, make 5 circles to the right (clockwise).

Heel-Toe

1. Stand with your left side toward the kitchen counter. You can use the counter for balance if you need to.
2. Place the heel of your left foot in front of the toes of your right foot so the heel and toes touch.
3. Focus on a spot ahead of you, and take a step so that your right heel touches the toes of your left foot.
4. Work up to 20 steps. You can turn around and go in the other direction, with the counter on your right.
5. If you get comfortable with heel-to walking forward, try to do these same steps but walking backward.

Learn More

Improve your balance and lower your risk of falling with *Better Balance for Life* by Carol Clements. This book is an easy-to-follow 10-week plan that offers simple exercises you can do while doing your everyday tasks like brushing your teeth or watching TV.



Adapted from information provided by Healthwise by WebMD Ignite.

Getting Started with Flexibility and Stretching

Flexibility means being able to move your joints and muscles through their full range of motion. As you become more flexible, you will find it easier to reach things on high shelves, look under a bed, or even tie your shoes. You will also have a better sense of balance and coordination.

It's best to warm your muscles a bit before you stretch them. Walk or do some other light aerobic activity for a few minutes, and then start stretching.

Stretch all your major groups of muscles. These include the muscles of your arms, your back, your hips, the front and back of your thighs, and your calves.

Stretching Tips

When you stretch your muscles:

- Do it slowly. Stretching is not about going fast or making sudden movements.
- Don't push or bounce during a stretch.
- Hold each stretch for at least 15 to 60 seconds, if you can. You should feel a stretch in the muscle, but not pain.
- Breathe out as you do the stretch. Then breathe in as you hold the stretch. Don't hold your breath.
- Start slowly, and increase your efforts bit by bit.

You can measure your progress with flexibility by noticing how much farther you can do each stretch. Can you stretch farther each day than you could when you started? If so, your flexibility is getting better.

Stretches: Sitting

Ankle Stretch

This exercise stretches the muscles in your ankles and foot.

1. Sit up straight. Put your feet together, flat on the floor.
2. Press your foot inward against your other foot.
3. Place the heel of your other foot on top of the foot you pressed inward. Push the foot that is pressed inward up against the heel, but keep the foot from moving. You should feel the muscles tighten.



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4. Hold for about 6 seconds, and then relax.
5. Repeat 8 to 12 times.
6. It's a good idea to repeat these steps with your other foot.

Stretches: Standing

Calf Stretch



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This exercise stretches the muscles in the back of your lower legs (called the calf muscles).

1. Stand facing a wall with your hands on the wall. You can also do this with your hands on the back of a chair, a counter, or a tree.
2. Put one leg about a step behind your other leg, with your toes pointing forward.
3. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
4. Hold the stretch for 15 to 60 seconds.

Neck Stretches

These exercises stretch the muscles in your neck.



1. Stand with a chair in front of you and a wall behind you. If you begin to fall, you can use them for support. Now stand with your feet together and your arms at your side.
2. Move your head up and down 10 times.
3. Move your head side to side 10 times.
4. Move your head diagonally up and down 10 times.
5. Move your head diagonally up and down 10 times on the other side.

Stretches: Standing or Sitting

Side Stretch

This exercise stretches your obliques (the muscles on the side of your abdomen) and your back.



1. Sit or stand up straight. If you're standing, keep your feet about hip-width apart.
2. Hold your arms above your head, and clasp your hands together.
3. Pull upward with your left hand while leaning straight over toward your left side. If you're sitting, keep your bottom flat on the chair. You should feel the stretch along your left side.
4. Hold 15 to 60 seconds. Then switch sides.

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Triceps Stretch

This exercise stretches your upper arms (called the triceps) and the muscles in your shoulder. It also helps your back and the muscles around your neck feel more flexible.



1. Stand or sit up straight. If you're standing, keep your feet about hip-width apart. Reach the arm you are stretching straight up.
2. Keeping your elbow in place, bend your arm and reach your hand down behind your back.
3. With your other hand, apply gentle pressure to the bent elbow. You'll feel a stretch at the back of your upper arm and shoulder. Hold about 15 to 60 seconds.
4. It's a good idea to repeat these steps with your other arm.

Prayer Stretch

This exercise stretches the wrist muscles.



1. Put your palms together in front of your chest just below your chin.
2. Slowly lower your hands toward your waistline, keeping your hands close to your stomach and your palms together. You will feel a mild to medium stretch under your forearms.
3. Hold the stretch for 15 to 60 seconds.

Stretches: On the Floor

These exercises are done on the floor to stretch important muscles. If you are worried about getting back up, ask a friend to help you. If you've had hip surgery or have weak bones, talk to your doctor first.

To lie down safely:

- Stand next to a strong chair.
- Put your hands on the chair seat.
- Lower one knee to the floor.
- Lower the other knee.
- Put your left hand on the floor and lean on it as you sit on your left hip.
- Straighten your legs.
- Lie on your side.
- Roll onto your back.

To get up from lying down:

- Roll onto your side.
- Use your hand on the floor near your ribs to push your shoulders up.
- Roll forward onto your knees and use your hands for support.
- Put your hands on the chair you used to lie down.
- Lift one knee so that foot is flat on the floor.
- Push up from the chair with your hands to stand up.

Quadricep Stretch

This exercise stretches the muscles in the front of your thigh (called the quadriceps or quad).



1. Lie on your side with the leg you are stretching on top. You can use your hand or a pillow to support your head.
2. Bend your top leg, and reach behind you to grab the front of that foot or ankle with your other hand.
3. Stretch your leg back by pulling your foot toward your buttock. You will feel the stretch in the front of your thigh.
4. Hold the stretch for at least 15 to 60 seconds.
5. It's a good idea to repeat these steps with your other leg.

Butterfly Stretch

This exercise stretches the muscles in your inner thigh (called the abductors).



1. Sit on the floor and put the soles of your feet together. Do not slump your back.
2. Grab your ankles and gently pull your legs toward you.
3. Press your knees toward the floor. You will feel the stretch in your inner thighs.
4. Hold 15 to 60 seconds.

Hamstring Stretch

This exercise stretches the muscles in the back of your lower thigh (called the hamstrings).



1. Lie flat on your back with your legs straight. If you feel discomfort in your back, place a small towel roll under your lower back.
2. Holding the back of the leg you are stretching, lift your leg straight up and toward your body until you feel a stretch at the back of your thigh.
3. Hold the stretch for at least 15 to 60 seconds.
4. It's a good idea to repeat these steps with your other leg.

Hip Rotation

This exercise stretches the muscles in your hips and thighs.

Do not do this exercise if you have had a hip replacement unless your hip surgeon tells you otherwise.



1. Lie on your back with both knees bent and your feet flat on the floor.
2. Put the ankle of your affected leg on your opposite thigh near your knee.

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3. Use your hand to gently push your knee away from your body until you feel a gentle stretch around your hip.
4. Hold the stretch for 15 to 60 seconds.
5. It's a good idea to repeat these steps with your other leg.

Chest and Shoulder Stretch

This exercise stretches your chest and shoulder muscles.



1. Lie on your back with your knees bent and your feet about hip-width apart.
2. Tuck your chin, and relax your shoulders with your arms at your sides.
3. Hold this position while you move your arms into the following positions:
 - Arms down at your sides, with the palms facing up.
 - Arms out to your sides in a T shape.
 - Arms out to your sides with your elbows bent to 90 degrees, as in a goalpost shape.
 - Arms stretched over your head.
4. Hold each arm position for 15 to 60 seconds.

If you don't feel a mild stretch in your shoulders and across your chest, use a foam roll or tightly rolled towels under your spine, from your tailbone to your head.

Make sure that your head and tailbone area are supported with the roll of towels or on the foam roll. Be sure the roll is in line with your spine.

Fitting Physical Activity into Your Day

Many of us are so busy that fitting in physical activity can seem impossible on most days. But here's some good news: It doesn't have to be a certain amount each day, as long as it adds up to at least 150 minutes (2½ hours) of moderate activity a week.

Home

- Ideas for fitting activity into your day at **home**:
 - o Take a few walks or bike rides during the day.
 - o Use a free smartphone app or online exercise video.
 - o Take a dance break.
 - o Push the lawn mower, rake leaves, or shovel snow.
 - o Give the kitchen floor a good scrubbing.
 - o Wash the car, clean the garage, or wash windows.
 - o Play Frisbee, hopscotch, or jump rope.
 - o Walk or bike to the store.
 - o Walk the dog.
 - o Read a newspaper or magazine on a stationary bike.

Work

- Ideas for fitting activity into your day at **work**:
 - o Park several blocks away, or get off the bus a few stops early.
 - o Take the stairs instead of the elevator, at least for a few floors.
 - o Suggest holding meetings with colleagues during a walk. Or use your breaks to take quick 15-minute walks.
 - o Get your coffee on another floor (use the stairs). Or use the restroom that's the farthest from your office. Walk to a coworker's office or workspace rather than using email or the phone.

Adapted from information provided by Healthwise by WebMD Ignite.



Staying Active When You Travel

When you travel because of work or for pleasure, fitting in some exercise can be hard. Try these tips to stay active when you travel.

- Plan your exercise when you prepare for your trip.
 - o Take the time to think about your trip and how your routine will be affected.
 - Identify the barriers that might keep you from your regular physical activity, such as long meetings, a busy schedule, or weather extremes.
 - Plan ahead on how you will get around those barriers.
 - o Try to find a hotel that has an exercise room, exercise videos, or a swimming pool. Or look for one that is close to a park, walking trails, or a gym.
 - o Pack items that will help you exercise, such as:
 - Exercise clothing, including a swimsuit or your walking shoes.
 - A jump rope or resistance band. These are easy to fit in a suitcase.
- Get some exercise at the airport.
 - o Walk laps around the airport terminal.
 - o If you have a long layover, find a gym close to the airport so you can work out between flights.
- Be creative about finding ways to exercise.
 - o Use the hotel workout room or swimming pool, if available. If your hotel doesn't have a workout room, find a nearby gym.
 - o Exercise first thing in the morning. You may be more likely to do it then.
 - o Use a smartwatch, phone app, or pedometer to motivate you to add steps throughout your day.
 - o Ask the hotel concierge about local parks and walking trails.
 - o Walk to local restaurants for meals instead of driving.
 - o If the hotel is large, turn its hallways and staircases into a "track," and do "laps."
 - o The Internet is full of advice for exercises you can do in your hotel room, for beginners as well as exercise experts.
 - o Jump rope or run in place. If that's too boring, do it while you watch TV.

Adapted from information provided by Healthwise by WebMD Ignite.

Free and Easy Ways to Get Moving

It's easy to spend a lot of money on sports and programs that help keep you active. But it's just as easy to get fit without spending any money at all.

Flexibility

- Do some stretches at home first thing in the morning.
- Take a “stretch break” instead of a coffee break at work.
- Try free online videos of activities that include stretching, such as dance, martial arts (aikido or karate), tai chi, or yoga.

Strength

- Do housework and yard work on a regular basis. Scrub the bathtub, wash walls, dig in the garden, or pull weeds.
- Do basic muscle-conditioning exercises such as push-ups, leg lifts, and other familiar exercises.
- Try muscle-strengthening exercises using weights. You can use cans of food instead of buying dumbbells.

Aerobics

These ordinary activities cost nothing. And they all count as aerobic activity.

- Walk briskly to work or to do errands.
- Push a lawn mower.
- Vacuum.
- Sweep (perhaps to fast-paced music).
- Rake leaves or shovel snow.
- Dance.
- Play actively with your children.
- Walk the dog.

If you need more structure for your exercise but don't want to spend money for a class, you can find free classes online.

Adapted from information provided by Healthwise by WebMD Ignite.

Adding More Activity to Your Life

Being active is one of the best things you can do to get fit and stay healthy. It helps you feel stronger and have more energy. It can help you lose fat, build muscle, and reach a healthy weight. Being active may also help you feel better, sleep better, and focus.

Tips for Adding More Activity

- Start slowly. If you're not active at all, work up to it. Set small goals.
- Walking is one of the easiest and cheapest ways to get moving for most people.
- Keep track of the number of steps you take each day. You can use a smartwatch, phone app or a pedometer.
- It's fine to be active in shorter periods of time throughout your day and week that add up.
- Write down your goals. Make your goals specific.
- Do activities you like.
- o Find activities that fit your lifestyle and your personality. For example:
 - Do you like to be active on your own or with others?
 - Do you like structured activities like classes, or everyday activities like gardening?
 - How much money, if any, do you want to spend on gear or other expenses?
- Keep going. But if you feel stuck, find a new activity you like, exercise with a friend, or use an app or journal to track your activity.

Adapted from information provided by Healthwise by WebMD Ignite.

Getting Around Barriers to Exercise

Most people struggle at times with getting active - and with staying active over time. All kinds of things can get in the way. And those roadblocks can be different for everyone. But there are steps you can take to get past your barriers to being active. Here's how.

Find out what is holding you back from being active.

You probably already know some of your barriers to getting and staying active. Maybe you feel stressed, or you're too busy. Or maybe you just don't feel up to it. And maybe there are things you didn't realize were holding you back.

So give it some thought, and then write down your barriers to being active. When you know what's holding you back, it will be easier to figure out how to get past those things.

Think of ways to get past your barriers.

It may help to come up with some new ideas for getting around your barriers. It might take a little time, but you can find a solution that works for you.

Here are some common roadblocks, along with ideas for getting past them.

- *"I don't have time."* - Try doing short chunks of activity throughout the day, like 10-minute walks.
- *"I'm stressed."* - Exercise can help relieve stress. Find easy ways to add activity to routines you already have, like taking a walk after meals.
- *"I don't have enough energy."* - Remember that exercise may actually improve your energy after you get started.
- *"I'm too overweight."* - It's okay to start with a small, simple goal that's easy to reach, like a 5-minute walk after breakfast. Even a little bit adds up over time.
- *"I don't like to exercise around other people."* - Try working out at home using online videos or fitness apps.
- *"I don't have the money to join a gym."* - You can find free workout videos online or for walks around your neighborhood.

Do any of these ideas sound like something you could try? Maybe they'll spark some new ideas of your own. Take a minute to think about ways to get past your roadblocks. You can start by writing down the main things that keep you from being active. Try to think of solutions, and write those down too.

Decide what barrier to work on first.

When you're ready, pick one thing you'll work on this week. Think of it as a small step toward a bigger goal.

Stay on track.

If you feel stuck or need help staying with an activity, here are some ideas.

- Keep a journal to track your activity.
- Schedule your workouts with a calendar or an app on your phone.
- Make it fun. Find activities you enjoy or work out with a friend.
- Make being active easy. Do convenient workouts, like walks near your home. Fit in a few very short workouts throughout your day.
- Make being active a habit. Add exercise to existing routines, like walking after meals. Make your favorite activity a ritual you do every day.
- Enjoy the rewards. You probably know that exercise has many long-term health benefits. But it can give you immediate rewards too. You'll have more energy, be less stressed, and feel your best.

Adapted from information provided by Healthwise by WebMD Ignite.

Easy Ways to Cut Screen Time and Move More

To help lower screen time and get more active, here are some simple tips you can follow:

Set screen time limits.

Track how much time you spend on screens and set daily limits for TV, phone, and computer use.

Take active breaks.

Get up and move every so often while watching TV or using devices - try stretching, walking, or doing quick exercises. Get up and move for 10 minutes of every 60 minutes.

Plan screen-free activities.

Set aside times each day to do things without screens, like going for a walk, reading, or spending time with family.

Limit screen time before bed.

Try not to use screens for at least 1 hour before bed to help you sleep better.

Make social activities active.

Choose activities like hiking, playing sports, or taking a fitness class instead of just hanging out on screens.

Create screen-free zones.

Pick certain areas in your home (like the dining room or bedroom) to be free of screens, so you can enjoy time together without distractions.

Use technology to help.

Use features like “Do Not Disturb” or app blockers to limit distractions and keep your screen time in check.

By following these tips, you can spend less time on screens and more time moving.

Adapted from information provided by the Centers for Disease Control and Prevention (CDC).

Nutrition and Physical Activity

Food gives you energy for physical activity. To have energy, you need to get the right amount of:

- **Protein** - It maintains and rebuilds tissues, such as muscles.
- **Carbohydrate** - This is the body's preferred source of energy.
- **Fat** - Which also gives the body energy.
- **Water** - To replace water lost through activity.

Eating a diet that is balanced, varied, and moderate can give you all the nutrients your body needs:

- Balance means eating the recommended number of servings from each food group most days.
- Eating a mix of foods within each group, like fruits or vegetables, helps you get all the nutrients you need. No one food gives us every nutrient.
- Moderation means eating a little of everything but not too much of any one thing.

The Dietary Guidelines for Americans provide tips for eating well and staying healthy. The guidelines recommend that adults:

- Balance eating with activity. This helps you stay at a healthy weight.
- Eat lots of fruits, vegetables, whole grains, and low-fat or nonfat dairy products.
- Limit foods high in salt, saturated fat, trans fat, and added sugar.
- Drink alcohol in moderation, if at all.
- Manage your weight by balancing the calories you eat and drink. For people who are overweight or obese, this means eating fewer calories from food or drinks.

For a personalized food guide, go to the interactive website [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov).



Adapted from information provided by Healthwise by WebMD Ignite.

Balancing Calories and Activity

How hard you work (the intensity) will play a role in the calories that you burn.

Calories are the energy your body gets from food. It is important to balance the calories you eat with the calories you use.

Use this link or QR code to open an interactive tool that can help you think about the activities you can do to improve your fitness and health.

<https://www.healthwise.net/wellspan/Content/StdDocument.aspx?DOCHWID=tx4394>



Knowing how many calories are in the foods you eat helps you make healthier choices. The table below gives examples of more food for the same calories, helping you get the most value from what you eat.

This resource is based on information from resources of the Centers for Disease Control and Prevention (CDC) and U.S. Department of Agriculture (USDA).

30 Minutes of Activity	Intensity	Calories Burned*	Common Food Choice	Healthier Food Choice
Aerobics	Moderate	211	½ cup ice plain cream 4 total ounces	1 cup Greek yogurt with 1½ cup berries 10 total ounces
Bicycling 12 miles per hour	Moderate	298	1 regular-sized plain chocolate bar 1½ total ounces	1 small apple and 10 almonds 5 total ounces
Dancing	Moderate	200	1 chocolate chip cookie ½ total ounce	1 pear and 15 pistachios 6½ total ounces
Gardening	Light	200	1 small cupcake 2 total ounces	1 small orange and 1 boiled egg 5½ total ounces
Light Housework (cleaning)	Light	123	1 small pack gummy snacks ½ total ounce	1 medium apple with 1 tablespoon peanut butter 6 total ounces
Running 5 miles per hour	Moderate	298	1 slice of cheese pizza 5 total ounces	1 whole wheat wrap with turkey and vegetables 12 total ounces
Swimming 2½ miles per hour	Moderate	233	1 glazed donut 1 total ounce	1 medium banana and 10 cashews 5½ total ounces
Walking 4 miles per hour	Moderate	167	1 small snack bag of chips 1 total ounce	1 cup of carrot sticks with 3 tablespoons of hummus 5½ total ounces

*Calories burned are estimates based on a person weighing around 155 to 185 pounds. If your weight is higher or lower, you may burn more or fewer activities during the same activity. This is because people with more weight typically burn more calories, while those with less weight burn fewer. The numbers in the table are just averages to give you a general idea.

Finding Nonfood Ways to Reward Yourself

When you're working toward a health goal, it helps to reward yourself along the way. Try to think of nonfood rewards that can help motivate you and add something to your life, but without the calories.

Finding meaningful ways to reward yourself:

- Give yourself 15 to 30 minutes of “me time.” Think of things that you don't normally do but are easy to do at home. For example, you might:
 - o Read or write in a journal
 - o Take a nap.
 - o Watch a fun show or video.
 - o Listen to a podcast or some favorite music.
 - o Play a favorite game.
 - o Call a friend.
 - o Go on a mini-adventure.

It doesn't have to cost a lot or be planned in advance. You could:

- o Take a walk in a new or favorite place.
- o Browse the library.
- o Attend a free event or class.
- o Wander through a thrift store.
- o Enjoy a cup of tea in a relaxing place.

Finding Nonfood Ways to Reward Yourself was adapted from information provided by Healthwise by WebMD Ignite.

Information regarding Paceline sourced from the Paceline website: www.paceline.fit.

Additional Resource: Getting and Staying Active

Use this link or QR code to for an to learn more about getting and staying active.

<https://www.healthwise.net/wellspan/Content/StdDocument.aspx?DOCHWID=ftpln#aco5816>



Here's a breakdown of what you can explore:

1. Why You Should Be Active

- Learn the many benefits of staying active.
- Understand how regular activity lowers the risk health problems.

2. How to Be More Active

- Discover different ways to fit more movement into your day, even if you're short on time.
- Explore suggestions for activities ranging from simple daily habits to specific exercises.

3. How to Stay Active

- Tips for building an exercise routine that you can stick with.
- Strategies for getting around barriers.

4. Being Active as You Age

- Learn how to adjust your fitness routine as you get older.
- Discover types of exercises that are safe and effective for older adults.

5. Preventing Injury

- Understand how to safely increase your activity level to avoid injury.
- Learn about warm-up techniques, proper form, and how to listen to your body.

6. Health Tools and Videos

- Find different health tools, such as fitness trackers, activity planners, and goal-setting resources.
- Watch videos that demonstrate exercises, stretches, and fitness tips from experts.

7. Personal Stories

- Get inspired by real-life stories from others who have successfully made physical activity a regular part of their lives.
- Learn how they overcame barriers and stayed motivated to improve their health.



[WellSpan.org](https://www.wellspan.org)

