

The Whole Health Approach

Emphasizes living our best lives
in alignment with
what matters most to us.

Includes conventional treatment,
but also focuses on
empowerment and self-care
to reduce the risk of chronic
illness and optimize health and
well-being.



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Self Care Review



Self-Care Areas can impact physical, emotional, and mental health

- **Movement/physical activity**
- Healthy eating
- Sleep/rest
- Healthy relationships
- Healthy surroundings
- Spiritual health
- Personal development

Today's topic: Movement/Physical Activity

[About Physical Activity](#) | [Physical Activity](#) | [CDC](#)
[MOVE! Weight Management Program Home \(va.gov\)](#)

Movement & Physical Activity

Move More and Sit Less:

New evidence shows a strong relationship between sedentary lifestyle and increased risk of health problems. All movement, especially moderate-to-vigorous, can help reduce these risks.

Safety First!

If you are concerned about starting to increase your activity, consult your health care team.

Drink plenty of water before, during, and after activity.

Warm up before and cool down after physical activity to reduce risk of injury.

Wear comfortable shoes and clothes that are right for the activity and weather. Use safety gear as needed and carry your ID and cell phone with you.

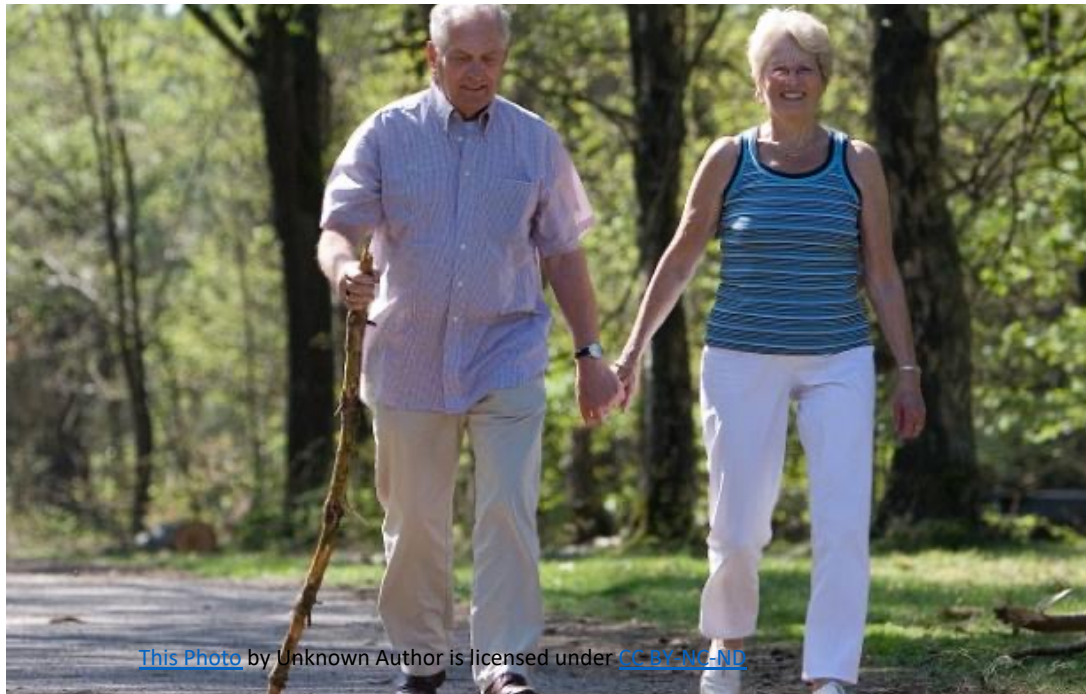
Pay attention to signs being overheated: headache; fast heartbeat; feeling dizzy or faint; nausea. Work out indoors if it's too hot outside.



Why Should We Include Physical Activity?

Immediate Health Benefits:

Even a single session of physical activity, which raises your heart rate a bit, can improve your mood, reduce your stress, reduce blood sugar, and improve your sleep.



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Long-term Health Benefits of Physical Activity:

- Reduces the risk of excessive weight gain and helps people maintain a healthy weight.
- Reduces risk of several types of cancer, heart disease, stroke, high blood pressure, type 2 diabetes.
- Reduces disease progression for hypertension and type 2 diabetes; improves insulin sensitivity.
- Reduces risk of dementia and keeps your thinking, learning, and judgment skills sharp as you age.
- Improves bone health and physical function/balance; lowers the risk of falls and injuries from falls.
- Improves sleep and boosts energy.
- Improves resilience and quality of life.
- Helps prevent and relieve stress, anxiety, depression, and pain.

Types of Physical Activity



Cardiovascular Activity	Strength Activity	Flexibility/Stretching
<p>Moving your large muscles in a rhythmic manner for a sustained period to strengthen your heart, lungs, and muscles.</p>	<p>Using your body weight, free weights, or resistance bands to improve your endurance, muscle and bone strength, coordination and balance.</p>	<p>Stretching your body to keep the muscles flexible and maintain a range of motion in the joints. Without stretching, the muscles shorten and become tight.</p>
<ul style="list-style-type: none">• Burns calories• Strengthens your heart, lungs, and muscles• Increases energy levels• Improves sleep• Improves your body's ability to use insulin and maintain healthy blood sugar levels	<ul style="list-style-type: none">• Burns calories• Reduces stress on our joints and prevents muscle loss as we age• Makes it easier to do household chores and other daily activities• Improves your body's ability to use insulin and maintain healthy blood sugar levels• Protects your independence as you age and makes falling less likely	<ul style="list-style-type: none">• Decreases risk of muscle strains and damage• Increases your freedom of movement in your daily activities• Reduces muscle and joint pain• Protects your independence as you age and makes falling less likely
<p>Ex: Brisk walking, running, dancing, bicycling, jumping rope, swimming</p>	<p>With or without equipment: Ex: push-ups, planks, lifting weights or household items, using resistance bands</p>	<p>Stretch your large muscles every day. Some activities like yoga provide a lot of flexibility movements.</p>

Physical Activity: How Much?

You can benefit from even small amounts of moderate physical activity throughout the day.

Ideally, to gain the most health benefits from physical activity, adults need:

At least 150 minutes of moderate-intensity physical activity per week. You might split that into 30 minutes, 5 days a week. Include:

- Cardiovascular 3-4 days a week
- Strengthening 2-3 days a week
- Daily stretching

Remember to start with physical activity levels that are right for you!



Getting Started with Physical Activity



Ideas for Getting Started:	For Example:
Look for ways to reduce time sitting and increase time moving.	A few nights each week, I could go for a walk after dinner instead of watching TV right away.
Start with activities, locations, and times you enjoy.	I like to walk in the evening in my neighborhood. I like to go dancing on Saturdays with my friends.
Try activities with others in your household for motivation and encouragement.	My daughter or my husband might join me for a walk. I like the support of my friends in my weekly exercise group.
Set aside specific times to make physical activity part of your daily or weekly routine.	Walking after dinner when it is cooler outside. Saturday evening dancing two weekends each month.
Start slowly and work your way up to more time or more challenging activities.	Start with 10 minutes of walking and work up to 30 minutes. Start with 3-pound weights and work up to 5-pound weights.
Try using a log, journal, or calendar to document your progress. Fitness trackers are a great way to measure your progress.	Two examples of logs: My Physical Activity Diary (cdc.gov) MOVE! Veteran Food And Physical Activity Log (va.gov)
Make a plan that is linked to what's important to you in life and take small steps toward changing a habit. Try setting a SMART Goal: S pecific, M easurable, A ction-oriented, R ealistic, T ime-bound.	It's important to me to be healthy for my family and my career. I will walk for 20 minutes in my neighborhood with my daughter, on Tuesday and Thursday evenings after dinner. I'll do this for 3 weeks and then adjust as needed.