



AHW Lesson 3 (Weeks 5&6)

Healthy & Active at Any Age

Welcome to *A Healthier Weigh Health & Fitness Challenge*. Although you may have been motivated to join as a way to shed extra pounds, this challenge is about overall health and fitness, not just weight loss. Regular physical activity is important for overall health.

There are 2 types of fitness. **Performance-related fitness** is linked to athletic performance (50-yard dash time or long jump) and is coupled to speed, reaction time, strength and coordination. **Health-related fitness** is linked to components that may lower risks for disease and ailments such as high blood pressure, diabetes, or low back pain. There are 4 components to health-related fitness.

- **Aerobic fitness** - ability of the heart and lungs to deliver blood to muscles
- **Muscular strength and endurance** - enough for normal activities and protect the lower back
- **Flexibility** - ability to move body joints through their proper range of motion
- **Body composition** - not too much body fat, especially around the waist

The 2015 Physical Activity Guidelines for Americans recommend healthy adults (18-64 years) get at least **150 minutes a week of moderate intensity aerobic physical activity** (30 minutes at least 5 days a week) **OR 75 minutes a week of vigorous intensity aerobic activity** (15 minutes or more on at least 5 days). Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week. Adults should also do **muscle-strengthening activities that involve all major muscle groups 2 or more days a week** that work all major muscle groups.

Adults 65 and older should follow the same guidelines unless chronic health conditions limit their ability. They should determine their level of effort for physical activity relative to their level of fitness or they should be as physically active as their abilities and conditions will allow. It's also important to add exercises that maintain or improve balance if at risk of falling.

Aerobic “Cardio” Activity - This is **activity that increases breathing and heart rate**.

- **Low intensity** activities do not increase heart rate and don't count as aerobic activity. But, they do add to steps per day and a healthy lifestyle.
- **Moderate intensity** is working hard enough to raise heart rate and break a sweat. A person should be able to talk, but not sing a song.
- **Vigorous intensity** means breathing hard and fast, and heart rate has increased quite a bit. A person can say a few words without pausing for a breath.

*For more extensive health benefit (including weight loss), adults should increase aerobic physical activity to **300 minutes (5 hours) per week of moderate intensity, or 150 minutes (30 minutes at least 5 days a week) of vigorous intensity aerobic physical activity.***



The table below offers some examples:

Low Intensity Activity

easy walking
shopping
simple housework
(laundry, cooking)
painting
golf with a cart

Moderate Intensity Activity

moderate /fast walking
walking stairs
water aerobics
lawn and garden work
bike riding – level ground
walking golf course
dancing

Vigorous Activity

jogging or running
running up stairs
riding a bike fast or hills
digging
swimming laps
basketball
step aerobics

Muscle-Strengthening Activities

Activity to strengthen muscles should be done at least 2 days a week, and should work all major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms). To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard to do another repetition without help. A **repetition** is one complete movement of an activity like lifting a weight or doing a sit-up. Try to do 8 - 12 repetitions per activity which counts as 1 set. Try to do at least 1 set of muscle-strengthening activities. As a person gets stronger and wants to gain more benefits, do 2 or 3 sets of the exercise.



You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best. Keep in mind that muscle-strengthening activities don't count toward total aerobic activity. There are many ways to strengthen muscles, whether it's at home or a gym:

- Lifting weights
- Working with resistance bands
- Doing exercises that use body weight for resistance (i.e., pushups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga or Pilates

The **FITTS Principle** defines the foundation of exercise. It provides a set of guidelines to help you get the most out of whatever exercise routine you choose to do. Using the principle will also help you to stay motivated because your exercise routine will continue to evolve and not stagnate. This is also a benefit to your body, as you continue to put new challenges on your heart, lungs and muscle, these systems will continue to improve and **YOU WILL FEEL GREAT!**

F = Frequency – How often you exercise. The general recommendation is 150 minutes of moderate activity per week, or about 30 minutes most days.

- Cardio: moderate exercise suggested five or more days a week, or intense exercise three days a week. For weight loss, you may need to exercise up to six or more days a week.
- Strength: recommendation of 2-3 sessions per week in non-consecutive days.

I = Intensity – How hard you work during exercise

- Cardio: work in your target heart rate zone and focus on incorporating different levels of difficulty to increase fitness.
- Strength: The number of exercises (at least 8-10), the amount of weight lifted and the number of repetitions determine the intensity. Lift enough weight so only the desired number of reps can be completed (around 1-3 sets of 8-16 reps of each exercise).

T = Time – How long you exercise. Even small bouts of physical activity throughout the day can add up to a sufficient amount. For example, doing 3 ten minute sessions instead of one 30-minute session can be just as effective.



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T = Type – What kind of physical activity. Including cardio/aerobic as well as strength training is very beneficial.

- **Cardio:** refers to any activity that gets heart rate up (walking, running, cycling, dancing, etc.)
- **Strength:** refers to any exercise using some type of resistance (such as bands, dumbbells, machines, your own body weight) to work and strengthen muscles.

S = Stretching – important for maintaining mobility and preventing injury. It increases flexibility, boosts circulation and decreases stress.

The F.I.T.T.S Principle helps you figure out how to change your exercise routine in order to get the best results. For example, you may start out walking three times a week for 30 minutes. After a few weeks, however, your body adapts. It becomes more efficient at exercise, which makes it easier to do the exercise and burns fewer calories than when you started. You may lose weight so it takes fewer calories to move your smaller body. Doing the same workout over and over for weeks on end can get boring and cause motivation to dwindle. Changing one or more of the FITTS Principles can help. Add another day of walking (change Frequency), walk faster or add some running (change Intensity), walk longer (change Time), try something different like swimming or biking (change Type).

Remember to exercise safely. If a surface is going to be slippery, maybe pick a different time or location to exercise that day. If you are feeling pain or you are not feeling well during an exercise, discontinue the exercise and you may want to think about consulting your doctor. If you exercise outside walking or biking, make sure that cars can see you and follow all traffic signs and postings. It is a good idea to let someone know what route you are going on if you are exercising alone and bring a cell-phone with you in case you need help.

If there is not a fitness center or public gym available where you live, get exercise resources from a library, internet, or buy a book or DVD to safely learn aerobic exercise, stretching, and strength training. Some internet sources are:

- Step it Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities; www.surgeongeneral.gov.
- I Can Do It, You Can Do It- President's Council on Fitness, Sports & Nutrition; www.fitness.gov.
- BAM! Body and Mind- focus on Tweens; www.cdc.gov/bam.
- Go4Life- Focus on Older Adults; <https://go4life.nia.nih.gov/>
- Being Active at any Age- Live, Eat, Play- Colorado State University; www.liveeatplay.colostate.edu/play/beingactive.
- Mayo Clinic- Weight training exercises slide show; <https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/weight-training/sls-20076904>.
- Mayo Clinic- Stretching slide show; <https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840>.
- FREE ONLINE FITNESS TRACKERS; MyFitnessPal, Diet.com; FitDay, MyCalorieCounter, MyFitnessJournal



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AHW Lesson 3 Activities

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Choose one of the following activities to apply what you learned about your health and your healthy goal setting. Write a short paragraph (3 to 5 sentences) to describe what you did and learned from the activity selected. Report your Applying the Lesson results by Online form, email, fax or hard copy to your county Extension Office.

Option 1: What component of the FITTS principle are you doing well? What component do you need to add or improve for your health benefit?

Option 2: Plan your exercise routine for this coming week. Report on ways you could adapt at least 2 of the FITTS principles to change your routine for the following week.

Option 3: For one week try using one of the online tracking sites (or a tracking app) to help you see your progress with your nutrition and fitness goals. Journaling or tracking is one of the practices that is shown to improve success rates with any behavior change. MyFitnessPal, Diet.com; FitDay, MyCalorieCounter, MyFitnessJournal