

PHYSICAL ACTIVITY ESSENTIALS

OBJECTIVES

- Explore our beliefs about exercise
- Benefits of physical activity and exercise
- Guidelines for physical activity
- How to be active, even with a chronic condition
- Helpful strategies
- Where to start

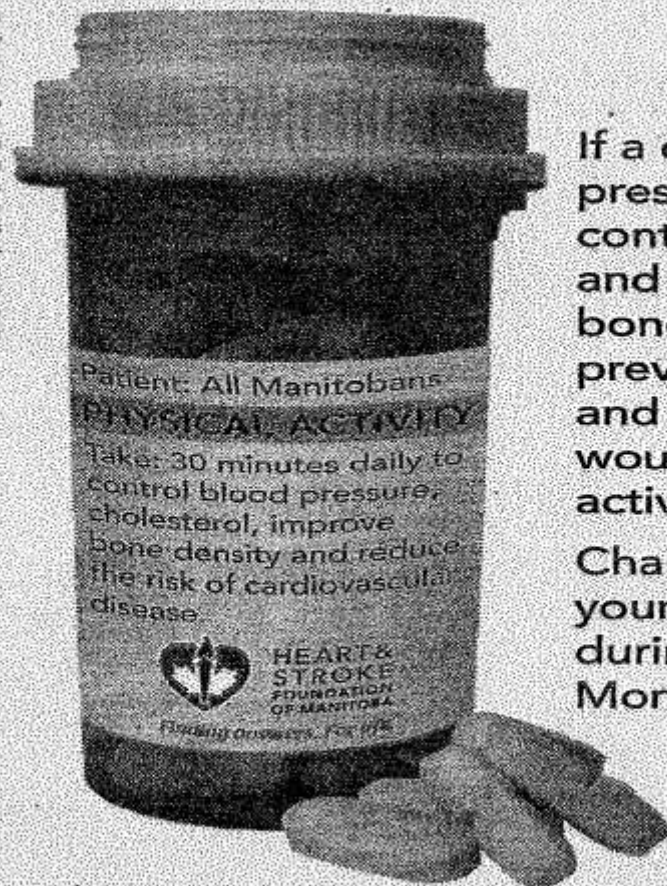
PHYSICAL ACTIVITY/EXERCISE: YOUR BELIEFS

- What do you think of when you hear the words *physical activity* or *exercise*?
- What experiences have you had engaging in activity or exercise programs?

GOOD NEWS!

- Everyone can *MOVE*
- For most people, it is far more *dangerous* to continue *sedentary living* than to begin an activity or exercise program
- Finding the right type of activity and the right “dose” is key

Physical activity is good medicine



If a doctor could prescribe one pill to control blood pressure and cholesterol, improve bone density and help prevent heart disease and stroke, that pill would be physical activity.

Challenge yourself and your family to get active during Physical Activity Month in May.

Contact the Heart and Stroke
Foundation of Manitoba
Ph: 949-2000 or 1-888-473-4636
ask@heartandstroke.mb.ca
www.heartandstroke.mb.ca



HEART &
STROKE
FOUNDATION
OF MANITOBA

Finding answers. For life.

Just Released!

Canada's first
24-Hour
Movement
Guidelines
for Adults



Make your whole day matter.

Aging is an inevitable part of life. But following **the Canadian 24-Hour Movement Guidelines for Adults (65+ years)** can help you stay strong, mentally fit and independent.



MOVE MORE

Perform a variety of types and intensities of physical activity:

-  At least 150 minutes of moderate to vigorous physical activity per week
-  Muscle strengthening activities at least twice a week
-  Physical activities that challenge balance
-  Several hours of light physical activity, including standing



REDUCE SEDENTARY TIME

Limit sedentary time to 8 hours or less:

-  No more than 3 hours of recreational screen time per day
-  Break up long periods of sitting as often as possible

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



SLEEP WELL

Set yourself up for 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.

Learn more at csepguidelines.ca



MOVE MORE

Add movement throughout your day, including a variety of types and intensities of physical activity:



SLEEP WELL

Set yourself up for 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.




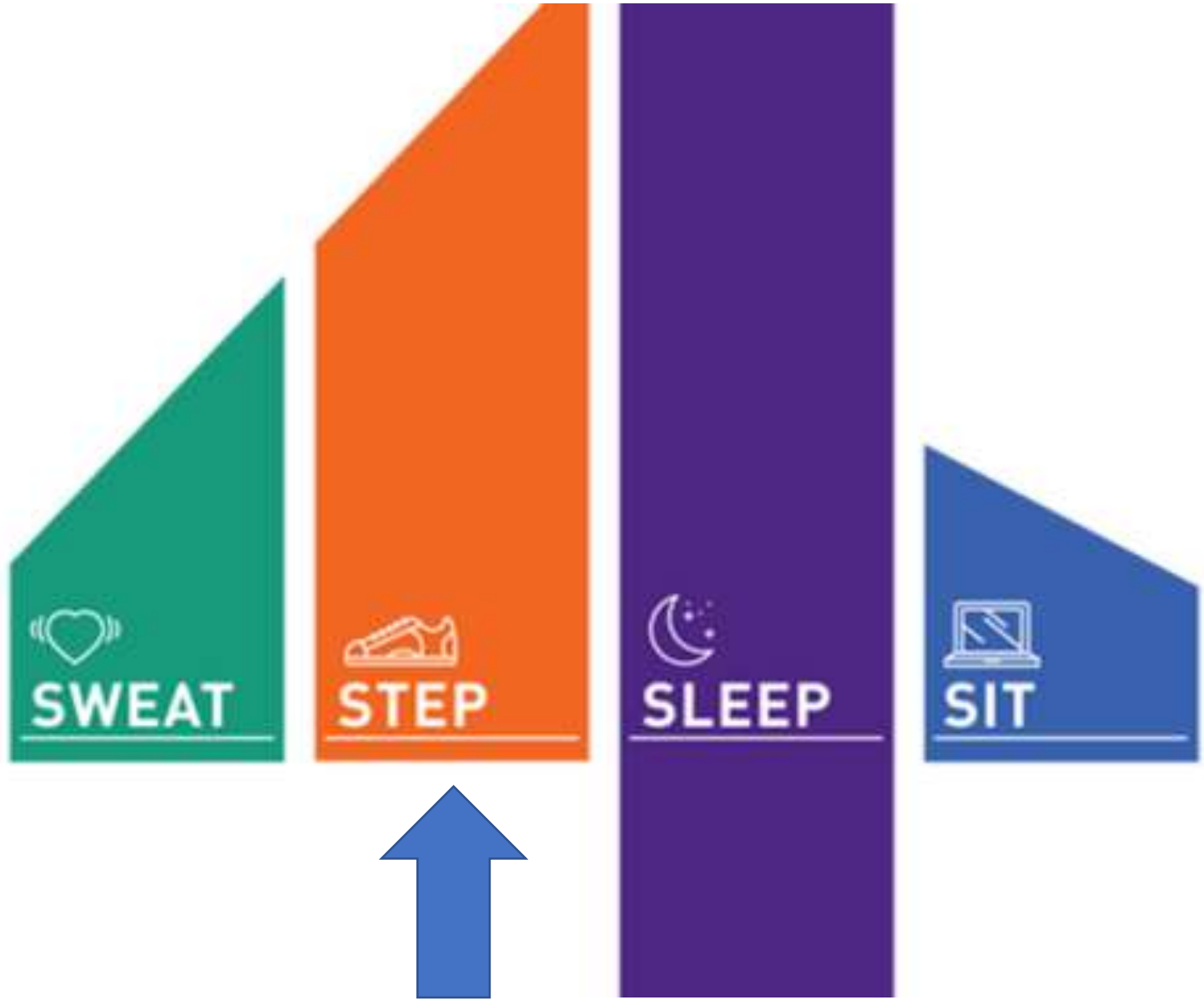
REDUCE SEDENTARY TIME

Limit sedentary time to 8 hours or less:

Reduce heart disease
manage body weight
reduce diabetes risk
improve bone health
Build muscle
Less anxiety
improve memory
Reduce stress
reduce dementia risk
Being Active
Lower risk of death
Lower depression risk
fewer falls
increase energy
decrease blood sugar
Lower cancer risk
Lower blood pressure
Quality of life
Lower cholesterol
improve physical function

<https://www.youtube.com/watch?v=whPuRLi14c0>





DAILY
PHYSICAL
ACTIVITIES:
MAINTAIN
HEALTH

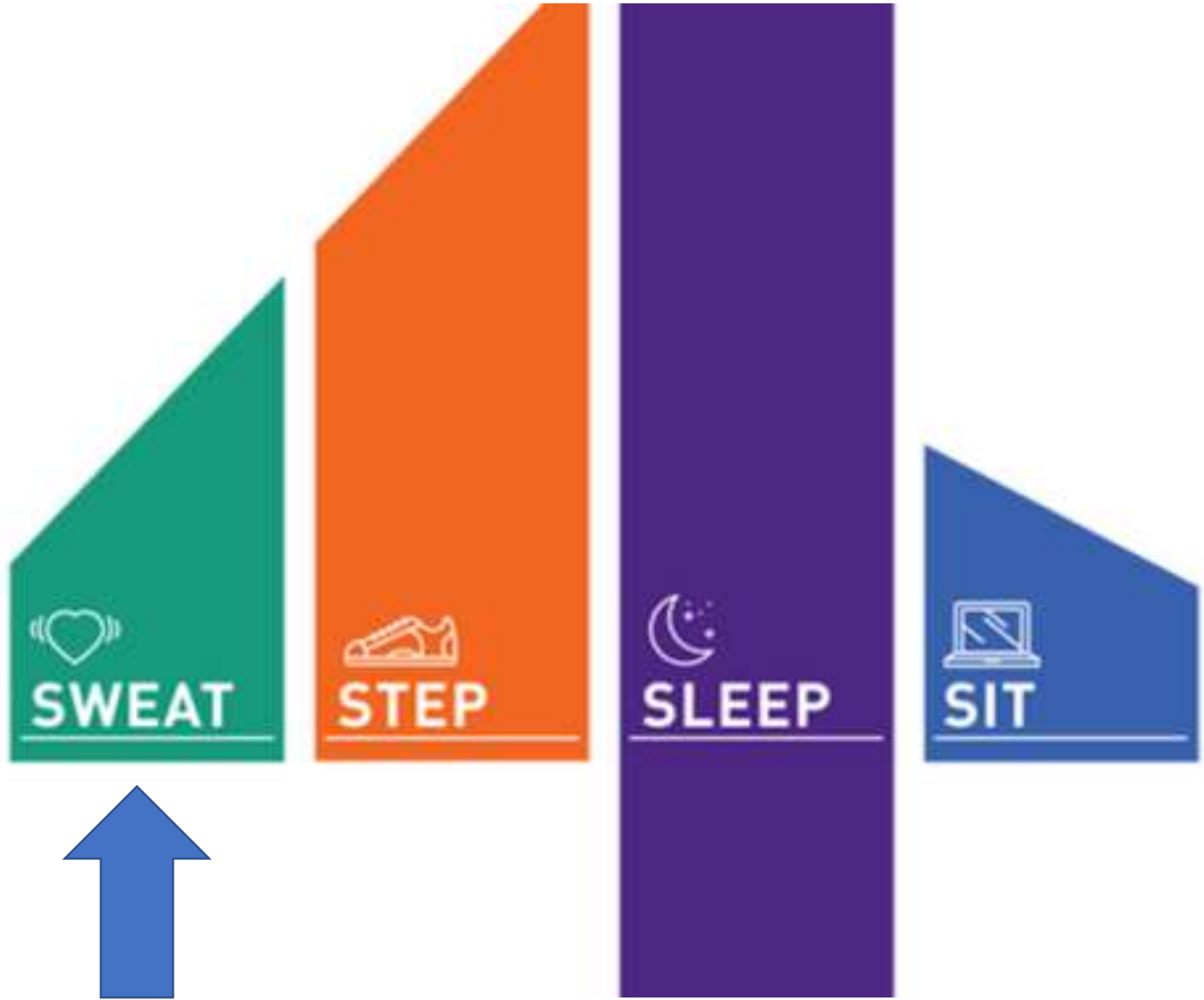
“STEP” - DAILY ACTIVITIES



Examples:

- Walking, counting steps (10,000)
- Shopping
- Gardening
- Dusting

The dose is unlimited!



ACTIVITY /
EXERCISE:

IMPROVE
YOUR
FITNESS

“SWEAT” - EXERCISE GUIDELINES



Aerobic exercise

- Minimum 150 minutes per week
- Intensity (effort) = moderate to vigorous



Resistance exercise

- 2-3 times per week

ACTIVITY AND/OR EXERCISE

- More activity or more vigorous activity = More health benefits
- Doing something is better than doing nothing
 - If you are currently not active – Biggest “return on investment” comes from adding small amounts of physical activity
- Be as active as you are able, given the limits of your body and your life situation!

AEROBIC ACTIVITY

- Activity that targets and strengthens the heart & lungs
- Examples: Brisk walking, cycling, swimming, cross-country skiing
- Dose:
 - 10 minutes – 3 times per day, 5 days per week
 - 20 minutes – 7 days per week
 - 60 minutes – 3 days per week
- Blood sugars can be reduced *immediately* with sustained activity

INTENSITY / EFFORT:

Rate of Perceived Exertion scale (RPE)

Can **talk** and **sing**

Can talk **but not** sing

Sweating and
Increased heart rate

Cannot talk or sing

0	Rest
1	Very Light
2	Light
3	Moderate
4	Somewhat hard
5	Hard (breathing deeply)
6	
7	Very hard (out of breath)
8	
9	
10	Maximal

Light (RPE 1-2)

Moderate (RPE 3-6)

Vigorous (RPE 7+)

SAMPLE WALKING PROGRAM

Walking Plan Progression

Program Stage	Week	Frequency (days/week)	Intensity		Duration (min)
			Exertion Level	RPE (10 pt)	
Initial stage	1	2	Light	2	10
	2	2	Light	2	10 - 15
	3	2 - 3	Moderate	3	15
	4	3	Moderate	3	15
Improvement*	5 - 7	3 - 4	Moderate - Somewhat hard	3 - 4	15 - 20
	8 - 10	4	Moderate - Somewhat hard	3 - 4	20
	11 - 13	4	Somewhat hard	4	20 - 25
	14 - 16	4	Somewhat hard	4 - 5	25
	17 - 20	4	Somewhat hard	4 - 5	25 - 30
	21 - 24	4 - 5	Somewhat hard - Hard	4 - 5	25 - 30
Maintenance	25 +	3 - 5 +	Moderate - Hard	3 - 5	30+

Table adapted from: Warburton, et al. 2006

RESISTANCE EXERCISE

- Activity that targets and strengthens muscles
- Examples: Dumbbells, resistance bands, yoga, body weight, water exercises
- Dose: 2-3 times per week (not on consecutive days)

Benefits:

- Increases muscle mass / Increases metabolism
- Improves body composition
- Protects the joints
- Lowers blood pressure / Improves cholesterol levels
- Lowers blood sugars over time



SAMPLE RESISTANCE PROGRAMS

Resistance bands

<http://guidelines.diabetes.ca/docs/patient-resources/introductory-resistance-program.pdf>

Hand weights (dumbbells)

<http://guidelines.diabetes.ca/docs/patient-resources/resistance-exercise.pdf>

<https://www.youtube.com/watch?v=3F5Sly9JQao>



PHYSICAL ACTIVITY & CHRONIC CONDITIONS



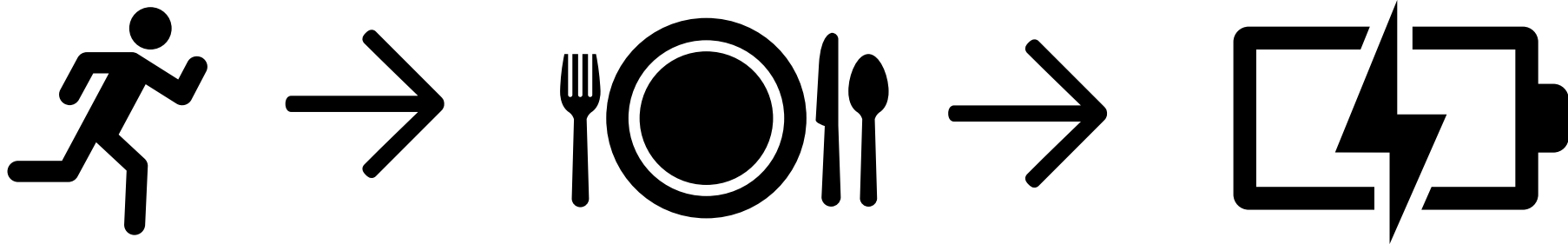
IS IT SAFE FOR ME TO INCREASE MY ACTIVITY?

- ***Almost everyone*** is safe to walk, swim, cycle, or use resistance bands
- Start off easy and progress slowly
- If you're still concerned, talk to your health care provider and complete the *Get Active Questionnaire*:
https://csep.ca/wpcontent/uploads/2021/05/GETACTIVEQUESTIONNAIRE_ENG.pdf
- If you answer YES to any question, then review:
https://csep.ca/wp-content/uploads/2021/05/GAQREFDOC_ENG.pdf

PHYSICAL ACTIVITY WITH: DIABETES

Effects of physical activity:

- Increased insulin sensitivity
- Body's cells can take up glucose and use it for energy, whether insulin is available or not



PLANNING FOR ACTIVITY WITH: DIABETES

- Know your medications
 - Medications with risk of hypoglycemia: Insulin; Glicazide (*Diamicron*); Glyburide (*DiaBeta*); Glimepiride (*Amaryl*); Repaglinide (*Gluconorm*)
- Monitor your blood sugars before and during activity, if needed
- Carry fast-acting carbohydrate (e.g. glucose tablets, fruit juice, sports drink)
- Ensure you are well hydrated
- Wear proper footwear
- How to treat low blood sugar: <https://guidelines.diabetes.ca/docs/patient-resources/hypoglycemia-low-blood-sugar-in-adults.pdf>

PHYSICAL ACTIVITY WITH: HIGH BLOOD PRESSURE

Effects of physical activity:

- Short term: Blood pressure *increases* during activity (this is normal)
- Long term: Regular physical activity makes your heart stronger
 - Heart can pump blood with less effort
 - Blood pressure *decreases*

PLANNING FOR ACTIVITY WITH: HIGH BLOOD PRESSURE

- Know your resting blood pressure values
- If ***resting*** blood pressure is more than 160/90, talk to your health care provider before starting or increasing your activity level
- Ensure you are well hydrated
- Wear proper footwear
- For more information: <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/high-blood-pressure>

PHYSICAL ACTIVITY WITH: HEART DISEASE

Effects of physical activity:

- Unblocks blood vessels and increases blood flow
- Regular physical activity makes your heart stronger
 - Heart can pump blood with less effort
 - Reduces resting heart rate
 - Increases physical activity tolerance

PLANNING FOR ACTIVITY WITH: HEART DISEASE

Talk to your health care provider before starting or increasing your activity level if:

- You've had a heart attack
- Your *resting* blood pressure is more than 160/90
- You have coronary artery disease *and* diabetes *and* are over age 40
- Ensure you are well hydrated
- Wear proper footwear
- For more information: <https://www.heartandstroke.ca/articles/exercising-when-you-have-heart-disease>

PHYSICAL ACTIVITY WITH: LUNG DISEASE (ASTHMA/COPD)

Effects of physical activity:

- Shortness of breath is better controlled
- Increases strength and activity tolerance
- Improves control of anxiety
- Increases confidence in your abilities

PLANNING FOR ACTIVITY WITH: LUNG DISEASE (ASTHMA/COPD)

- Avoid environmental factors that could aggravate your symptoms
- Choose one activity for each season
- Consider indoor activities
- Coordinate the timing of your medication and activity
- Carry your rescue inhaler
- For more information: https://www.livingwellwithcopd.com/DATA/DOCUMENT/58_en~v~integrating-an-exercise-program-into-your-life.pdf

PHYSICAL ACTIVITY WITH: ARTHRITIS

- Effects of physical activity:
 - Decreases pain and stiffness (especially long-term)
 - Improves physical function
- Activities should be “joint friendly” (e.g. walking, swimming)
- Try to stay active even when arthritis symptoms increase
 - Modify activities as needed
- For more information:
<https://www.cdc.gov/arthritis/basics/physical-activity-overview.html>

PHYSICAL ACTIVITY WITH: CHRONIC PAIN

e.g. Fibromyalgia, Neuropathy

Effects of physical activity:

- ***Decreases*** pain over time
- Reduces stress
- Improves physical function and stamina
 - Allows you to engage in more activities in all areas of life
- Regain confidence and control of your body

PLANNING FOR ACTIVITY WITH: CHRONIC PAIN

- Find your baseline
- Pace yourself
- Be patient; reducing pain takes time
- Ensure you are well hydrated
- Wear proper footwear
- Education about managing chronic pain:
<https://wrha.mb.ca/groups/chronic-pain-self-management/>

SAFETY PRECAUTIONS FOR EVERYONE

STOP physical activity if you have:

- Chest pain
- Abnormal shortness of breath
- Dizziness or lightheadedness
- Nausea
- Blurry vision
- Pain or numbness in limbs

PAIN WITH ACTIVITY/EXERCISE

Normal pain response:

- Up to 1-2 hours post-exercise
 - Delayed onset muscle soreness: 12-48 hours after
- Don't quit ... MODIFY
 - Decrease intensity
 - Change the movement
 - Change the activity

Abnormal pain response:

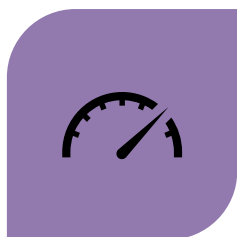
- Lasts 2+ hours
- Interferes with ability to continue activity
- Interferes with activities of daily living



IDENTIFY
BARRIERS AND
ALTERNATIVES



SET GOALS
(SIGN UP FOR “*PREPARING
FOR SUCCESS*” CLASS)



MONITOR
YOUR PROGRESS



THINK POSITIVE,
START SMALL,
MAKE IT SOCIAL

HOW
TO HAVE
SUCCESS WITH
EXERCISE

BARRIERS TO ACTIVITY



What's stopping you?

- Low motivation
- Cost
- Weather
- Transportation
- Intimidation
- Pain

Ways to start

- Ask a friend to join you; Do a fun activity; Attend a group
- Find a program on the internet; Connect to subsidy-supported programs; Find a simple activity
- Mall walking; Home exercise programs
- Take the bus or Transit Plus; Call a friend
- Talk to an exercise specialist to help you
- Ensure the activity is right for you; Attend a class

SET A GOAL (ACTION PLAN)



Starting on _____ (*date*), I will _____ (*action*)
_____ (*when*), _____ (*number*) times per week.



Starting on May 5, I will walk from 12:00-12:15
on Tuesday and Thursday during my lunch hour.

MONITOR YOUR PROGRESS

- Track or log your activity (calendar, diary, smartphone app)
- Exercise is not a quick fix, ***be patient***
- Be prepared for ups and downs
- Perseverance is key

NEW THOUGHTS ABOUT EXERCISE

I don't have
to be perfect,
just consistent

It might
be enjoyable

The right activity
and the right
starting point
shouldn't hurt me

I have an
exercise program,
so no need to
be intimidated

Several short walks
are just
as good as
one long walk

If I don't meet
my goals, maybe
I need to make
new ones

Being active
means
being healthy

Walking
with a friend
has helped me
to reconnect

PHYSICAL ACTIVITY CHALLENGE



Choose an activity (The best activity is the one that you'll do)



If you're already active, increase your intensity



Identify barriers and problem solve



Set a goal



Don't expect perfection



Ask for help

WHO CAN HELP

- Your doctor/primary care provider
 - Referral to cardiac rehab or pulmonary rehab (if appropriate)
- Medical fitness facility (Reh-Fit Centre, Wellness Institute)
 - These facilities also offer online group sessions
- Other health professionals (Physiotherapist, Athletic Therapist)
- Certified personal trainers and Exercise Physiologists
 - Look for CSEP certified (Canadian Society for Exercise Physiology)

PHYSICAL ACTIVITY RESOURCES

- Free workout videos for all ages and abilities
ymcahome.ca/fitness
- Winnipeg Leisure Guide
<http://LeisureOnline.ca>
- Winnipeg in Motion
WinnipegInMotion.ca
- 24-Hour Movement Guidelines
CSEPguidelines.ca

RESOURCES FOR CHRONIC CONDITIONS

- Diabetes Canada
diabetes.ca/nutrition---fitness/exercise---activity
- Heart & Stroke Association
HeartAndStroke.ca/healthy-living/stay-active
- Asthma: The Lung Association
Lung.ca
- Living Well With COPD
LivingWellWithCOPD.com
- The Arthritis Society
arthritis.ca/living-well

NEXT STEPS

1. Think about **one change** you would like to make for your health
2. Sign up for the *Preparing for Success* class
 - Watch for the *Goal Setting* worksheet to be sent with your weblink to the class
 - Bring this worksheet to the next class, but don't fill it out yet

THANK YOU

Any questions?

Use the chat function
or un-mute your microphone