

# Move Those Muscles



Progress and innovation have made life easier. We get by with less effort. The good news is that we can get more done over a given period of time.

The bad news is that this progress typically means less physical movement of our body. More and more, the need to move is being eliminated from our daily routine.

*Think of some examples in your own life in which you can now perform a task with less movement compared to years ago?*

The overall goal of the activity portion of the GLB is to help you find ways to add movement to your daily routine in ways that can be counted (planned) as well as in ways that would be difficult to count (spontaneous). At the end of the day, it is the sum of the spontaneous/unstructured activity and the planned physical activity that is important and comprises your total physical activity level.



**Spontaneous/Unstructured Activity:** Activity choices that we make during the day that are too brief to keep track of, but can make a difference in your total physical activity level.

**Planned Activity:** By the end of the GLB program, the goal is for you to have figured out how to regularly add a minimum of 150 minutes of moderately intense activity (similar to a brisk walk) to your week. These 150 minutes should be divided over the course of the week and are in line with the national public health recommendations (Physical activity and Health: a Report of the Surgeon General).

## So What Can You Expect of the Activity Program As We Get Started?

First of all, rest assured that **you can succeed!**



The following are key reasons why this physical activity program can and will work for you:

- Most of you will likely choose walking as your activity, although other activities similar in intensity to a brisk walk are acceptable.
- **Starting Point:** where you are right now. No judgment, no questions asked. You will begin from where you're currently at, and gradually add a small amount of activity over time.
- You will be asked to keep track of your activity levels and to plan where to add activity to your week until you have a successful routine developed.
- **Keeping track:** is important because, just like diet, it is difficult to change a behavior such as physical activity until you understand your current activity habits.
- **Planning ahead** for a week that includes activity is also very important because these things do not just happen by chance. We need to plan ahead for when we expect to participate in physical activity.
- **Progression:** will be slow and safe with increases of no more than 30 minutes per week. That is less than 5 minutes per day.
- **Safety:** This program is all about safety. To make sure that we begin on a safe note, we have asked that you check with your health care provider and get his or her approval for your plans to increase your physical activity level. To ensure the program remains safe for you, the initial goal will be to increase the duration of your activity, rather than the intensity. Any increases in either duration or intensity will be gradual.



# When to Stop Exercising

Being active is usually quite safe. But in rare cases, problems can arise. Be aware of some of the signs and symptoms of when to stop exercising.

## **Chest pain or discomfort:**

- What:** Uncomfortable feeling of pressure, pain, squeezing, or heaviness.  
Possibly in the:
- Where:** Center of the chest,  
Spread throughout the front of the chest, or  
Radiating to, or even starting, in the shoulder(s), arm(s), neck, jaw, and back.
- What to do:** Stop and sit or lie down.  
If it doesn't go away after 2-4 minutes, go to an emergency room.  
If it does go away, let your doctor know about your episode.

## **Severe nausea, shortness of breath, cold sweats, feeling lightheaded or irregular pulse/palpitations:**

- What to do:** Stop and sit or lie down.  
If it doesn't go away in 5-10 minutes call your doctor  
If it does go away, let your doctor know about your episode.

***Any of the above problems may be signs of something serious like a heart problem, so should NEVER be ignored.***

*This program is centered on exercising wisely. You will receive information on ways to lessen the risk of activity related injury including the need to warm up before you begin your activity and the importance of cooling down afterward.*



## **What a Bargain! The Many Benefits of an Active Lifestyle.**

Physical activity is one of the biggest “bargains” you can get. The list of benefits is extensive. This list includes only a few of these many benefits.

### **Being more active will:**

- Help you feel, look, and sleep better.
- Make you more physically fit. It will be easier for you to do your daily tasks, like climbing stairs and keeping up with your kids/grandkids.
- Help you lose weight and keep it off.
- Improve bone density and muscle strength; thus enhancing joint stability, flexibility, and balance.
- Lower your risk for heart disease and diabetes.

### **Being more active may:**

- Raise HDL cholesterol (the “good” cholesterol/fat in your blood).
- Lower triglycerides. ○ Lower blood pressure.
- Lower blood sugar and make your body more sensitive to insulin.



*In the Diabetes Prevention Program, being active was shown to be an important part of reducing the risk of developing diabetes. Imagine having the chance to try and prevent such a serious disease.*