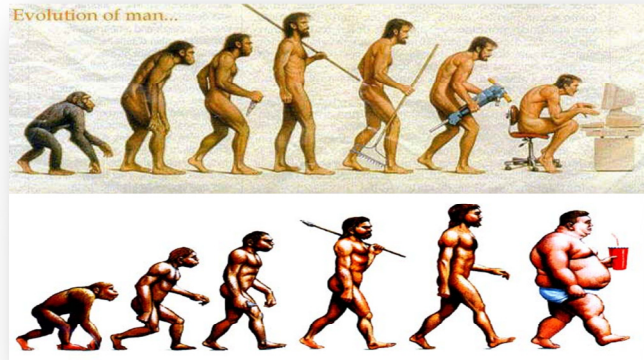


It's in You to Move

Born to Move: History of Movement

All modern humans were hunter-gatherers until around 10,000 years ago. Following the invention of agriculture, hunter-gatherers were displaced by farming in most parts of the world. Then, industrialization led to the creation of the factory. Now, three out of every four working Canadians – 12 million people – are employed in the service sector. Today, we are “desk potatoes” – the majority of our work and leisure time is spent sitting.

Our bodies are **designed to move**. We are a perfect anatomical moving machine. And how do we thank our ancestors for this great gift? We sit on couches, car seats, and in front of computers and television as though we were not given the gift of movement.



It is easy to move – after all, movement is natural. We were all born to move!

Canada is in Trouble

- ⇒ Greater than **1 in 4** Canadian adults are **obese**
- ⇒ **Physical inactivity** is the number one factor contributing to the obesity of men and women
- ⇒ **1 051 000** cases of obesity could be averted if all individuals obtained the recommended level of physical activity (150 minutes of moderate-vigorous physical activity/week)
- ⇒ **More than half** of Canadians are considered inactive

Benefits of Physical Activity

Regular physical activity is one of the most important things you can do for your health. Being active for at least **150 minutes/week** can help reduce the risk of:

- Premature death
- Heart disease
- High blood pressure
- Type 2 diabetes
- Certain types of cancer

And can lead to:

- Improved fitness and strength
- Improved mental health (e.g., morale, self-esteem)
- Reduced fatigue and stress



How Much Will Lower My Risk

“To achieve health benefits, adults aged 18-64 years should accumulate at least **150 minutes of moderate-to-vigorous-intensity aerobic physical activity** per week, in bouts of 10 minutes or more.”

Research published in the Archives of Internal Medicine (2007) found that compared with being inactive, achievement of activity levels that approximate the recommendations for moderate-to-vigorous activity was associated with a 27% decreased risk of mortality.

Barriers to Physical Activity

The 10 most common barriers to physical activity include:

- Lack of time to exercise
- Exercise is inconvenient
- Lack of self-motivation
- Exercise is not enjoyable
- Exercise is boring
- Lack of confidence in ability to be physically active
- Fear of injury
- Lack of self-management skills
- Lack of encouragement, support, or companionship
- Lack of resources convenient to home or office



Mini-movements Work!

The case for accumulating activity: Research supports intermittent exercise, multiple 10-minute bouts that accumulate to at least 30 minutes per day, can yield numerous health benefits.

A short bout of physical activity can help to:

- Increase blood flow providing oxygen and nutrients
- Sustain strong bones and connective tissue
- Increase metabolism
- Improve mood, increase vigor, reduce fatigue

Research published in the **Journal of Epidemiology and Community Health** showed that short bouts of exercise can help to *lower blood pressure* and *reduce inches* off the hips and waistline.

Why Move?

| | |
|---|---|
| <p>The more oxygen you breathe, the more fat you burn!</p> | <p>Increased fat burn = greater production of energy for muscle movement. <i>Tip:</i> Climb 3 flights of stairs/day for two minutes/day = 15 calories burnt = 1.5 lbs. fat loss/year</p> |
| <p>Walking after a meal is beneficial</p> | <p>A walk relieves bloating, aids digestion, elevates metabolism and reduces desire for food. Sitting vs. walking after a meal = 2 inch difference on your waistline following 1 year.</p> |
| <p>Small changes make a big difference</p> | <p>Arm position impacts number of steps/minute (e.g., no arm swing = 100 steps/min vs. bent arm swing = 125 steps/minute). <i>Simple changes:</i> manually operate your T.V.; climb one extra flight of stairs.</p> |
| <p>Movement is great for weight loss</p> | <p>M&M Walk: 1 M&M candy = 120 yards of walking (i.e., football field). If you want to enjoy a treat – walk first then enjoy as a reward OR walk it off.</p> |
| <p>Movement is great for stress reduction</p> | <p>Money Collector Walk: Take a walk while focusing your mind on something that promotes stress relief. <i>Tip:</i> Walk until you find a coin. Start a coin jar!</p> |

Things to think about...

- Acquiring about **5,000 steps/day** (approx. 30 minutes of walking) = 15 lbs. weight loss/year
- For every minute you walk, you extend your life by 2 minutes
- Walk **2,000 – 2,500 calories/week** (approx. 115,000 calories/year) = 33 lbs. weight loss/one year. Note: 30 min. of walking = approx. 150 calories.
- Walk **2,000 – 2,500 calories/week**, extend your life by two years.
- By just standing you can expend 30-100 more calories/hour than sitting.
- One lb. = approximately 3,500 calories. Shed 15 lbs. /year by increasing your steps each day.



Ways to Overcome Common Barriers to Physical Activity

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| Squeeze in short walks during the day (e.g., Money Collector Walk) | Drive less, walk more: Walk to your destination; park a few blocks away or in the back of the parking lot. | Join forces: Exercise with friends, relatives, or co-workers. | Work with your nature, not against it: Plan physical activity for times of the day when you tend to feel more energetic. |
| Forget the competition: Focus on the position changes you are making to your mind and body. | Set realistic goals: Set simple goals you can achieve (e.g., walk for 10 min. 3 times per day). Add more activities to your routine when you become confident in your abilities. | Get your kicks with your kids: Pack a healthy lunch and take your family to the park for a game of tag, or play with your kids in the pool instead of watching from a chair. | Find the time, it's there: monitor your daily routine for one week. The time is there and it doesn't have to be all at once. |
| Build physical activity into your daily routine: Taking your son/daughter to hockey practice? Walk laps around the rink. | Leave the car at home: active transportation is better for you and the environment. Walk, jog, or bike your way to work and errands. | Explore new options: Learn new skills while being physically active (e.g., snowshoeing, indoor climbing, Aquafit) | Make active plans: Plan time for physical activity like you would schedule an important appointment. Make your friends and family aware of your commitment. |
| After dinner, every night: Leave the stress of the day behind and do something active every evening – even if just for 10 minutes (e.g., walk the dog). | DIY: Rake your own leaves and/or shovel your own snow. You will save money while being active! | Pack your sneakers and a fitness DVD while travelling | If travelling by car, stop frequently for short, brisk walks, and stretching. |
| If travelling, book a hotel room between the 5 th and 8 th floor and ignore the elevator. | Stay in hotels with swimming pools and exercise facilities | Avoid the moving sidewalk and walk laps around the airport while waiting for a flight. | |

Resources: www.mayoclinic.com, www.csep.ca/guidelines, www.prevention.com, www.cdc.gov,
It's your Move (Robert Sweetgall and Robert Neeves)