

# PHYSICAL ACTIVITY

## IT'S IN YOU TO MOVE - HANDOUT

### Important Notes



- 64% of Canadians are currently overweight or obese. That's over 6 in 10 adults who carry around extra weight every day!
- Canada's Physical Activity Guideline recommends 150 minutes of activity per week.
- 6000 steps/43 minutes per day is your best chance at lowering mortality rates.
- Break down the barriers to daily activity.
- Find one activity that you can enjoy, that works with your lifestyle, and schedule in your mini movements.
- Frequency, intensity, and consistency can improve cardiovascular fitness in 2 weeks!
- Small amounts of activity add up. Walk your way there!

### True or False?

- It's more beneficial to walk in the early morning.
- Never exercise right after eating!
- Treadmill walking is superior to outdoor walking.
- Running is a far better activity than walking.
- It's more beneficial to walk longer than faster.
- One 30-minute walk is always more beneficial than three individual 10-minute walks.
- Walking with hand or ankle weights is highly beneficial.
- A 3-days-per-week walking program is sufficient.
- A 10,000 step per day pedometer program should be your activity goal.
- A bent arm position, when walking, helps you walk farther.



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Description of Your Little Challenges	Daily Caloric Impact	Yearly Caloric Impact	Annual Weight Loss (Estimated)
Climb one extra flight of stairs	5	1750	.05
Leave one slab of butter off pancakes or baked potato	30	10,500	3.0
Walk in your neighbourhood until you find a penny (avg. 10min)	50	17,500	5.0
Manually Operate Your TV	6	2100	0.6
Loop the living room every time you change the channel	10	3500	1.0
Give up your evening candy or ice cream treat during TV news	200	70,000	20.0
Pull 10 weeds from your garden	100	3500	1.0
Park 100 meters extra away from your work entrance	5	1705	1.0
Stoop to pick up a few soda cans	3	1000	0.3
Walk 1 minute after each meal	15	5250	1.5
Rise up and stretch 5x at work	8	2800	0.8
Eat twice as slowly by putting your fork down between bites	20	7000	2.0
Substitute one stick of celery for one sucking candy	10	3500	1.0
Replace one fatty food with one carbohydrate-rich food	100	35,000	10.0
Walk 8 extra minutes a day	40	14,000	4.0
Walk 12 extra minutes a day	60	21,000	6.0
Walk 15 extra minutes a day	80	28,000	8.0
Cut your own lawn 20x a year	400	8000	2.3
One less donut per week	200	10,000	2.8
One less ice cream cone per week	200	10,000	2.8
Five less tablespoons of salad dressing per week	300	15,000	4.3
Walk one extra stop before hopping on the bus	25	8500	2.5
Eat 3 less M&M's per day	15	5250	1.5
<b>Total Weight Loss Credit</b>		<b>284,900 Cals</b>	<b>81.4 Pounds</b>

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### Weight-Loss Walks

Type of Walk	Rationale	Tips
M & M Walk	Think of football fields! 1 M&M candy = 120 yards	If you are going to enjoy some sweet treats – walk first and then enjoy as a reward! OR, walk it off after eating!
Morning Walk	At rest = 1 cal/min After light breakfast = 5-10 cal/min at 3.5mph	After a walk, early morning, there is residual calorie expenditure for the whole day. Eat first for best, long lasting results!
Medium Speed Walk	10-15% less than your fastest pace = best results for calorie burn and residual effect. Heart rate = 60-65% maximum [220-age]	It's not how fast you go, it's how long you go! What's your pace that allows you to walk longer distances with less discomfort?
Muscle-Tone Walk	More muscle = improved metabolism, greater body stability, less injury, stronger bones.	<i><u>Penguin Walk</u></i> - Walk with surgical tubing around the outside of the legs. Keep tension high as you shuffle front, back, and side to side. <i><u>Backwards Walk</u></i> – Muscle development in hamstrings and calves. Less injury. Great for cross training. Do 1 minute intervals and gradually increase. Burn >25% calories than front walking.

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### Stress-Reduction Walks

Walk	Rationale	Tips
Money Collector Walk	Walking with your mind on something else promotes stress relief.	Walk until you find a coin. Start a coin jar! Keep a look out as you do this so you don't bump into something!
Meditation Walk	Meditation can be done while walking [not just sitting]. Find a safe, secure, serene place.	Before starting, have an erect posture and place hand on stomach and breathe deeply and slowly for 2-3 mins. Begin walking with your arms swinging as pendulums. Think of nothing but your rhythm and your breath.
Let It Go Walk	While walking - focus only on the stresses in life that you don't have control over and can't change.  Goal: Learn to live in peace and accept the things you have no control over.	Take a note pad along and jot down the things that you are worrying about [that you know you can't change/control]. Ask yourself, "can I let this go, especially if I can't change it"? Walking with someone else, and talking about these stresses, can help you realize/accept what you have control over and what you don't.
Burn Rubber Walk	Intense walking to help ward off frustration or anger.	Walk fast while swinging those arms! Blow off that steam! Climb stairs quickly [descend slowly for recovery] or tackle some hills.
Gratitude Walk	Take a quiet, relaxing, easy-pace walk. Walk only thinking about what you're grateful for. Don't let anything else in.	Bring a small note book to record what you think about. Head out for a gratitude walk every now and then to re- discover what you're grateful for. By doing just ONE gratitude walk/week for 15-20 minutes, stress levels will decrease.

Sources: It's Your Move. Robert Sweetgall, Robert Neeves, PhD, Exercise Physiology  
Ten Minute Meals, Five Minute Workouts. Darcy Williamson, Robert Sweetgall, Pat Zak, PhD.  
Walking Off Weight and Workbook. Robert Sweetgall  
Statistics Canada  
Heart and Stroke Foundation