

# PHYSICAL ACTIVITY: IT'S IN YOU TO MOVE!

 **CORPORATE WELLNESS**  
M E M B E R S H I P

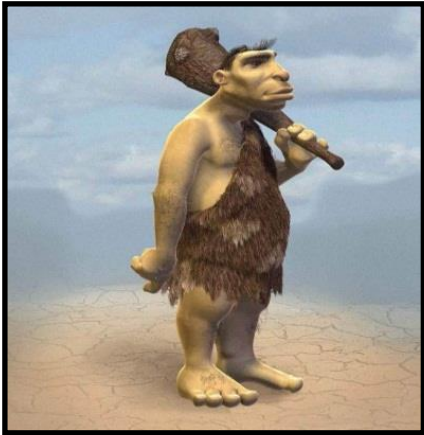
Powered by:  **EMPLOYEE WELLNESS**  
SOLUTIONS NETWORK



- Born to Move
- Canada is in trouble...
- Mini-movements work!
- How much exercise do I need to lower my mortality rate?
- Why Move? 5 strategies
- Are you motivated to move?

# Born to Move – History of Movement

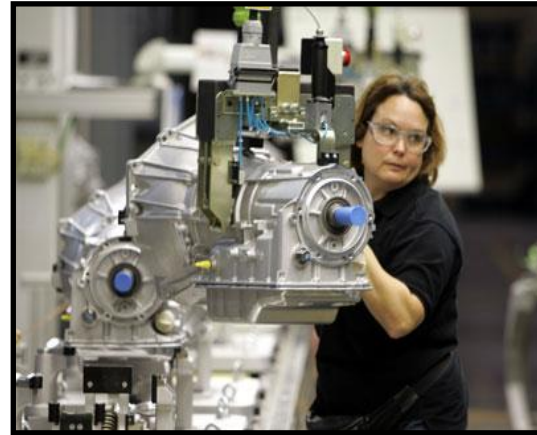
**Millions  
of years**



**Thousands  
of years**



**Hundreds  
of years**



**NOW!!!**





# We're in Trouble...



- **64%** of Canadians are currently **overweight or obese**. That's over 6 in 10 adults who carry around extra weight every day!
- **Five million** Canadian adults have **high blood pressure**.
- Approximately **40%** of Canadian adults have high **cholesterol**.
- It is estimated that Canadians consume approximately **10%** of their total calorie intake from saturated fats.
- Over **2 million** Canadians have **diabetes**.

## Are Structured Exercise Programs Good?



- Lack of time for a structured workout.
  - Schedule your workouts.
- Sometimes too threatening psychologically.
  - Build on what you are already doing.
- Nagging injuries, pain, and discomfort.
  - Be safe. Take it slow!
- Not enjoyable enough. Too boring. Too repetitive.
  - Do what you like/love!
- Requires too much time away from family.
  - Make it work with your existing priorities.

# Every Minute Matters

## Every time you perform a small amount of activity, you...

- Improve circulation and help prevent stagnation.
- Use muscles to burn more oxygen and calories.
- Force your heart and lungs to work a little harder.
- Ease stress and strengthen your bones and connective tissues.



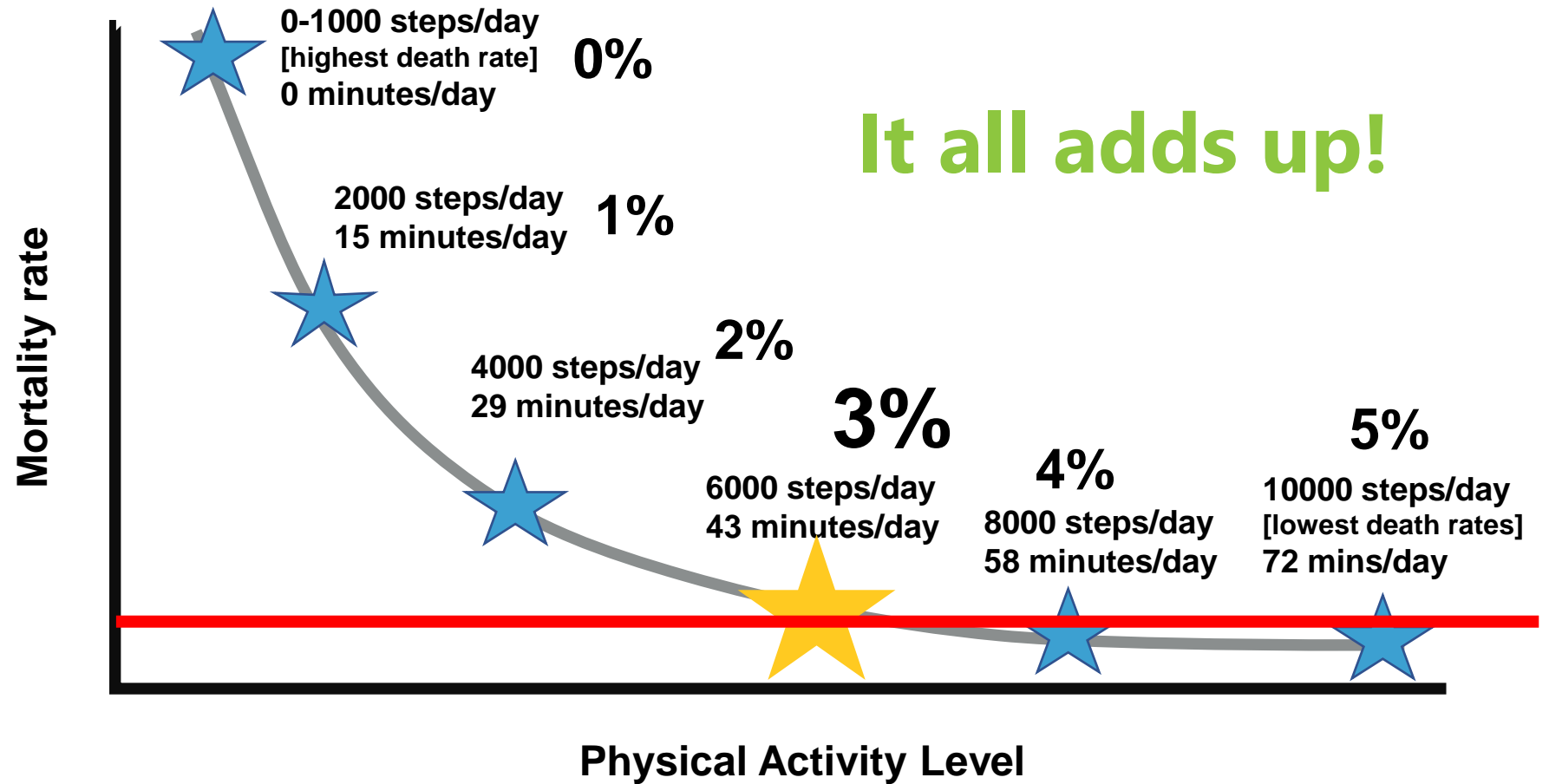




## Mini Movements Matter

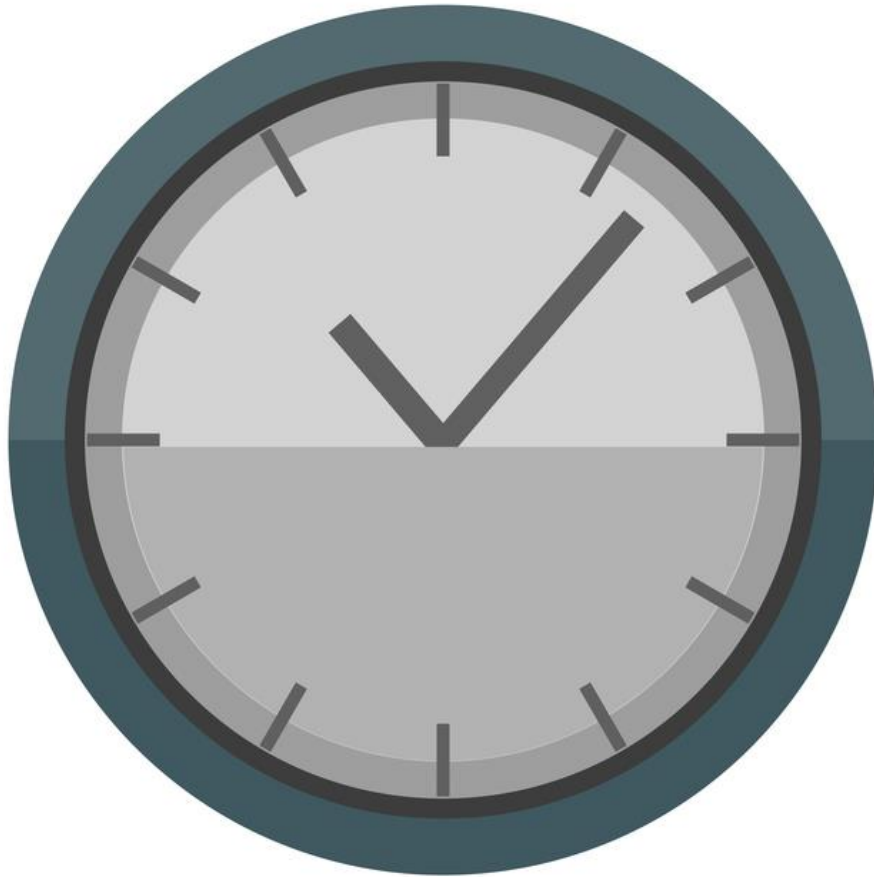
- Adding just **5 minutes** of walking to every hour of work had health benefits!
- Adding a **20 minute** walk to your day can add up to seven years to your lifespan!
- Just **15 minutes per day** can relieve stress, improve concentration, enhance mood and encourage healthy sleep.
- An exercise study at McMaster University found that **10 second bursts of 10 minute HIIT sessions** had the same benefits of a 45 minute moderately intense exercise session.
- It's worth scheduling mini movements!

# What Will it Take to Lower my Risk?





# 43 minutes is just 3% of your day!



# Did You Know?

The Canadian Physical Activity Guidelines recommend a minimum of 150 minutes of physical activity per week.

- **10 minutes or 30 minutes** - It doesn't matter!
- Frequency, intensity, and consistency can improve cardiovascular fitness in **2 weeks!**
- Break it down:
  - 50-minute sessions - 3 days a week
  - 30-minute sessions - 5 days a week
  - Two 15-minute sessions - 5 days a week
  - Two 10-minute sessions - 7 days a week



## 1. Oxygen is Free. Get as Much as You Can!

- The more oxygen you process, the more fat you burn, and the more energy produced for muscle movement.
- 1 minute of moderately elevated breathing (walking one block) burns 5 extra calories.
- Work harder and the body burns extra fuel.
- Climbing a few flights of stairs/day for 2 minutes/day burns 15 extra calories.
  - That's 1.5 lbs. of fat loss after 1 year!

***10 - Oxygen Events Day TODAY!***







## 2. Little Changes Make a Big Difference.

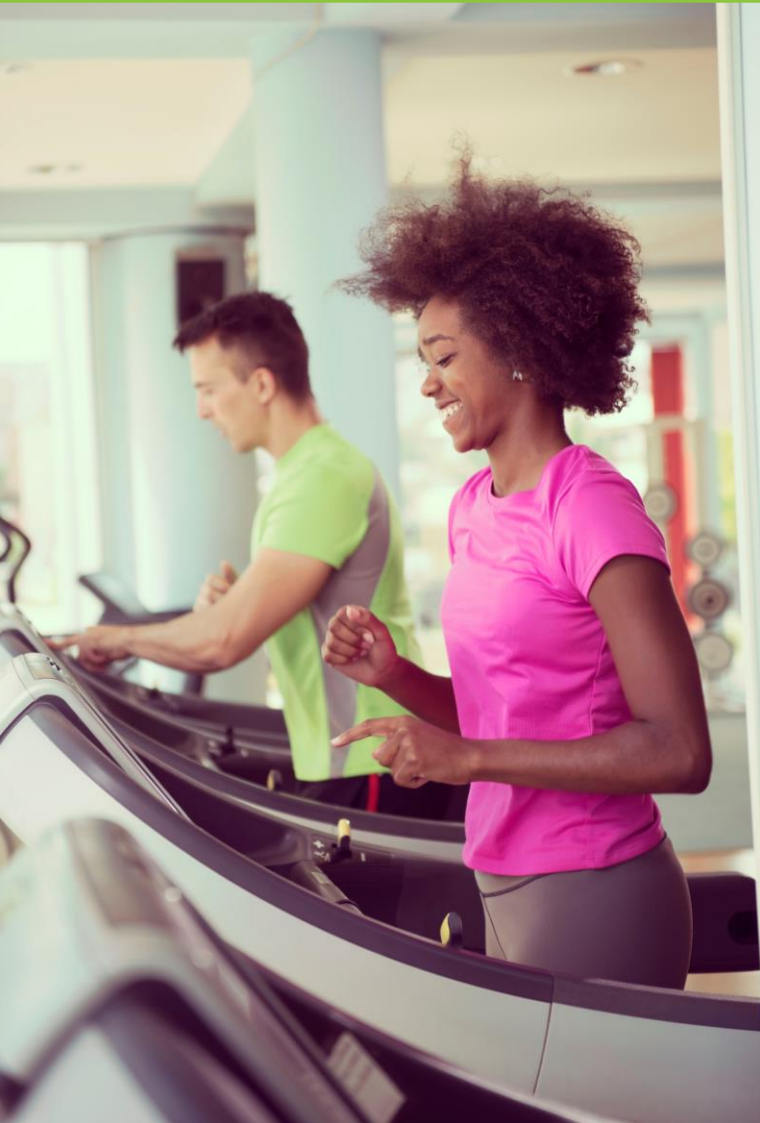
- Small changes make the difference.
- Arm position matters. Be a swinger! (Sweetgall study)
  - No arm swing = 100 steps in one minute
  - Pendulum swing = 116 steps in one minute
  - Bent-arm swing = 125 steps in one minute
- Take a look at all the small things you can do to make a significant difference.

**Let's slow the slope  
of Canadian obesity stats!**

## 3. It Aids in Digestion. Start With a Walk After Meals.

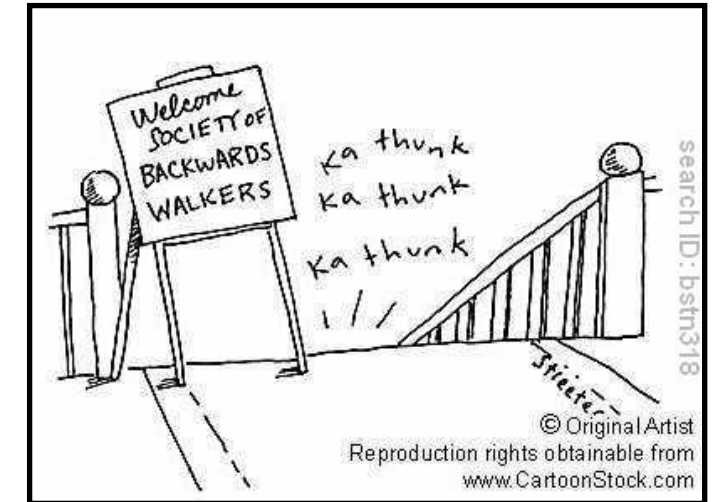
- Walking after meals is the best remedy for post-meal sluggishness.
- After a meal, wait at least 10 seconds before walking.
- The difference between sitting still or walking a few minutes after every meal is a 2-inch difference on your waistline after a year of 1000 meals.
- Why?
  - Relieves bloating and aids digestion.
  - Keeps you from being tired after eating.
  - Suppresses desire for more food/dessert.
  - Provides double-elevated metabolism: movement and digestion.





## 4. It's Great for Weight Loss/Maintenance.

- The "Morning" Walk
- The Middle-Speed Walk
- Muscle-Toning Walks
  - Penguin walk, Backwards walk, etc.







## 5. It's Great for Stress Reduction.

- The Money Collector Walk
- The Meditation Walk
- The Let It Go Walk
- The Burn Rubber Walk
- The Gratitude Walk

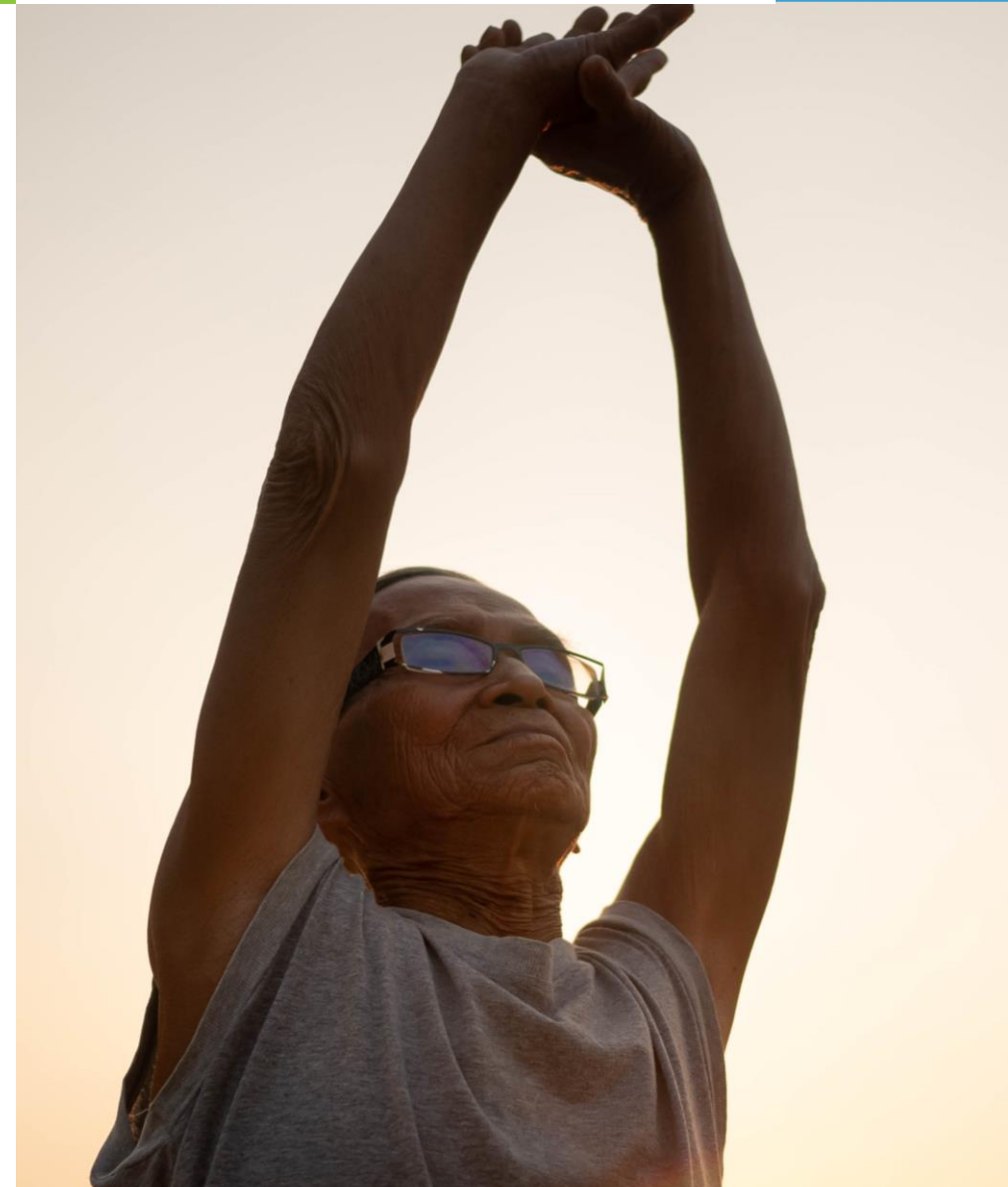
# Some Things to Think About

- Acquiring about 5000 steps a day or 30 minutes of walking = 15 pounds of weight loss in a year.
- For every minute you walk, you extend your life an extra 2 minutes.
- If you walk 2000-2500 cal/week, that's approximately 115,000 cal/year = 33 extra lbs. of weight loss/year.
- By walking 2000-2500 cal/week, an average middle-aged person extends life by 2 years (Harvard Alumni Study).
- You can expend 30-100 more calories/hour by standing rather than sitting. Think of how much more you can fit into your day while standing?



# Summary

- Strive for dedicating 3% (43 minutes) of your day to physical activity.
- Accumulating exercise is just as good as all at once!
- Don't worry about 10,000 steps/day. The greatest change in death rate is 6000 steps/day.
- Make today an Oxygen Day!
- Enlist in a stress-reduction and/or weight-loss walk.
- Now is the time to start. Pick one strategy you're going to start doing today!
- Would you rather.....





# Prevention Strategies



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

- 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

