



## EXERCISE FOR EVERYBODY

# Facilitator Guide

## Rationale

The content in this lesson promotes and encourages daily physical activity among Homemakers and adult populations in general. Studies have shown that being active can prevent many common chronic diseases and improve overall immune function. These benefits are relevant for all adults, but especially so as a person ages, and becomes more at risk for chronic disease and immune dysfunction.

## Program Goal

Increase daily physical activity among older adults, leading to overall health benefits and increased quality of life.

## Objectives

1. Explain the three types of physical activity
2. Describe the benefits of physical activity to overall health
3. Describe the physical activity recommendations for Americans
4. Examine how physical activity affects health
5. Identify ways to be physically active

## Lesson Materials

- PowerPoint: "Move Your Way: Exercise for Everybody"
- CDC Handouts: "Move Your Way Fact Sheet – Older Adults" or "Move Your Way Fact Sheet – Adults"
- Participant Evaluation

The following lesson content follows the lesson PowerPoint. You may choose in your delivery method to use the PowerPoint as a visual tool and click through the slides as you discuss each objective. The corresponding slide numbers are included for your reference. If you do not have access to the PowerPoint, or do not wish to use it, you can simply read the information in this guide to deliver the same information to program participants.

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### **Lesson Introduction/Ice Breaker (slide 3):**

The World Health Organization (WHO) describes physical activity as all movement including leisure time, for transport to get to and from places, or as a part of a person's work. This means that you can move your body in many ways to benefit your health!

#### **Ask participants to answer one or more of the following questions:**

- What do you like to do for exercise or to be active?
- Where do you go to exercise or be active?
- Is there a resource that you would like to have in your community to support physical activity?

## **Objective One**

Explain the three types of physical activity.

### **Aerobic Activity (slide 5)**

**Definition:** Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time.

#### **Aerobic activity has three components:**

- Intensity, or how hard a person works to do the activity – the intensities experts most often study are moderate (the equivalent in effort to brisk walking) and vigorous (the equivalent in effort to running or jogging)
- Frequency, or how often a person does aerobic activity
- Duration, or how long a person does an activity in any one session

### **Muscle Strengthening (slide 6)**

**Definition:** Physical activity, including exercise that increases skeletal muscle strength, power, endurance, and mass.

#### **Muscle strengthening activity has three components:**

- Intensity, or how much weight or force is used relative to how much a person is able to lift
- Frequency, or how often a person does muscle strengthening activity
- Sets and repetitions, or how many times a person does the muscle strengthening activity, like lifting a weight or doing a pushup (comparable to duration for aerobic activity)

## **Bone Strengthening (slide 7)**

**Definition:** Physical activity that produces an impact or tension force on the bones that promotes bone growth and strength. Also called weight-bearing or weight-loading activity

**Note:** Bone-strengthening activities can also be aerobic and muscle strengthening.

How do you know if your activity is moderate or high intensity? (slide 8) Take the “Talk Test:” Generally, a person doing moderate-intensity exercise can still talk conversationally, but a person doing vigorous activity may only be able to get a few words out at a time between breaths.

## **Objective Two**

Describe the benefits of physical activity to overall health (slide 9).

### **Sedentary behavior increases risk of:**

- All-cause mortality, or any type of death
- Cardiovascular disease
- Type 2 diabetes
- Colon, endometrial, and lung cancers

Inactive adults can replace sedentary behavior with light-intensity physical activity, and it will produce some health benefits. Anyone replacing sedentary behavior with moderate to vigorous activity will see even greater benefits.

### **Any Activity Counts (slide 10)**

- There is no lower threshold for benefits from physical activity.
- Encourage Americans to move frequently throughout the day.
- Most benefits are attained with at least 150 to 300 minutes of moderate physical activity per week
- Some health benefits are immediate. For example, the reduction of anxiety and blood pressure, and improvement in quality of sleep.

### **Benefits of Physical Activity for Adults and Older Adults (slide 11)**

- Lower risk of all-cause mortality, or any type of death
- Lower risk of cardiovascular disease mortality
- Lower risk of cardiovascular disease (including heart disease and stroke)
- Lower risk of hypertension
- Lower risk of type 2 diabetes
- Lower risk of adverse blood lipid profile
- Lower risk of cancers of the bladder,\* breast, colon, endometrium,\* esophagus,\* kidney,\* lung,\* and stomach\*
- Improved cognition\*
- Reduced risk of dementia (including Alzheimer’s disease)\*

- Improved quality of life
- Reduced anxiety
- Reduced risk of depression
- Improved sleep
- Slowed or reduced weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Prevention of weight regain following initial weight loss
- Improved bone health
- Improved physical function
- Lower risk of falls (older adults)
- Lower risk of fall-related injuries (older adults)\*

*\*Denotes newly recognized health benefits. (listed on slide 12)*

## Objective Three:

Describe the physical activity recommendations for Americans (slide 14)

### Adults (slide 15):

- Moderate-Intensity Aerobic Activity: At least 150 minutes a week. Anything that gets your heart beating faster.
- Muscle Strengthening: At least 2 days a week. Activities that make your muscles work harder than usual.

### Increase intensity (slide 16):

- Get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week. Vigorous activities include:
  - Hiking uphill
  - Swimming laps
  - Heavy yardwork
  - Jumping rope

## Objective Four:

Examine how physical activity affects health

### Key Guidelines for Safe Physical Activity (slide 17):

- Understand the risks – physical activity can be safe for almost everyone.
- Choose activities that are appropriate for your current fitness level.
- Increase physical activity gradually over time.
- Protect yourself by using appropriate gear and sports equipment, choosing safe environments, and following rules or policies.
- Be under the care of a health-care provider if you have chronic conditions, symptoms, or are pregnant.
- Work with a specialist to find appropriate movements.

## Obesity in Kentucky (slide 18):

Being physically active helps to prevent and reduce obesity. 2020 statistics show that 36.6% of adult Kentuckians are considered obese, compared to 31.9% of the American adult population as a whole.

Physical Inactivity (slide 19): Kentucky is considered America's least physically active state, with 30.6% of the adult population in Kentucky reporting no physical activity or exercise other than their regular job in the past 30 days.

## Objective Five:

### Identify ways to be physically active (slide 20)

Studies show that even small increases in time in physical activity lead to long-term health benefits. How can you increase your physical activity?

- Discuss benefits and physical activity guidelines with others.
- Move more and sit less – it doesn't have to be formal "exercise."
- Change a little at a time.
- Consult certified fitness professionals if you want to start exercise that is more rigorous.
- Have FUN! Find a friend to move with, activities that you enjoy, and a space where you feel comfortable.

**Summary:** You don't have to set aside a large chunk of time to be physically active (like a meal). Sometimes fitting in movement in small quantities in-between other daily tasks (like a snack) makes being active more manageable. (slide 21)

Physical activity can look different for everyone. The following slides (22-31) contain chair exercises, as examples of what a "Movement Snack" can look like.

Demonstrate some of the exercises to your group, or lead your group in completing the exercises together. Exercises include:

- Seated Marches (slide 22)
- Seated Torso Twists (slide 23)
- Chair Sit and Stand (slide 24)
- Standing Calf Raises (slide 25)
- Standing Leg Curl (slide 26)
- Seated Shoulder Roll (slide 27)
- Seated Lean Stretch (slide 28)
- Seated Chest and Back Stretch (slide 29)
- Seated Triceps Stretch (slide 30)
- Wrist or Forearm Stretch (slide 31)

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