



Session 4: Move Those Muscles

It's All about Movement

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.

The starting point is 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.

Your **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.





Getting the OK to Increase Your Activity Level.

We are requiring that you get approval from your healthcare provider before you increase your physical activity levels in the GLB program. Although the chance of you not being able to join the activity portion of this program is VERY rare, this decision needs to be made by your health care provider. You cannot proceed in this program until you have this approval.

So what is the involvement of your health care provider after the program gets started?

- Never are we (as your GLB coaches) able to provide medical advice. We are NOT your health care provider and will NOT replace your health care provider in any way.
- In all cases of illness, pain, or medication adjustment, you need to talk to your health care provider.
- If you get sick, we will ask you to put your activity on hold until you are well and your health care provider has given you the OK to start exercising again.
- If you feel pain (not muscle aches, but pain), we ask that you stop doing what you are doing and have it checked out by your health care provider.
- Please review the *“When to Stop Exercising”* handout on the next page. All cases of chest pain and/or discomfort should be brought to the attention of your health care provider as soon as possible.

It is also a great idea to keep your health care provider informed about your progress in the GLB program. He or she is very interested in your health and well-being and will be pleased to hear about your effort to improve your lifestyle.



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.

Where: Possibly in the:

- 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.*☆



The Physical Activity Goal

Your physical activity goal is a reachable, weekly goal.
So what exactly is it?

The Goal: Do 2½ hours (that’s 150 minutes) of physical activity each week.

- Pick activities you LIKE.
- Choose types of physical activity that are of moderate intensity, like brisk walking.
- Work up to this goal *slowly*.
- Spread the activity over 3 to 4 days (or more) per week.

Before we get started, let’s think back to how active you have been both in the distant past and more recently.

How active are you now? (Type of activities you do, with whom, how often and for how long) _____

Are there activities that you did in the past that you no longer do?

Why did you stop? _____

What do you like or dislike about being active or being inactive?

	What I like about it	What I don't like about it
Being Active		
Being Inactive		



Physical Activity Progression

Where Should I Start? How many minutes would you say that you spent in physical activity during the past week. If it is less than 60 minutes, your goal for next week is 60 minutes. If you did more than 60 minutes last week, do that same amount this week and record your activity.

Progression: Each week you should try and gradually increase the amount of physical activity that you do. However, work up to your activity goal slowly. A good rule of thumb is to increase by no more than 30 minutes each week.

EXAMPLE:	
Week 4:	Walk 60 minutes per week (12 minutes on 5 days per week).
Week 5:	Walk 90 minutes per week (18 minutes on 5 days per week).
Week 6:	Walk 120 minutes per week (24 minutes on 5 days per week).
Week 7+:	Walk 150 minutes per week (30 minutes on 5 days per week).

Types of Aerobic Activities

We suggest **brisk walking** since it is easy to do and good for you. Here are some activities that are usually similar to or more intense than brisk walking.

- Aerobic dance (step aerobics)
- Bicycle riding (outdoors or on an indoor, stationary bike)
- Dancing (square dancing, line dancing)
- Hiking
- Rowing (canoeing, rowing machine)
- Skating (ice skating, roller skating, rollerblading)
- Skiing (cross-country, NordicTrack)
- Elliptical (Stair Master)
- Strength Training (not considered an aerobic activity but highly recommended)
- Swimming (laps, snorkeling)
- Tennis
- Volleyball
- Walking (treadmill, outdoor, indoor mall or fitness center)
- Water Aerobics
- Yard Work (mowing lawn or raking leaves)



Planning for an Active Week

Last session we asked you to pay attention to the activities that you did throughout the week and to do something active on 3-4 days. Now we will ask you to begin keeping track of your physical activity levels and will have you start thinking about ways to plan for a more active week.

Planned Activity: You *can* find the time to be active:

- Set aside blocks of time throughout the week to be active.

When can you set aside a block of time (15+ minutes) to do an activity that you like?

What activity is it? _____

Where will you be doing the activity? _____

- Look for free time (10 to 15 minutes) during the day. Use this time to be active.

When during the day might you have some free time (10 to 15 minutes)? _____

It's important that you look ahead each week and plan some devoted time to be active. Write down when you plan to be active on your calendar. Don't just wait for activity to happen. You have to make it happen!

Spontaneous/Unstructured Activity Choices

Make active choices throughout the day. Every minute adds up to a "more active you."

There are times each day when you may have the opportunity to make a more active choice. These times occur spontaneously and, often, the activity will be brief. However, if you sum up many of these moments, they can make a difference.

Give examples of these types of opportunities that you may be able to take advantage of.

Inactive Choice	Active Choice
When you shop, park your car as close as you can to the entrance of the store.	Park your car further away and walk.

Decrease inactivity and time spent sitting:

It's important to know how much activity you participate in each day. It's also important to pay attention to how much inactivity is in your day, and how much time you spend sitting. Your health may benefit by decreasing the time you spend sitting.

Ways to decrease your sitting time:

- Try cutting down your TV time. Walk instead.
- Be active while you watch TV (e.g., ride an exercise bike, lift weights).
- Move during the commercial breaks. On average, there are 17 minutes of advertising for every one-hour program. Use this time to MOVE!





The Smart Way to be Active: Keeping It Safe

Being active is usually quite safe. But in rare cases, problems can arise. The best approach is prevention.

Prevent sore muscles or cramps

- Only increase a little at a time; make small and gradual increases in how often, how hard, and how long you're active.
- Drink plenty of water before, during, and after being active.
- Wear socks that fit well, are comfortable, and keep your feet dry.
- Warm-up before and cool-down after every activity.

Here are some other tips on exercising the Smart Way.

WARM UP AND COOL DOWN

Warm-up

1. Do whatever activity you plan to do but at a lower intensity for a brief time.
 2. Do a few minutes of mild stretching.
- Most warm-ups take only 5 to 10 minutes.

Cool-down

1. Do whatever activity you have been doing, but at a lower intensity for a brief time.
 2. Do a few minutes of mild stretching.
- Most cool-downs take only 5 to 10 minutes.

If you do get a muscle cramp:

- Stretch the muscle and then massage it. Repeat.
- If there is still pain, put ice on the cramp for a few minutes (10-15 minutes).
- Repeat the massage and stretching.





Keeping it Safe While Stretching Those Muscles

Stretching is one of the best ways to prevent muscle soreness, cramps, and injuries.

A warm-up loosens the muscles to prevent injuries.

Stretching also helps you become more flexible and to feel relaxed.

Other than swimming under water, never hold your breath in any exertion. Count out loud if that helps.

How to Stretch

- Do a short warm-up *before* stretching.
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
- Relax. Then repeat 3 to 5 times.
- Be careful to stretch both sides of your body – Stay in balance.
- Stretch within your own limits. Don't compete.
- Breathe slowly and naturally. Do NOT hold your breath.
- Always stay in control. Jerky unstable movements can lead to injury. And don't let gravity be the boss.

Do not bounce when stretching. Bouncing can lead to tearing of your muscles.

If you are walking on a small track be sure to reverse direction. This is another good example of balancing.

Important Message: **NO PAIN IS GAIN**

- Never stretch if you have pain before you begin.
- If a particular stretch causes pain, stop doing it.

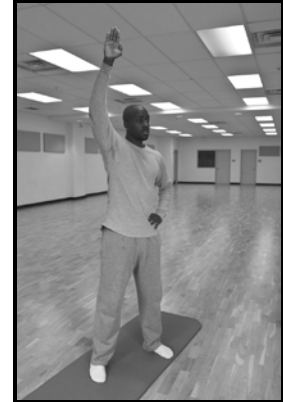
Listen to your body!



Safe and Easy Stretches and Warm-up Activities

1. Arm Reaches

- Stand up straight with your feet shoulder-width apart.
- Counting to 15 or 30, stretch your right arm to the ceiling while keeping your feet flat on the floor. Repeat with your left arm.
- Do this 3 to 5 times. When finished, shake out your arms.



2. Arm Circles

- Stand with knees slightly bent.
- Extend your arms straight out from the shoulders with your palms down. Keep your buttocks and stomach tight.
- Rotate your arms in circles 10 times forward and then 10 times backward. When finished, shake out your arms.
- Over time, work up to 20 circles in each direction.



3. Waist Bends

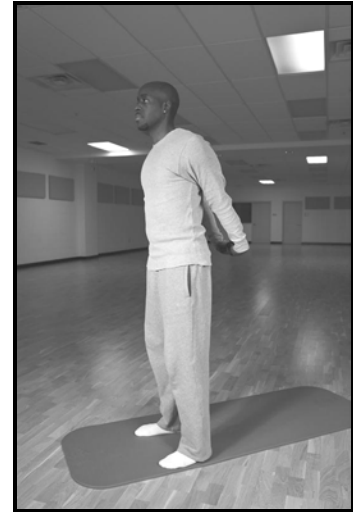
- Stand up tall with your feet shoulder-width apart.
- Bend to the right, bringing your left arm over your head and keeping your right arm on your waist. Look straight ahead and count to 15 to 30. Slowly return to the straight-up position.
- Repeat the exercise, bending to the left side.
- Over time work up to 5 of these.



4. Chest Stretch

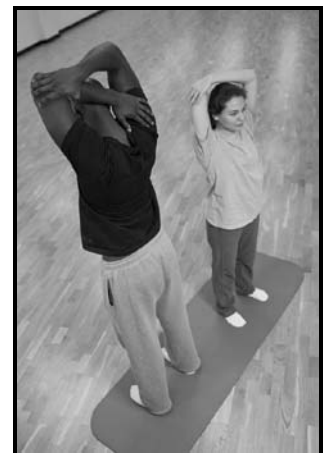
- Clasp your hands together behind your back with your palms facing up.
- Slowly turn your elbows inward and straighten your arms.
- Pull your hands down and press your shoulder blades together. Your chest should stick out.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times.

Note: Do not do this stretch if you have a shoulder injury.



5. Triceps Stretch

- With arms overhead, hold the elbow of one arm with the hand of the other arm.
- Gently pull your elbow behind your head, creating the stretch. Move slowly.
- Hold for 15-30 seconds.
- Repeat with other arm.



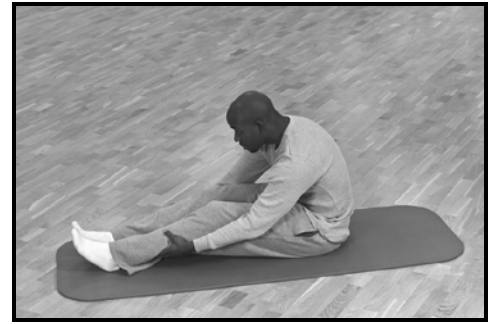
6. Shoulder Stretch

- Gently pull your elbow across your chest toward your opposite shoulder.
- Use your opposite arm as support during the stretch.
- Hold for 15- 30 seconds.
- Repeat with other arm.



7. Sitting Toe Touch

- Sit on the floor with your knees slightly bent. Reach out your hands and slowly stretch them toward your toes. Keep breathing.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times.



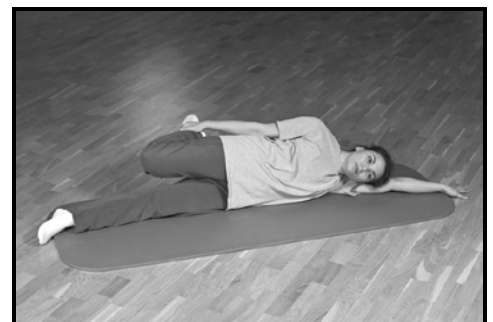
8. Back Stretch

- Lie on your back with your knees bent and your arms flat on the floor at your sides. Keep your feet flat on the floor. Take a deep breath and relax.
- Grasp the **back** of one knee (**not** the top of the knee) with both hands and pull as close to your chest as possible.
- Hold 15 to 30 seconds then return to the starting position.
- Repeat 3 to 5 times on both legs.



9. Quadriceps Stretch

- Lay on your left side on a comfortable surface and bend your right knee behind you grabbing your ankle.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times on both legs.



10. Heel Cord (Achilles) Stretch

- Stand facing a wall an arm's distance away, with your knees straight and your heels flat on the floor.
- With your hands resting on the wall, allow your body to lean forward by bending your elbows slowly. Keep your legs and body straight and your heels on the floor.



11. Calf Stretch

- Stand straight with feet shoulder-width apart.
- Step forward with your right foot, slightly bending your right knee. The front of your knee should be lined up with the front of your toes. Your left leg should stay relatively straight and your left heel should remain on the floor. Hold for 15 to 30 seconds.
- Slightly bend your left knee. Hold for 15 to 30 seconds.
- Repeat for the opposite side.





Wear a Good Pair of Shoes

You don't *need* to buy new or special shoes if the shoes you have now fit well and support your feet. Here are some pointers if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- Visit one or more store(s) you trust. Try on various styles and brands.
- The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.

Look for a good fit.

- Wear the kind of socks you'll wear when you're active. Cotton is best.
- Go to the store right after you've been active, if possible. That way, your feet will be the size they are when you're warmed up.
- The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
- There should be one thumb's width of space between your longest toe and the end of the shoe.
- The heel should NOT pinch or slip around when you walk.
- The shoes should bend easily at the ball of your feet (just behind your toes).

Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.





In Case of Injury

Call your doctor if: You suspect a serious injury. If you can't move the injured area, or if there is immediate, severe swelling, these may be signs of a broken bone. If in doubt, call your doctor.

If you do get a sprain, strain, "pull" or bruise: **R.I.C.E.**

What R.I.C.E Stands For:	What to do:
Rest (restrict movement)	<ul style="list-style-type: none">• Stop doing the activity.• Rest for a few days. This will stop excess bleeding• Sometimes splints, tapes, or bandages are necessary.
I ce	<ul style="list-style-type: none">• Apply ice or cold compresses for the first 24 to 36 hours after the injury. This reduces pain, bleeding and swelling.• Schedule: 10 minutes on, 10 minutes off.• <i>Always</i> wrap ice or compresses in an absorbent towel or cloth. Don't apply directly or wrapped in plastic. That can cause frostbite and more injury.
Compression (Pressure)	<ul style="list-style-type: none">• Apply pressure by wrapping the injury with an elastic bandage. This helps to reduce swelling and blood flow (pressure) to the area.• The bandage should be tight enough to reduce blood flow but not cut it off completely. Loosen the bandage if your toes or fingers begin to feel numb or lose their color.
E levation	<ul style="list-style-type: none">• Lift the injured area above heart level. Keep it elevated whenever possible, not just during icing.• This helps reduce internal bleeding and pooling of blood in the area that can cause pain and throbbing.



Beat the Heat

- CHECK THE WEATHER ADVISORY. On rare occasions, it may be too hot to exercise outdoors.
- Drink water before, during, and after being active.
- Sports drinks, like electrolyte replenishment drinks, can also replace minerals lost when sweating a lot. This is especially important in hot temperatures because of cramping.
- On hot, humid days, be active early or late in the day when it is the coolest.
- Don't overdo it. Go at your own pace.
- Wear light, loose-fitting, cotton clothes.
- Wear a hat to shade your face from the sun.
- Know the signs of heat illness. Paleness, dizziness, nausea, vomiting, fainting, warm flushed skin, or not sweating in situations in which you would normally expect to sweat. These are all signs of heat illness.
- Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.





Keep Warm in the Cold

- CHECK THE WEATHER ADVISORY. On rare occasions, it may be too cold and/or icy to exercise outdoors.
- Be active in the middle of the day, when it's the warmest.
- Drink plenty of water, even though you may not be sweating.
- Dress warmly from head to toe.

Head: Wear a stocking cap or ear muffs.

Body: Dress in several thin layers.
Remove or add layers as needed.

- Full-length long-underwear or tights on your legs.
- T-shirt, long-sleeved turtleneck.
- Well-vented wind jacket with a zipper.



Hands: Wear mittens or gloves.

Feet: Wear well-insulated socks. Wear shoes or boots that keep your feet warm and dry and give you good traction.



- Go out against the wind and come home with the wind.
- Avoid patches of ice.
- Know the signs of frostbite. Progressive numbness, tingling or a burning feeling that may fade, followed by changes in color may be signs of frostbite.
- Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.



To do:

I will:

Be active for _____minutes this week. Below are times I will plan to be active.

- Choose activities that you LIKE to do and can do.
- Warm up, cool down, and include stretches when you're active.
- Follow the guidelines for safe stretching.

	What I Will Do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total Minutes of Physical Activity=			

Keep track of my physical activity minutes, as well as weight and fat and calorie intake

- Record only the time when you're **doing** physical activity.
- Don't record activities that last less than 10 minutes.
- Come as close to your fat gram and calorie goals as you can.

Increase your spontaneous/unstructured "lifestyle" activity throughout the day.

What I will do: _____.

In the next session, we'll talk about the lifestyle activity you did.

Review my progress so far.

Next week, we will set some goals for improvement.