



Study / Facilitation notes For Active Living

This section forms part of
The NCEF in Association with the IHF

Fit For Life Lifestyle Management Specialist Module

This Module is accredited by the University of Limerick and carries 15 ECTC Credits



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Learning Outcomes for this Section:

At the end of this section, you will be able to:

1. Explain the role of Health Related Activity in the promotion of positive health and wellbeing
2. Identify the basic guidelines for healthy exercise
3. Devise a Fit for Life Activity Contract
4. Plan and prepare an informative and interesting 1 hour presentation on Positive Weight Management for the general public using
 - Appropriate learning outcomes
 - A selection of suitable presentation methods
 - A suitable selection of supporting resources and materials

Active Living

Since 1992 The American Heart Association (AHA) recognises *Physical Inactivity* as a Major risk factor for CHD development

“People of all ages should include physical activity in a comprehensive program of health promotion and disease prevention and should increase their habitual physical activity to a level appropriate to their capacities, needs, and interest.” (AHA, 1996)

- Aerobic Exercise increases the body's ability to use oxygen to generate energy for work
- The heart muscle is stronger and can take higher stresses at higher levels with less effort – activities that scored a higher Rate of Perceived Exertion, now score lower. *(In lay mans terms – RPE scale = how difficult would you rate the intensity, or what are your exertion levels...)*
- This applies to healthy individuals, as well as most subjects with cardiovascular disease.
- Regular activity is required to maintain these training effects



More results will be achieved by more physical activity

For example:

- 2 individuals of similar fitness/age/diet

- (A) exercises x3 per week
(B) exercises x 5 per week
Individual B will see more results in fitness, less body fat, more lean muscle tissue etc as the activity is performed more often
- ***Individual differences

Greater initial results will be achieved by sedentary individuals who become moderately active. Results taper with time.

The moderately active individual – while benefiting from the exercise, will show less result from the same effort. For additional benefit and improved fitness levels, this individual will need to create overload – participating in longer duration/higher intensity exercise to gain same results.

Moderate-to-vigorous intensity activity = 40-60% Max O₂ uptake/ 50-75% MHR, for at least 30 minutes on most days of the week

Decide how intense (hard/difficult) you would rate the intensity, or what are your exertion levels right now?... You should be working hard enough to be slightly breathless, slightly sweaty and feeling a moderate degree of effort.

Benefits of Health Related Physical Activity

✓ **Physical Benefits**

✓ **Social Benefits**

✓ **Mental Benefits**



PHYSICAL BENEFITS

(AHA, 2002)

Reduces risk of heart disease – how?

- Lungs more efficient at taking in oxygen
- Heart is stronger and pumps more volume with less effort
- Muscles more efficient at extracting oxygen from the blood and using it
 - Obesity – reduces fatty tissue distribution
 - Fats and carbohydrate are used as fuels instead of stored as fat
 - Healthy cholesterol levels – increases good cholesterol, reduces bad cholesterol levels
 - Prevents and manages high blood pressure
 - Glucose tolerance/insulin sensitivity
 - Fibrinogen levels – reduces risks of blood clots which has favourable effects on risk of thrombosis – this reduces risk of stroke and heart attack

Other favourable affects include:

- Muscular strength
- Prevents bone loss
- Boosts energy levels
- Risk of Colon cancer
- Lowers risk for stroke

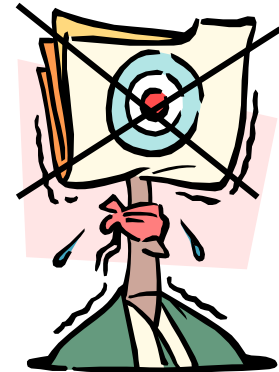
Social Benefits

- Encourages social behaviour
- Establishes good lifetime habits in children
- Maintains independence and quality of life in older adults

Mental benefits

Stress management – releases tension, improves sleeping patterns

- Improves self-image
- Counters anxiety and depression



Physical Activity Recommendations

Undertake moderate-intensity physical activity for at least an hour a day (WHO/FAO, 2003).

- Choose activities you enjoy!
- Choose activities that are dynamic and incorporate the major muscles legs, torso and arms.
- Examples – brisk walking, swimming, cycling, dancing etc (AHA, 2002)

Physical Activity

Simple rule – physical activity should elevate heart rate and breathing somewhat, but a person should still be able to carry on a conversation.
(ACSM, 2001)

- Greater health benefits can be achieved by increasing the amount (duration, frequency or intensity) of physical activity (Surgeon General's Report, 1996).

Guidelines – Exercise for Health!

- Aerobic Exercise – any activity that gets your heart and lungs working harder – oxygen supply should meet demand, you should never get out of breath:

Daily Exercise of 30 mins – 1 hr

Examples of Aerobic Exercise: walking, running, hill climbing, treadmill, stepper, rowing machine, gardening (if vigorous!), dance etc.

- Resistance Exercise - working with body resistance, weights or resistance bands to work the muscles and improve muscle tone:

x 2-3per week, 2x12reps 1 exercise per major muscle group

– resistance training must be balanced to incorporate exercises for **all** the main muscles in the body – to focus on only one or two body parts can be detrimental to the posture and can result in chronic back pain.

•Flexibility Stretches - should only be done when warmed up – ie after another activity. Muscles are lengthened and held for 20-30 seconds to help encourage healthy muscles, reduce soreness, reduce risk of injury and improve posture. (see “Get Active” leaflet)

Be guided by a qualified Exercise and Fitness professional (NCEF certified)

Precautions for a Healthy Start

Avoid soreness and injury – how? Pace yourself.

NB. People with chronic health problems should consult their physician prior to participating in activities (screening)

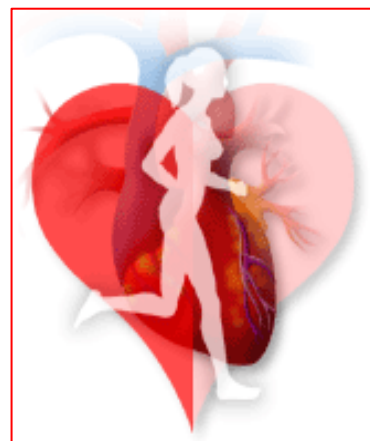
Wear appropriate supportive footwear, comfortable stretchy clothing.

Make sure you are well hydrated before, during and after exercise.

Plan time of exercise etc.

To review: Benefits of Physical Activity

- ♥ Reduces the risk of dying from Heart Disease and Stroke
 - ♥ Reduces risk of premature death
 - ♥ Reduces the risk of developing some Cancers including colon cancer
 - ♥ Reduces the risk of developing Type II Diabetes
- Benefits of Physical Activity
- ♥ Helps control blood pressure and cholesterol
 - ♥ Builds strong muscles and bones
 - ♥ Reduces stress and depression – releases endorphins
 - ♥ Helps with relaxation
 - ♥ Regulates sleeping patterns



Questions?

Task

Identify 5 physical benefits of increased physical activity levels FOR YOU

1.
2.
3.
4.
5.

What are your current physical activity levels? *Type/duration/how often?*

How will you make the changes and reap the benefits of improved health?

**Take part in an activity session
Write your own “Activity for Life” contract – commit to it.**

Exercise for Health! You only get out what you put in!

Resources

Get Active for a happy Heart - IHF/Health Promotion Unit.