

A Movin' Body = A Healthy Body

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Session Overview

- What is Wellness
- Body Mass Index (BMI)
- Physical Activity Continuum
- Components of Exercise
- Starting Exercise Program
- Creating Time
- Healthy Eating

Wellness

- Not just health
- Determined by decisions made
- Dimensions of Wellness:
 - Physical
 - Emotional
 - Intellectual
 - Spiritual
 - Social
 - Environmental

Statistics 1996-2006

■ 1996

- Healthy Weight: 47.6%
- Overweight: 35.4%
- Obese: 16.8%

■ 2006

- Healthy Weight: 37.7%
- Overweight: 36.5%
- Obese: 25.1%

In 10 Years Americans That Are:

Within a Healthy Weight have decreased by 10%

Overweight have increased by 1%

Obese have increase by 9%

Do you exercise
regularly?

Today's America

- 60% of Americans do not get recommended amount of Physical Activity
- 25% of Americans are sedentary

Body Mass Index

- Measurement based on Height and Weight
- Estimates Body Fat Percentage
- Important for children
- Formula:

$$\frac{(\text{Weight in Pounds} * 703)}{\text{Height in Inches}^2}$$

Example: 150 lbs 5'5" = BMI of 25

BMI Categories

BMI	
≤ 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 34.9	Obese
35.0 - 39.9	Very Obese
≥ 40.0	Extremely Obese

Physical Activity

- Physical Activity
 - Any movement requiring energy
- Exercise
 - Planned, repetitive movement to improve or maintain physical fitness level
- Physical Fitness
 - Elements allowing the body to adapt to stressors

Why do you exercise?

Why don't you exercise?

Benefits of Regular Physical Activity

Improved:

- Endurance, strength and flexibility
- Muscles, joints, and bones
- Body composition
- Energy
- Ability to cope with stress
- Sleeping patterns
- Blood Pressure
- Cholesterol
- Mood
- Heart and lung function

Decreased:

- Risk of dying prematurely
- Risk of Chronic disease
- Viral infection
- Resting heart rate
- Risk of becoming obese
- Risk of Osteoporosis
- Risk of falls and fractures
- Health Care costs
- BMI

Exercise Components

- Anaerobic Exercise - 2-3 days
 - Muscular Strength
 - Muscular Endurance
- Aerobic Exercise - 3-5 days
 - Cardiovascular Endurance
- Flexibility - 2+ days
 - Static
 - Dynamic
- Body Composition

Body Composition

■ Fat-Free (Lean) Mass

- Water
- Minerals
- Bones
- Muscles

■ Fat Mass

- Storage Fat
- Essential Body Fat

■ Males

- Total Fat: 8-22%
- Essential Fat: 3-5%
- > 25%, Obese

■ Females

- Total Fat: 20-25%
- Essential Fat: 8-12%
- >33%, Obese

Surgeon General's Report on Physical Activity and Health

- Health Improvement:
 - 30 minutes
 - moderately intense
 - most days of the week
- Weight Loss
 - 60 to 90 minutes
 - 5 to 6 days a week
- Regular activity derives greater benefits
 - One 30 minute session
 - Two 15 minute sessions
- Continuous activity preferred

Personal Exercise Program

- Designing and Starting an Exercise Program
 - Consult your Physician
 - Get a Fitness Test
 - Set realistic goals
 - Variety
 - Choose enjoyable activities
 - Motivation

Successful Training

- Train what you want to improve
- Make it a routine
- Don't over-train
- Warm up
- Cool down
- Safety
- Listen to your body
- Vary workouts but have fun
- Right mindset

Heart Rate

- Average is 72 beats per minute
- Lowers with regular exercise
- Checking your heart rate
 - Place fingers over pulse (wrist, neck, arm)
 - Count the number of pulses in 15 seconds
 - Multiply by 4 to get number for one minute
 - Start counting with zero (reference beat)

Target Heart Rate

- Maximum Heart Rate
220 – (your age)
- Target Heart Rate
 - 60-85% of Maximum
 - 60%: (Max HR)(0.6)
 - 85%: (Max HR)(0.85)

Target Range for a 40 year old is 108 - 153 bpm

Blood Pressure

- Force blood exerts against vessel walls
- Systolic and Diastolic
- Normal blood pressure is 120/80 mmHg
- Hypertension
- Hypotension

Get Your Heart Rate Up!

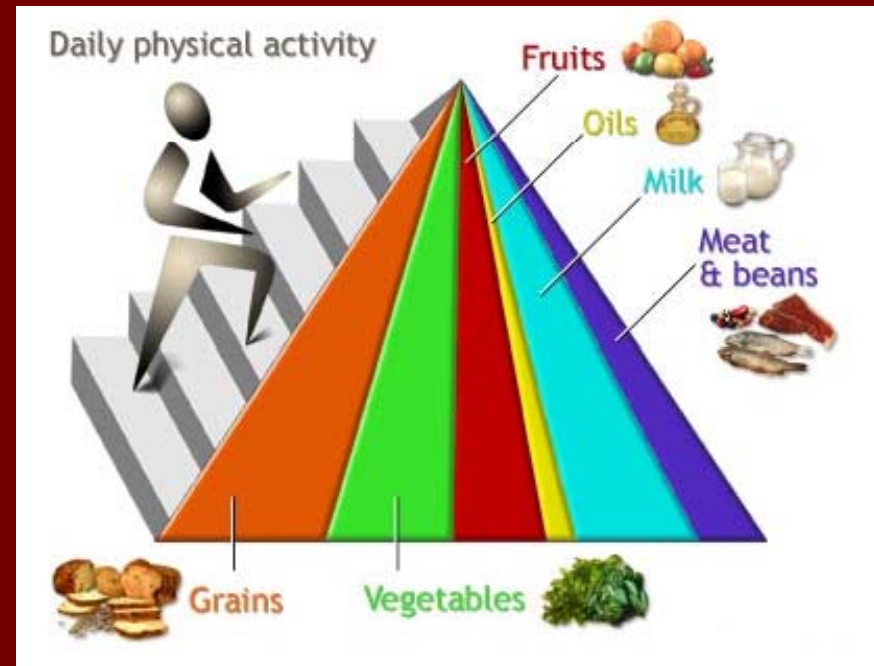
- Wear a pedometer
- Take the stairs
- Walk on your lunch break
- Have a walking meeting
- Park further away
- Walk or bike to work
- Don't e-mail co-workers, go to their office
- Take breaks to avoid sitting over 30 minutes at a time
- Use the bathroom on another floor
- Walk to visit a neighbor or co-worker
- Do housework at a fast pace
- Do your own yard work
- Plan to exercise during child's practice
- Get a fitness buddy

Desk-ercise

- Pick a time and stick with it
- Dynabands
- 60 seconds
 - Jumping Jacks
 - Running in Place
 - Jump Rope
 - Butt Kicks
- Desktop Yoga
- Side Stretches
- Arm Raises
- Butt Squeeze
- Leg Lifts
- Squats or Lunges

Daily Servings

- 6-11 Servings of Grains
- 3-5 Servings of Vegetables
- 2-4 Servings of Fruits
- 2-3 Servings of Dairy
- 2-3 Servings of Meat, Poultry, Fish, Beans, Eggs, and Nuts
- Sparingly use Fats, Oils, and Sweets
- Physical Activity



Healthy Eating

- Increase
 - Whole Grains
 - Fruits
 - Vegetables
 - Low-fat or fat-free milk products
- Decrease
 - Saturated and Trans fat
 - Sweetened Beverages
 - Alcohol Consumption
 - Cholesterol

Serving Size

- Grains
 - 1 slice of bread
 - 1 ounce cooked cereal, rice, pasta
- Vegetables
 - 1 cup raw leafy vegetables
 - ½ cup raw or cooked vegetables
- Fruit
 - 1 medium or 2 small pieces of fruit
 - ¾ cup fruit juice
- Dairy
 - 1 cup milk or yogurt
 - 1½ ounces cheese
- Meat, Poultry, Fish, Beans, Eggs, and Nuts
 - 2-3 ounces cooked lean meat, poultry, or fish
 - 1 egg
- Fats, Oils, Sweets

How Big is a Serving?

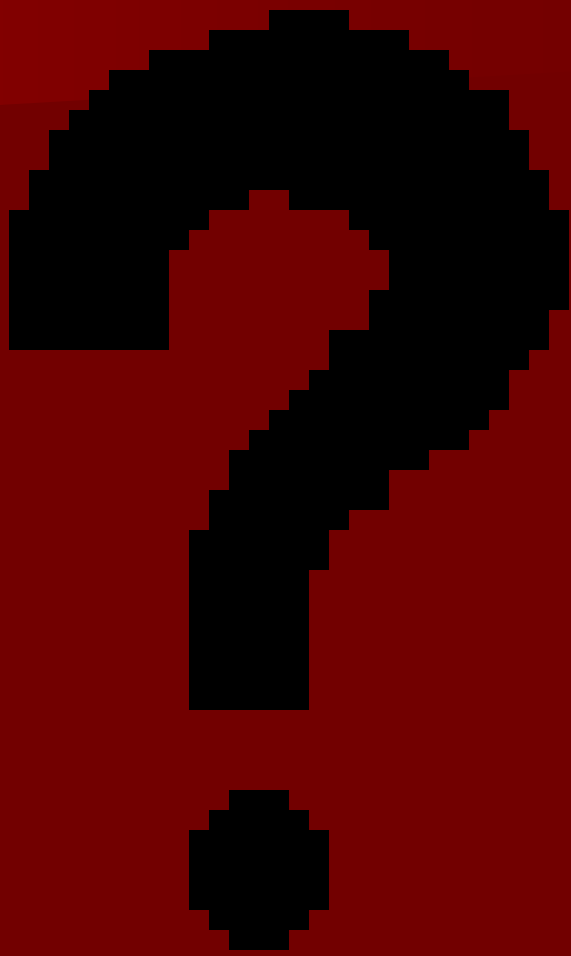
- Deck of Cards 3 ounces of meat
- Ice cream scoop $\frac{1}{2}$ cup of cooked vegetables
- Tennis ball 1 cup pasta
- Baseball 1 medium fruit
- Golf ball $\frac{1}{4}$ cup nuts
- CD case 1 slice of bread
- Hockey Puck 1 2-ounce bagel
- Computer Mouse 1 medium potato

Simple Dietary Changes

- Pack your lunch
- Pack snacks
- Limit dining out
- Measure your food
- Choose vegetables over chips
- Choose fruits instead of sweets
- Drink water

ABC's of Health

- **Aim For Fitness**
 - Healthy weight
 - Physically active
- **Build a Healthy Base**
 - Balanced diet
 - Whole grains
 - Fruits and vegetables
 - Food safety
- **Choose sensibly**
 - Limit sodium, saturated fat, cholesterol, and sugar



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