Lifelong Exercise: How to make every day a day to move

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Recommendations

- 150 Minutes (2 hours and 30 minutes) of moderate intensity per week or,
- 75 Minutes (1 hour and 15 minutes) of vigorous intensity per week

- Cardiovascular, muscular strength, muscular endurance, flexibility
What is Moderate Intensity?

- Requires a moderate amount of effort and noticeably accelerates the heart rate.
- Some examples:
  - Brisk Walking
  - Slow cycling
  - Dancing
  - Household chores (vacuuming, gardening, mowing, painting, etc.)
  - Carry or moving moderate loads
What is Vigorous Intensity?

- Requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate.
- Some examples:
  - Running
  - Walking briskly up a hill
  - Fast cycling
  - Fast swimming
  - Competitive games (football, basketball, hockey, etc.)
  - Moving heavy loads
Benefits of the Gym

- Personal trainers available
- Lots of equipment to use
- Everything located in one location to cover every fitness component easily
Downside to the Gym

- Exercise routines can be easily found online
- Expensive
- Missing out on advantages of exercising outside
- Intimidating
- Crowded
- Filled with germs and body odor
Alternative Outdoor Activities

- Hiking
- Geocaching
- Running
- Cycling
- Climbing
- Yoga/Stretching
- HIIT training
- Body weight strength training
- Paddle boarding
- Kayaking
- Canoeing
- Fishing
- Cross country skiing
- Downhill skiing
- Snow shoeing
- Swimming
- Water aerobics
Apps to get you moving

- Strava
- MTB project
- Trailforks
- Trailrun project
- AllTrails
- Nike training club and Nike + run club
- Pacer pedometer and step counter
- HIIT timers
- 7 minute workouts
- Zombies, Run!
- My fitness pal
- Tone it up
- Map my run
- Simply yoga
- Sworkit
- Fitbit (fitstar)
- Daily yoga
- Imuscle2
Online Information

- **YouTube**
  - Online tutorials, training videos, workout plans, etc., Prehab Guys

- **Instant Recess**
  - 10 minute physical activity breaks for your daily routine

- **REI**
  - Expert advice on: backpacking, cycling, trail running, map and compass, etc.

- **Web MD**
  - Provides valuable health information, tools to help manage your health, and support to those who seek information
Places to Find Activities

- Meetup
- Facebook groups
- Posters/Flyers on trailhead bulletin boards
When to fit it all in

- Schedule time to move in your calendar
- Take a class or workshop
- Do it with friends/family as social time
- Plan vacations that include movement
- Use TV time as exercise time
- Stretch before bed to unwind
- Use Stand Up or other reminder apps to do little bits through the day
Most of all: Have Fun!

- Questions?