

Fitting in Fitness



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IS SITTING

Thinking of making any change?
Think about you, the person your
health and the action you may do



an action that is good for you



THE NEW SMOKING

...BETTER YET?



...or is it?



Sitting Hurts

2X

Greater Risk Of Diabetes

90%

**Greater Risk Of
Cardiovascular Disease**

49%

**Greater Risk Of All-Cause
Mortality**

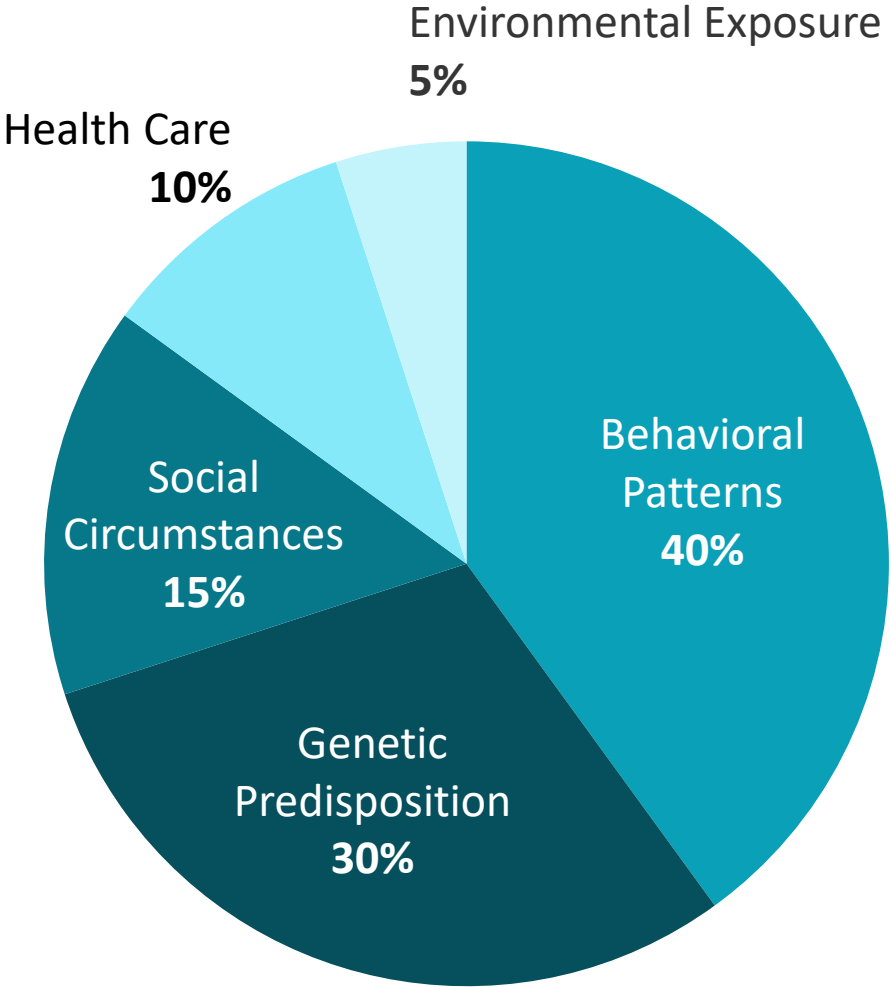
Sources:
Katmarzyk BMJ Open, 2012
Wilmot, Diabetologia, 2012



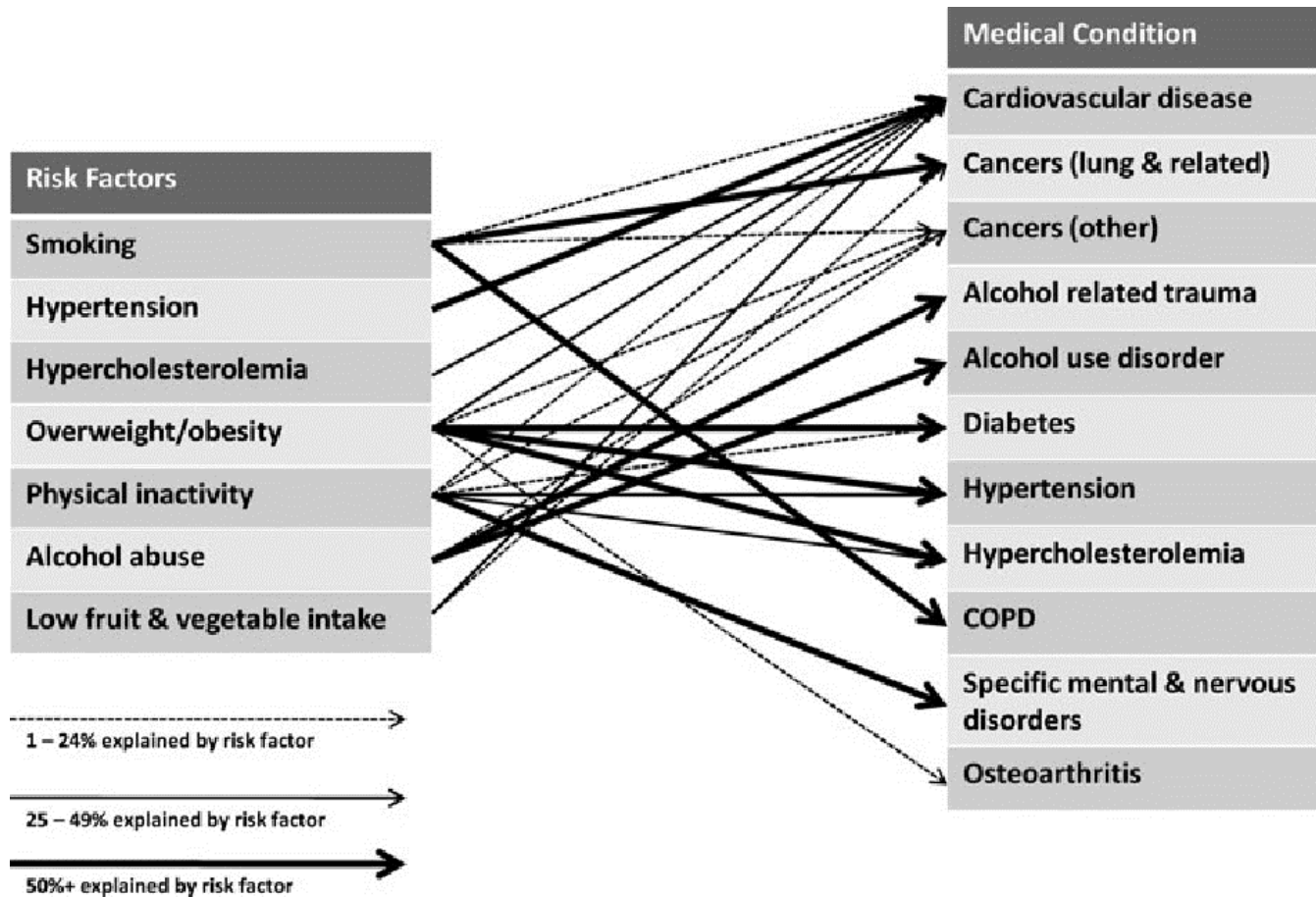
Considering all Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans



Contributors to Premature Death



Risk Factors and Their Relationships with Medical Conditions. Darker Lines Indicate a Stronger Relationship



Bolnick, H., Millard, F. & Dugas, J.P. (2013). Medical Care Savings From Workplace Wellness Programs What Is a Realistic Savings Potential? *Journal of Occupational and Environmental Medicine*, 55(1), 4-9.



**Every Day, We Make Behavioral Choices.
What Choices Will You Make Today?**



Based on Evidence What Do We Know?

People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

- **Physical activity**- 30 minutes 5 days per week
- **Healthy eating**- 5 fruits and vegetables per day
- **No smoking**
- **Alcohol in moderation**- 1 drink per day for women,
2 drinks per day for men



New Year's Resolutions for ~~2009~~ ~~2011~~ ~~2012~~

2013

1. Lose ^{more} weight again
2. Get fit next year
3. Give up ~~alcohol~~ ^{and cigarettes!} drink less
4. Stand up to boss ^{find job}
5. Be nicer to my ^{ex-}wife
6. Sort out junk in ^{life}shed



Work Used to be our Activity

- Past generations viewed physical activity as necessary (labor/work)
- Leisure time was for not being active/working.
- Eventually, you were considered successful when you did not need to labor for your employment.
- We have continued to try to reduce physical labor in any way possible.
- People are now not getting very much activity during the day.



New Mindset

- Think active!
 - Creative at finding ways to decrease our activity.
 - Think of new ways to increase it.



What Does Fit Mean?



Barriers to Exercise

- Time
- Obligations
 - Work
 - Family
 - Physical
 - Mental/Emotional



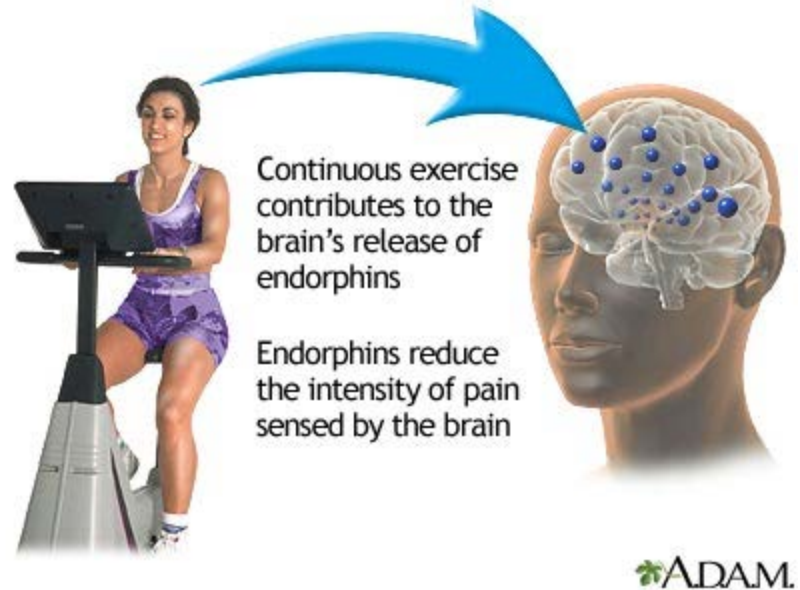
- Our bodies are made to move!
- Movement leads to:
 - Improved blood circulation
 - Increased metabolism
- Non-movement leads to:
 - Impaired blood circulation
 - Decreased metabolism

Human Performance Institute, Inc (2010)



Benefits of Physical Activity

- Regular physical activity improves health.
 - Reduces the risk of premature death
 - Reduces the risk of dying from a number of diseases including: heart disease, diabetes, and cancer
 - It reduces feelings of depression and anxiety, puts you in a better mood, and fosters a sense of well-being



Definitions & Recommendations

- Physical Activity
- Exercise
- Moderate
- Vigorous
- Strength Training
- Flexibility
- Core
- Interval training



Recommendations

- Activities of Daily Living
- Strategic movement
 - Large
 - Small
 - Stretching
- Every minute counts



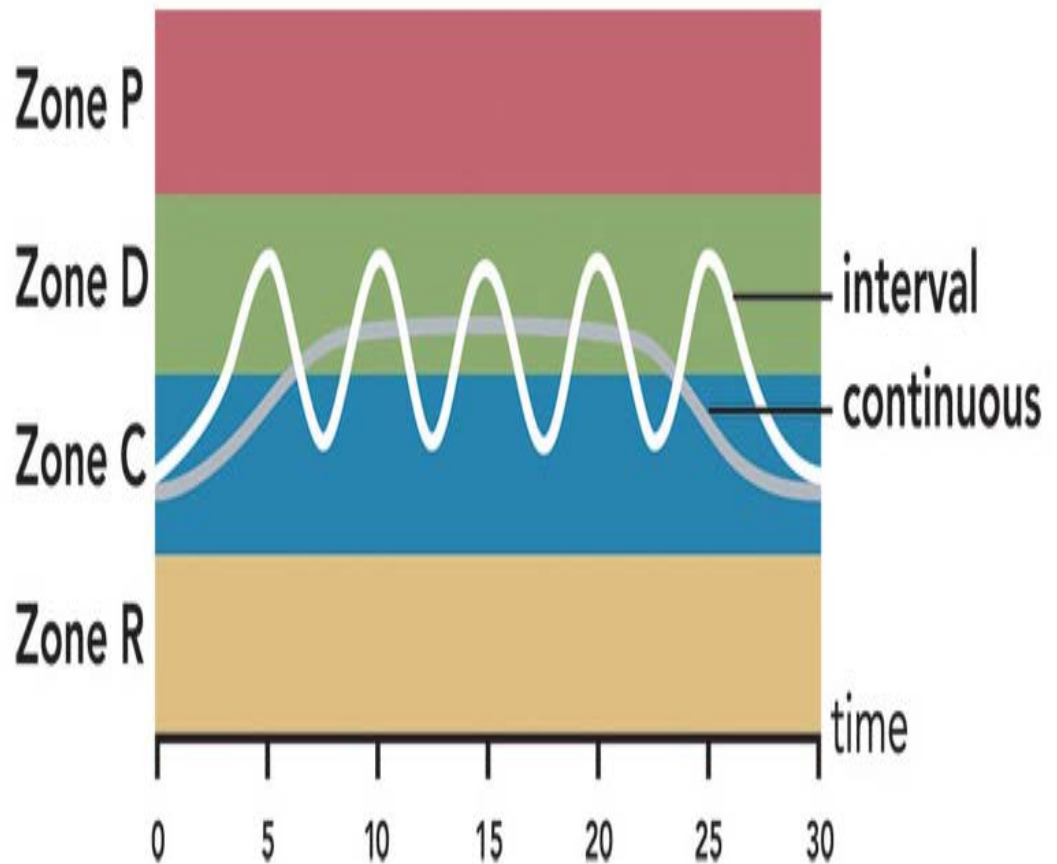
Exercise Planning

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Exercise

- Do at least 2 strength training workouts per week.
- Do at least 2 cardiovascular interval workouts per week.
- Think quality, not quantity, to help maximize potential.



Exercise Concepts

- Exercise Opportunities
- Goal Setting
- Self-monitoring
- Enjoyment (Adults call it working out. Kids call it playing.)
- Social Support
- (Time) Management – energy?



The #1 Excuse for Not Engaging in Healthy Behaviors is Time

YOUR LIFE = 28,835 DAYS

**WHAT WILL YOU DO
WITH THAT TIME?**



Today, *Make Just 1 Change* for Your Wellness

- Decide to take the stairs instead of the elevator
- Sit less, stand more
- Exercise for 10 minutes
- Read 5 to 10 minutes in a positive book every morning
- Take 5 slow deep breaths when stressed
- Drink water instead of a sugared beverage
- Laugh more
- Sleep 10 more minutes

