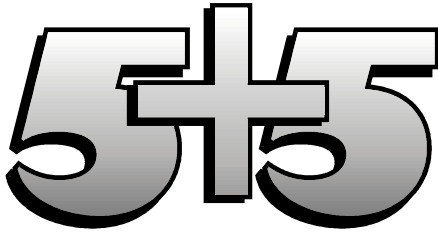


## Section Three

### The Physical Five: Physical Activity Program Strategies

Introduction .....	28
Moderate Physical Activity .....	28
Messages for Special Populations .....	29
Physical Activity Guidelines for Infants, Toddlers, and Preschoolers .....	30
Recruitment .....	31
Tips for Maintaining Regular Physical Activity .....	31
Overcoming Barriers to Physical Activity .....	32
North Dakota Models .....	33
Fitness Initiatives .....	34
Policy and Environment .....	35
Posters/Signs/Overheads .....	37
Physical Activity Readiness Questionnaire .....	52
Physical Activity Contract .....	53
Program Liability Waiver .....	54





## Section Three

### The Physical Five: Physical Activity Program Strategies

#### Introduction

Here you'll find a step-by-step guide for generating successful efforts in your own community. Many, you'll find, can be quite successful without spending a great deal of money.

We encourage you to involve community partners in planning, implementing and evaluating all 5 Plus 5 activities. Community partnerships are crucial. From efforts to create hiking trails with a six-figure budget to a lunch and learn with a six-dollar budget, local groups working together can make things happen.

The fact is, most North Dakotans do not engage in enough physical activity. There is a need for population-based, community-wide physical activity programs throughout the state.

From Ashley to Zeeland, aerobics to volkswalks, corporate CEOs to small business owners, you can discover a wide variety of efforts to promote physical activity in North Dakota. **This section of the manual, the "Physical Five" of the 5 Plus 5 formula, is based on the assertion that 30 minutes or more of moderate intensity physical activity five days a week leads to better health.**

#### Moderate Physical Activity

According to the Surgeon General's report "Physical Activity and Health," inactivity is a serious, nationwide problem. Its scope poses a challenge to public health for reducing the national burden of unnecessary illness and premature death.

Regular physical activity performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. It also improves health in the following ways:

- Reduces the risk of dying prematurely
- Reduces the risk of dying from heart disease
- Reduces the risk of developing diabetes
- Reduces the risk of developing high blood pressure
- Helps reduce blood pressure in people who already have high blood pressure
- Reduces the risk of developing colon cancer and breast cancer
- Reduces the feelings of depression and anxiety
- Helps control weight
- Helps build and maintain healthy bones, muscles, and joints
- Helps older adults become stronger and better able to move about without falling, and
- Promotes psychological well-being.

In the past, public education campaigns have stressed high-intensity exercise at least three times a week, 45 minutes per session, and at target heart rate. Although the health benefits of such programs have been documented, moderate physical activity also has been shown to have a substantial health benefit. A brisk walk of 30 to 60 minutes each day or even every other day enables people to reach a moderate level of fitness.

**1. Every American adult should accumulate 30 minutes or more of moderate intensity physical activity over the course of most days of the week. We have chosen “5 A Week” to simplify the message, to coincide with the national 5 A Day program, and to balance our 5 Plus 5 approach.**

Scheduling more activity into the daily routine is an effective way to improve health. Health benefits are accrued from three 10-minute activities, two 15-minute activities or any amounts that add up to a total of 30 minutes. Activities that can contribute to the 30-minute total include climbing stairs instead of using the elevator, gardening, raking leaves, dancing, and walking. The recommended 30 minutes of physical activity also may come from planned activity or recreation such as jogging, playing tennis, swimming, and cycling.

**2. Because most adult Americans fail to meet this recommended level of moderate-intensity physical activity, almost all should strive to increase their participation in moderate or vigorous physical activity.**

People who currently do not engage in regular physical activity should begin by incorporating a few minutes of increased activity into their day, building up gradually to 30 minutes of additional physical activity. Those who are sporadically active should strive to adopt a more consistent pattern of activity. Regular participation in physical activities that develop and maintain muscular strength and joint flexibility also is recommended.

These recommendations are meant to encourage people to be active. They also are meant to highlight the benefits of small bursts of energy throughout the day. When added together, these activities are comparable to longer, more intensive exercise periods.

Even low-intensity activities performed daily can have long-term health benefits and lower the risk of cardiovascular disease. Such activities include walking for pleasure, gardening, yard work, housework, dancing and prescribed home exercise. Low-intensity leisure activities like walking, golf, badminton, croquet, shuffleboard, lawn bowling and ping-pong are recommended for the elderly.

Adults beginning a new physical activity program should check with their doctors. This is an especially important recommendation for adults who have been sedentary for a number of years.

Experts advise people to consult with a physician before beginning a new physical activity program if they have a chronic disease such as cardiovascular disease or diabetes mellitus, or if they are at high risk for these diseases. Experts also advise men older than 40 and women older than 50 to consult with a physician before they begin a vigorous activity program. In addition, physical activity during pregnancy should be discussed with a physician.

Program organizers planning to promote strenuous physical activity might consider consulting an attorney to determine liability insurance needs and for review of program materials.

## **Messages for Special Populations**

### **The following messages are from the Surgeon General’s Report on Physical Activity and Health.**

**Older adults:** No one is too old to enjoy the benefits of regular physical activity. Evidence shows that muscle-strengthening exercises can reduce the risk of falling and fracturing bones and can improve the ability to live independently.

**Parents:** Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Parents also can provide role models by participating in physical activity *with* their children. Physical activity guidelines for infants, toddlers and preschoolers are included in the following section.

**Teenagers:** Regular physical activity improves strength, builds lean muscle, and decreases body fat. It can build stronger bones to last a lifetime.

**Dieters:** Regular physical activity burns calories and preserves lean muscle mass. It is a key component of any weight loss effort and is important for controlling weight.

**People with high blood pressure:** Regular physical activity helps lower blood pressure.

**People feeling anxious, depressed or moody:**

Regular physical activity improves mood, helps relieve depression, and increases feelings of well-being.

**People with arthritis:** Regular physical activity can help control joint swelling and pain.

**People with non-insulin-dependent diabetes mellitus:** Regular physical activity can help improve blood glucose control, help with weight maintenance or weight loss and reduce certain cardiovascular risk factors.

**People with disabilities:** Regular physical activity can help people with chronic, disabling conditions improve their stamina and muscle strength and can improve psychological well-being and quality of life by increasing the ability to perform activities of daily life.

**Pregnant women:** The American College of Obstetricians and Gynecologists states that regular physical activity can enhance maternal fitness and well-being.

**From the National Center on Physical Activity and Disability**

Exercise is for EVERY body. People with disabilities have a tendency to live less active lifestyles, so the benefits of exercise are even more important if you have a disability.

Before you begin:

1. Obtain physician consent.
2. If possible, participate in a graded exercise test to determine your current level of fitness.
3. Find out the effects of your medication on exercise.
4. If possible, consult a trained exercise professional for an individualized exercise prescription.

Safety Considerations:

- Stop exercising if you experience pain, discomfort, nausea, dizziness, lightheadedness, chest pain, irregular heart beat, shortness of breath, or clammy hands.
- Drink plenty of fluids, especially water.
- Wear appropriate clothing.
- Set realistic short-term and long-term goals.
- Find and follow an exercise program that meets your specific goals.

Further information is available at [www.ncpad.org/](http://www.ncpad.org/).

**Physical Activity Guidelines for Infants, Toddlers and Preschoolers\***

The first physical activity guidelines specifically designed to meet the developmental needs of infants, toddlers and preschoolers were released in 2002 by the National Association for Sport and Physical Education (NASPE). The guidelines were developed by the NASPE Early Childhood Physical Activity Guidelines Task Force that consisted of motor development experts, movement specialists, exercise physiologists and medical professionals. The guidelines were designed to provide targeted information to teachers, parents, caregivers and healthcare professionals.

**Guidelines for Infants:**

Plan physical activity with your infant. Include baby games such as peek-a-boo and pat-a-cake. Move your child to different places throughout the day. Hold and rock your baby.

Guideline 1. Let children explore their surroundings.

Guideline 2. Don't let your baby stay in a car seat, walker or baby carrier for long periods of time.

Guideline 3. Physical activity for babies is moving to develop the skills of sitting up, rolling over, crawling, standing and walking.

Guideline 4. Place babies in a safe place when they're moving and playing.

Guideline 5. Everyone who takes care of infants should be aware of the importance of physical activity and help children develop movement skills.

**Guidelines for Toddlers and Preschoolers:**

For toddlers, basic movement skills such as running, jumping, throwing and kicking do not just appear because a child grows older. Experience and environment are both necessary for movement to develop. For instance, a child who does not have access to stairs may be delayed in stair climbing and a child who is discouraged from bouncing and chasing balls may lag in hand-eye coordination.

Guideline 1. Toddlers should spend at least 30 minutes daily in structured physical activity; preschoolers at least 60 minutes.

Guideline 2. Toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.

Guideline 3. Toddlers develop movement skills; preschoolers practice and master movement skills.

Guideline 4. Place toddlers and preschoolers in safe places indoors and outdoors when they're moving and playing.

Guideline 5. Everyone who takes care of toddlers and preschoolers should be aware of the importance of physical activity and help children develop movement skills.

*\*National Association for Sport and Physical Education, 2002  
Adapted by Karen Ehrens, Ehrens Consulting, 2002.*

## Recruitment

How do you recruit sedentary adults to join your program? Here are a few tips based on the experience of program leaders and research on successful physical activity programs.

**Know your audience:** A program is more likely to be successful if it is designed for a specific audience. Before you begin, talk informally to members of your target group. Ask about their interest in a physical activity program, reasons they are or are not active, their ideas for a new program, and their willingness to be involved.

**Use community members to recruit new participants:** Word of mouth is the most powerful recommendation of a good program. Health officials have a lot of credibility on health matters, but members of your target audience will be best able to reach those with whom you want to work. If you are starting a 5 Plus 5 program, consider training members of your target audience as walking club leaders. Ask community members to recruit their friends, fellow employees and family members to join the program.

**Emphasize the benefits of physical activity:** Many people still believe they need to jog or engage in other strenuous activity in order to gain any health benefits from exercise. However, research suggests that *regular* activity is what counts. For the inactive, even light to moderate

physical activity can improve health. This positive message appeals to many who may not otherwise participate in a traditional exercise program.

Scare tactics rarely persuade people to change their health behaviors. Consider emphasizing the immediate benefits of physical activity, such as weight loss, better sleep habits and an improved sense of well being. Also remember the “food five” of the 5 Plus 5 program by offering fruit and vegetable juices and water during breaks. One group pushed a wheelbarrow filled with ice, water bottles and fruit.

## Tips for Maintaining Regular Physical Activity

The drop-out rate for exercise programs is about 50 percent. What can you do to increase a person's likelihood of continuing to be physically active?

Reduce boredom: Here are a few ideas to alleviate the boredom that sometimes accompanies doing the same physical activity over a long period of time:

- Try a new route. Walkers and bicyclists may want to explore another part of the neighborhood or a nearby park.
- Make physical activity part of a larger project. For example, walk to the store or work or hop off the bus a few stops early and walk the rest of the way to your destination. Physical activity will become a healthier means of transportation.
- Check out a physical activity video at your library or video rental store.
- Use headphones. Many people enjoy listening to their favorite music while they exercise. Phones should not be worn if near bicycle or car traffic nor in areas where personal safety could be jeopardized.
- Find a physical activity partner. Perhaps a spouse or neighbor would like some regular physical activity. Social support improves maintenance of regular physical activity habits.
- Try a new activity. It may be time to switch as a way to ward off boredom.

**Regular contact:** Walking clubs offer participants regular contact with other members of the group that can become the social support needed to continue. A telephone call to members who do not show up for a walk is an easy way to remind them to join you for the next walk.

**Incentives:** Incentives or prizes frequently are used to encourage people to continue physical activity programs. These can be purchased by charging small participation fees or soliciting donations from businesses in the community. Prizes can be awarded for best attendance or most improved habits. If you are recording distances or time walked, prizes also can be awarded when participants reach certain distances, e.g., 100 miles, 500 miles, etc. Incentives include t-shirts, sports watches, walking shoes, gift certificates and coupons to sporting goods stores, gym bags and sweat shirts.

## Overcoming Barriers to Physical Activity

**There are a number of barriers to regular physical activity.** Consider how you might overcome these barriers to make the program available to everyone. More suggestions for overcoming barriers to exercise may be found at [www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm](http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm)

**Lack of time:** Between work, school and family commitments, it can be difficult to make time for regular physical activity. For your program to appeal to this group, ask program participants what is the best time for them to be physically active. Programming early in the morning or after work may fit into busy schedules. An individualized program may be the most convenient. Perhaps three 10-minute sessions will be one's way to reach the "physical five."

**Lack of childcare:** Participants may be interested in physical activity but have nowhere to turn for childcare. Members in one community reported that they would pay a small fee for childcare if it were available near the walking route. A baby sitting cooperative, where members take turns with childcare responsibilities, is another alternative. One walking group selected routes that would accommodate strollers so that parents could bring their children.

**Cost:** Keeping costs low is key to assuring widespread participation. While a small membership fee may cover the cost of incentives, it may also have to be waived for some. Local businesses often are willing to donate incentives, such as T-shirts or gift certificates.

**Transportation:** Convenient transportation is an important issue. Is there ample parking near the walking course? Can participants car pool to the destination?

**Safety:** Not all neighborhoods are safe for activities such as walking. Community groups deal with this problem in various ways. Walking in groups and during daylight hours are good ways to enhance safety. Usually shopping malls have good security. It may be possible to work with local parks and recreation departments and the police to ensure safety in a local park. Some schools offer indoor walking opportunities.

**Risks of physical activity:** Physical activity creates some risk. Sprains, strains and other musculoskeletal injuries are common risks for the physically active. These risks can be reduced with low impact activities such as walking, biking or swimming. While sudden cardiac events can result from strenuous physical activity, this is very rare. Most health experts believe that, overall, the potential benefits of regular physical activity outweigh the risks. One method of addressing risk is through a waiver. A sample program waiver is provided on page 54 of this section.

**Cold weather:** North Dakota winters challenge even the most active people. If you do choose to be active outdoors, dressing for the weather is critical for safety (see page 49 for tips). If being outdoors is not possible, try renting exercise videos from your library or video rental store. Other options include talking to your local school administrator or other large-building staff about remaining open after work hours for walking. Indoor exercise equipment is another option.

## North Dakota Models

North Dakota's citizens do have access to wellness or fitness facilities such as health clubs or community centers. In a North Dakota Department of Health survey completed by more than 1100 North Dakota employers in October 2001, nearly three of every four respondents indicated that there is a wellness or fitness facility in their community. More than 29 percent of respondents indicated that their worksite provides an environment that promotes physical fitness by promoting stair use, allowing flexible work schedules, or encouraging other physical activities for employees.

In addition, North Dakota communities are promoting physical activities in other ways.

- In malls across North Dakota, walkers have turned indoor areas into fitness facilities.
- In Pembina County, the NDSU Extension Service has coordinated a successful walking program. Walking programs can be creative and fun and can establish strong social support for healthier lifestyles.
- In Washburn, Underwood, Wilton, Garrison and Max, city halls are open to the public for walking, and in many other rural communities, schools are open to the public for walking.
- The Prairie Rose State Games, a multi-sport festival for North Dakota's amateur athletes, has been conducted every summer since 1987. Patterned after the Olympic Games, PRSG encourages participation of all ages and skill levels. The Games provide the benefit of physical activity, the camaraderie of participating with fellow residents, and the thrill of an Olympic experience.

### On the Move

*On the Move* is a program that provides incentives to encourage people to increase physical activity levels. Participants use a map of their county or state to log miles walked or otherwise record physical activity over a period of time. *On the Move in Barnes County* reaches people through the local 5 + 5 coalition, the Valley City/Barnes County health department, the county Extension program and workplaces such as the hospital and clinic, long-term care facility, county highway department, city parks and recreation department, school districts and local businesses.

Education and outreach is provided to participants through a monthly newsletter and education sessions. A small registration fee is charged to participants in the *On the Move in Barnes County* program to cover the cost of incentive gifts, distributed monthly. Some employers sponsor the registration fee for their employees.

To motivate participants to complete the evaluation form, drawings for prizes that promote fitness are held. Benefits of the program, gleaned from evaluation forms, included participants noting increased physical activity levels. To keep the program fresh, it is modified slightly each year. For more information, contact Sharon Buhr, Mercy Hospital, Valley City, 701.845.6456.

In Fargo, *On the Move* has been adapted for fifth and sixth graders. Participants move around the map of Cass County when they complete a healthy behavior such as eating 5 servings of fruits/vegetables, completing 30 minutes of physical activity, or not drinking soda pop. Each week features a different theme and includes classroom education woven into lessons on geography and math, a bulletin board display, and a cafeteria intervention for the whole school. The program includes a pre- and post-test to measure knowledge and behavior change. For more information, contact Kim Lipetzky, Fargo Cass Public Health, 701.241.8195, or Rita Ussatis, Cass County Extension Service, 701.241.5713.

### Kids Walk to School

Kids Walk to School is an initiative of the CDC with the goals to increase opportunities for physical activity by encouraging children to walk and bike to school in groups accompanied by adults and to encourage communities to build coalitions to create an environment that is supportive of safe walking and bicycling to school.

This national program has been adopted in local communities including Minot and Grand Forks. In Grand Forks, the program has been promoted in as many as 10 of the elementary schools. Bev Benda-Moe, Grand Forks Public Health Department, coordinates the program. Some of the benefits she reports are the development of new partnerships with nontraditional partners, including the police department, elementary school principals, parent-teacher organizations, and local newspaper and radio stations. Promotions included forms for

logging walking, newsletters, a portable display and public service announcements. Most importantly, the project led to an opportunity for changing the local environment. The organizers had opportunity to provide input to the city's traffic safety committee about how walking kids to school can ease traffic congestion, improve school safety and improve health. For more information on the Kids Walk to School Initiative, visit the CDC website at [www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm](http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm)

### **Walk to Win**

Mercy Hospital in Valley City challenges all K-6 physical education instructors in their service area to help their students set group physical activity goals. Instructors are encouraged to use some sort of motivator, such as a caterpillar to log and illustrate the length of time or distance the collective group has been physically active. A body segment of the caterpillar represents a unit of time, e.g., five minutes, or distance, e.g., one mile. The program runs for six weeks and at the end of that time, hospital educators provide an award and educational presentation to classes that meet goals. Prizes provided by the hospital to schools have included digital pedometers, heart-rate monitors, or a check to be used to purchase physical education equipment. For more information, contact Sharon Buhr, Mercy Hospital, Valley City, 701.845.6456.

### **Walking Promotion Program**

Studies on physical activity have shown that moderately active people take about 5,000 to 7,000 steps each day and that active people take about 10,000 steps each day. Programs to promote 10,000 steps have been adopted by local communities such as the area in the northwestern corner of the state covered by the Upper Missouri District Health Unit including the cities of Williston and Crosby.

The *10 K A Day* walking program was promoted four times a year to worksites, schools, and organization members of the local Northwest ND 5 + 5 Communities coalition. This four-week program was made available to participants for a \$20 fee that included a pedometer valued at \$15. Other participant materials included a four-week calendar to record the daily number of steps, a chart with examples of how to increase steps in increments to reach 10,000 steps, and information about foot care and the benefits of walking. A self-addressed, pre-stamped evaluation postcard also was included. Those who completed the evaluation were eligible for a grand prize drawing of athletic shoes. For more information, contact Sue Grundstad, Public Health Nutritionist, Upper Missouri District Health Unit, 701.965.6813.

### **Additional ideas:**

- Merchants or other community members could renovate old bikes to provide visitors with loaners to tour your town and enjoy the local trails.
- A school wellness team could promote a "winter wellness pack" that could meet regularly between January and May to strengthen their resolve. Participants could receive shirts and log books and be encouraged to travel in packs.

## **Fitness Initiatives**

### **Develop a fitness message and saturate the community with it.**

- Place a "Bee Fit" message in community church bulletins and repeat for several weeks. In the spirit of a sewing bee or quilting bee, the "Bee Fit" message could suggest times to walk together.
- Approach your local paper or shopper and offer to write regular physical activity and nutrition articles. Include lists of events.
- Place bookmarks with a positive 5 Plus 5 message at libraries and book stores.

### **Relate the message to the calendar.**

- Create book and video displays featuring appropriate activities during special months: bike safety during American Bike Month (May), heart-healthy habits in National Heart

Month (February), and the Food Guide Pyramid in National Nutrition Month (March).

- Implement a New Year's Eve walk with healthy food and drink to support resolutions at the new year. Provide suggestions for positive, sustainable resolutions.
- Sponsor a Super Bowl party that features a pre-game walk and healthy snacks of fruit, thereby including both the "physical five" and the "food five."
- Form a group to work off extra calories during the high gain (hibernation) period from November through January. Encourage small steps and enjoyable activities.
- Sponsor team competitions such as weight loss efforts. Award prizes for the highest percentage of pounds lost by a team rather than for number of pounds lost by individuals. This places emphasis on smaller, more attainable goals.
- Create certificates. With ready access to computers and print shops, it is easy and inexpensive to recognize efforts with certificates that can be either humorous (such as Bismarck's "Tired Foot" award) or serious.
- Plan a scavenger hunt walk or bike ride. Contestants can take pictures with Polaroid cameras to show the items they have found.
- Form a walking club. It can be the key to effective change. In North Dakota and across the nation, walking clubs are an increasingly popular way to get in shape. Many people find the social aspect of clubs very important.
- Place a sign on a stairwell door of any office building to encourage physical activity: "Don't think of them as stairs, but as very expensive workout equipment."

Listed in Section 4, **Resources**, are several good sources of walking club manuals. We've also included safety tips, activity logs, and a screening questionnaire for high-risk participants. These can be easily and inexpensively photocopied or printed.

## Policy and Environment

Though research has been limited, evidence so far indicates that aspects of the home, workplace and community environments influence a person's level of physical activity. According to the U.S. Department of Health and Human Services' report *Physical Activity Fundamental to Preventing Disease*,

"Encouraging more activity can be as simple as establishing walking programs at schools, work sites and in the community. Some communities have an existing infrastructure that supports physical activity, such as sidewalks and bicycle trails, and worksites, schools, and shopping areas in close proximity to residential areas. In many other areas, such community amenities need to be developed to foster walking, cycling, and other types of exercise as a regular part of daily activity."

CDC's Active Community Environments Initiative (ACES) promotes walking, bicycling, and developing accessible recreation facilities. It was developed in response to data from a variety of disciplines, including public health, urban design, and transportation planning. These data suggest characteristics of our communities — such as proximity of facilities, street design, density of housing, availability of public transit and of pedestrian and bicycle facilities — play a significant role in promoting or discouraging physical activity. This initiative encourages environmental and policy interventions that will affect increased levels of physical activity and improved public health. Information and resources may be found at [www.cdc.gov/nccdphp/dnpa/aces.htm](http://www.cdc.gov/nccdphp/dnpa/aces.htm)

The CDC's Task Force on Community Preventive Services (the Task Force) has conducted systematic reviews of community interventions to increase physical activity. The Task Force identified and "strongly recommends" interventions demonstrated to be effective in increasing physical activity. Creating or improving access to places for physical activity, combined with distribution of information, is effective in helping people become more physically active. Further information about the Community Task Force's recommendations may be found in **Section 1** or at [www.thecommunityguide.org/](http://www.thecommunityguide.org/).



# **Benefits of the Food Five and Physical Five**

## **Regular activity and proper nutrition can help you:**

- sleep better
- have more energy
- increase your sense of well being
- maintain weight
- decrease stress

# Benefits of the Food Five and Physical Five

## Regular activity can prevent or delay:

- heart disease
- diabetes
- high blood pressure
- osteoporosis (brittle bones)

There's more good news about physical fitness.

Even light to moderate activity can improve your health.

# Research on Physical Activity and Health

## The General Benefits of Physical Activity:

- Longer life spans for those who are more physically active
- Enhanced strength, flexibility, endurance, and weight control
- Increased sense of well being, a greater satisfaction with body shape and weight
- Easier to prevent weight-loss regain cycles and to reverse the metabolic reduction due to chronic dieting cycles

# Examples of Moderate Amounts of Activity

## Less Vigorous — More Time



**45-60 minutes**

Washing and waxing a car • Washing windows or floors

**30-45 minutes**

Playing volleyball • Playing touch football • Gardening

**30-40 minutes**

Wheeling self in wheelchair • Walking 1¾ miles in (20 min/mile)

**30 minutes**

Basketball (shooting baskets) • Bicycling 5 miles  
Dancing fast (social) • Pushing a stroller 1½ miles  
Raking leaves • Water aerobics • Walking 2 miles



## Examples of Moderate Amounts of Activity



**20 minutes**

Swimming laps • Wheelchair basketball

**15-20 minutes**

Basketball (playing a game) • Bicycling 4 miles(15 min.)

Jumping rope

Running 1½ miles(10 min/mile) • Shoveling snow

Stair-walking



**More Vigorous — Less Time**

**A moderate amount of physical activity is roughly equivalent to physical activity that uses approximately 150 calories of energy per day, or 1,000 calories per week.**

# Getting Started

## Warming Up and Cooling Down

- Warming up and cooling down are good ways to prevent injuries and sore muscles.
- Start slowly for the first 5-10 minutes of your workout and then increase your pace.
- Save 5-10 minutes at the end of your workout to go slowly again, or to cool down.

# Getting Started

## Shoes and Equipment

- Avoid injuries by wearing the right shoes and using the right equipment.
- A good pair of walking or running shoes is often the only equipment necessary.
- Get shoes with good heels, arch supports, and plenty of room to wiggle your toes.
- For other equipment, such as a stationary bicycle, make sure it is well maintained and in good working order.

# Getting Started

## Which type of activity is best?

- Almost any aerobic activity will get you into shape because it means moving your large muscle groups rhythmically. This requires you to breathe more rapidly and increases your heart rate.
- Walking, swimming, bicycling, climbing stairs and rowing are just some of the aerobic activities that can improve your cardiovascular health.

# Getting Started

## Finding the right pace

- Moderate physical activity can improve health. This means you don't have to maintain the fastest pace possible in order to get healthier.
- Imagine a scale from one to ten when starting an exercise program.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Couch potato</b>			<b>Just right</b>				<b>Fastest pace</b>		

- Try the “talk test.” If you can't talk while doing your specific physical activity, it's a sign that you are working too hard. Slow down.

# Research on Physical Activity and Health

## Activity and the Heart

- Those who are sedentary are about two times as likely to develop coronary heart disease (CHD) as those who are active. Those who are sedentary have a 50% higher chance of dying of CHD than those who are active.
- People who are less physically active have almost twice the risk of developing hypertension as those who are active.
- An active childhood, without continued activity in adulthood, will not protect adults from CHD. Athletes who were studied maintained low rates of CHD only if they remained active later in life.

# **Research on Physical Activity and Health**

## **Activity and the Prevention of Other Health Problems**

- Physical activity can help in the prevention and treatment of several common chronic health problems: non-insulin dependent diabetes mellitus, hypertension, obesity, peripheral vascular disease; and depression.
- There is some evidence to suggest that being sedentary may increase the risk of developing some types of cancer, particularly cancer of the colon and the female reproductive system.
- Physical activity strengthens bones, increases bone density, and may reduce the risk of fractures in the elderly.

# Safety Tips

## The Weather – Hot Days

- Slow down your routine until you get used to the heat.
- When the temperature is 90 degrees or above, exercise during the early morning hours or in the evening. Drink lots of water.
- The signs of heat stroke include dizziness, weakness, and becoming very tired. Sweating often stops and one's body temperature can become dangerously high.

# Safety Tips

## The Weather – Cold Days

- Wear several layers of clothing.
- Take off layers as you warm up.
- Wearing a hat is important as well. Up to 40 percent of body heat loss occurs through your head and neck.

# Safety Tips

## When to Stop

- The “talk test” is a good way to tell if your pace is too fast. If you can do your routine and talk, your pace is about right. If you are too out of breath to talk, slow down.
- Contact your physician immediately if you feel suddenly dizzy, faint or break into a cold sweat, or if you feel pain or pressure in your left or mid-chest area, left neck, shoulder or arm.

# Safety Tips

## General safety

- If you are outside, walk or run against traffic.
- Bike with traffic.
- In the evening, find a safe, well-lit place to go. Being with others is a good strategy to improve your safety at night.
- Wear good supportive shoes and clothes that “breathe.”

## Physical Activity Readiness—Questionnaire

Light to moderate physical activity is safe for most people. This questionnaire will help determine whether you can begin your program immediately or whether you should consult your doctor first.

### Do you have any of these conditions?

- Heart trouble, heart murmur, or coronary heart disease;
- Pains or pressure in your left or mid-chest area, left neck, shoulder or arm during or right after exertion;
- Frequent faint or dizzy spells;
- Diabetes;
- Uncontrolled high blood pressure (over 140/90);
- Arthritis or other problems with bones and joints;
- Are you over 50 and not used to exercising?

**If any of the above apply to you, talk to your doctor before beginning your new program.**



# Physical Activity Contract

I am ready to begin my new program.

I will \_\_\_\_\_  
(activity)

each week for \_\_\_\_\_ minutes each day. I will be at/in \_\_\_\_\_.  
(location)

The best days for me are M T W T F S S from \_\_\_\_\_  
(days) (times)

If I have any questions or problems, I know that I can telephone my counselor,

\_\_\_\_\_ at \_\_\_\_\_.  
(name) (telephone number)

I understand that my counselor will call me \_\_\_\_\_ to discuss my new program.

\_\_\_\_\_  
(signature) (date)



# Program Liability Waiver



## Checklist for Coordinator of 5 Plus 5 Activities

At the initial meeting, the following forms should be distributed to participants interested in taking the 5 Plus 5 challenge. Camera-ready copies are included in the 5 Plus 5 manual in Section 4, unless indicated otherwise.

- “Master List of Names, Addresses and Phone Numbers of Participants” (copy as needed)
- “Physical Activity Readiness Questionnaire”  
(there is one in the “Eating More + Doing Less = Better Health” camera-ready brochure)
- “5 Plus 5 Challenge: Pre-Event Questionnaire”
- “Program Liability Waiver Form” (page 54)

You also may choose to distribute the following suggested handouts:

- “5+5 Challenge: Questions You Might Ask”
- “Eating More (fruits and vegetables) + Doing Less (sitting around) = Better Health”
- “Take the 5 Plus 5 Challenge” scorecards (two versions provided)

Other:

At the conclusion of your program, please have participants fill out a post-event questionnaire.

Code numbers are used on the scorecards. If you are giving prizes to participants, separate slips of paper should be made available to sign up for a drawing. Names and code numbers are to be kept separate for the sake of confidentiality.



