

Moving Matters: Including Physical Activity in Your Day

Participant Worksheets



Name: _____

Date: _____

Goals for the Workshop:

To understand how you can use physical activity to help you control your chronic disease(s) while maintaining or improving your overall health.

We will have the opportunity to make an action plan based on your physical activity goals.

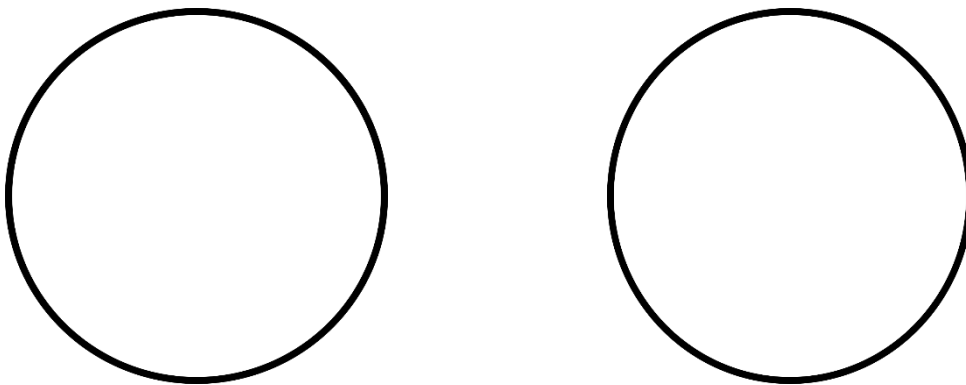
Benefits of Physical Activity

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Circle those benefits that are most important to you at this time in your life.

What are YOUR reasons for becoming more active? Think of the “big” picture:

What does **YOUR** 24 hour day look like now?



Thinking about your average day, divide up the circle above into three divisions: time spent sleeping, time spent moving and time spent sitting. You might also divide up the second circle for week-end days if they are considerably different from week/work days.

Lifestyle Physical Activity (Active Living)

Ideas for increasing my lifestyle physical activity:

A pedometer is one way to see how active you are in the day. Increasing steps taken means more time moving and less time sitting.

Structured Physical Activity: This includes flexibility, cardiovascular and strength activities.

Cardio: Widest range of health benefits and especially beneficial for heart and lung health. Things I could do to increase Cardio:

For general health benefits, the closer you get to 150 minutes per week (21 minutes per day) of cardio the better.

Strength: Any movement where your body is creating force while moving, or trying to move itself or another object. Strength training is helpful for improving your general health, muscle strength and muscle mass. Muscle tissue burns more fuel (calories) and increases insulin sensitivity. Things I can do to increase Strength:

Tips for Strength training: 1) Slow tempo and don't hold your breath
2) Ease into a program/routine 3) Take a rest day between workouts of same muscle groups.

The Canadian physical activity guidelines recommends muscle and bone strengthening activities at least 2 times per week

Flexibility: Refers to activities that restore or maintain normal joint, muscle and tendon movement. Things I can do to increase flexibility:

Monitoring Intensity

How Hard Activity Feels

10	<u>Maximum</u> (completely out of breath, unable to talk)
9	<u>Very Hard Activity</u> (can speak only one word at a time)
7-8	<u>Hard Activity</u> (out of breath, can speak a sentence or two)
4-6	<u>Moderate Activity</u> (can still carry a conversation)
2-3	<u>Light Activity</u> (breathing is easy)
1	<u>No Activity</u>

Talk Test

Ideally aim for an intensity of Moderate Activity - between 4 - 6/10. This is How Hard the Activity feels to YOU.

Talk Test: Can I sing? Not working hard enough! Am I gasping for air? Working too hard! Can I speak in short sentences? Working just right!

My Action Plan

Date: _____

What am I going to do?(walk) _____

How many days of the week?(3 days/week) _____

How long will I do this for?(15 minutes) _____

When am I going to do this?(Monday, Wednesday, Friday, after supper) _____

How Confident am I that I can achieve my goal? (scale of 0 to 10 with 0 being not confident at all and 10 being extremely confident): _____

Things that could get in the way of completing my action plan (Barriers):

My plan for overcoming these challenges/barriers are:

Support and resources I will need:

How Important is it to me that I achieve my goal? (scale of 0 to 10, with 0 being not important at all and 10 being extremely important):

Follow-up date: _____

**Next Steps**

See your doctor/health care team if needed

Complete Action Plan

Additional Resources:

www.healthylivingprogram.ca or call: 1-877-349-5711

Canadian 24-Hour Movement Guidelines

Exercise and Activity

Dr Mike Evans video on Moving More