

Health By Design Program: Physical Activity

- I. What is physical activity? (Let residents answer first)
 - a. Any form of exercise or movement.
 - b. Examples: walking, taking the stairs, cleaning your house, gardening, grocery shopping, washing dishes,
- II. Target Goals of Physical Activity = 30 minutes most days
- III. You can exercise in the comfort of your own home.
 - a. Canned foods
 - b. Lifting legs while sitting
 - c. Raising arms above head
- IV. Let's do an exercise together!
 - a. Stretching activity with exercise bands
 - b. Weights with canned food while sitting
- V. Ask residents: "What are daily activities you do that can give you signals that your body is getting a workout?"
- VI. Ask residents: "What are benefits of physical activity?"
 - a. Good for your bones
 - b. Decreases risk of disease
 - c. Strengthens muscles
 - d. Helps manage your weight
 - e. Controls your blood pressure
 - f. Makes you feel great!
- VII. Ask residents: "Why do you want to be more physically active?"
- VIII. Ask residents: "What are barriers you have for not exercising?"
- IX. Ask residents: "How can you overcome those barriers?"
- X. Examples of exercises they can do:
 - a. Exercise band or clothes (shirt, scarf, sock)
 - b. Cans of food
 - c. Carrying groceries
 - d. Walking around building or hallways
 - e. Dance to favorite music
 - f. Arm exercises while watching tv like holding your arms above your head for few seconds at a time
- XI. Ask residents: "What will you do to increase physical activity this week?"
- XII. Here are some a healthy snack to have before or after exercising.
 - a. Crock pot idea – Apples, cinnamon, raisins, butter
 - b. Mexican pinwheels – tortilla, salsa, beans
 - c. Monkey treats – banana, peanut butter, and raisins
 - d. Frozen vegetables that can be heated and eaten at your convenience