Get Moving!

The Importance of Physical Activity

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Before we get started...

- Life Expectancy: 13-30 years less than the general population
- High incidence of physical health conditions unrelated to Dx
- **Metabolic Syndrome**: Group of risk factors increasing one’s risk of heart disease, diabetes, and related conditions. Must have 3 of 5 risk factors
  - Risk factors:
    - Large waistline (abdominal fat)
    - High triglyceride levels
    - Low HDL cholesterol
    - High blood pressure
    - High fasting blood sugar
  - Incidence 2-3 x greater than general population
Today’s Agenda

• Defining types of physical activity
• Understanding the physical activity guidelines
• Benefits of physical activity
• Assessing physical activity and physical activity motivation
• Setting and supporting physical activity goals
• Questions
Activity Levels

• Four levels of activity
  – Sedentary
  – Light
  – Moderate
  – Vigorous
What’s the deal with METs?!

- Metabolic Equivalency
- Energy expenditure/hour
  - Sitting for 1 hour = 1 MET
  - Sleeping for 1 hour = .9 MET
  - Standing for 1 hour = 1.3 MET
- MET for average adults calculated in the Compendium of Physical Activity
- https://sites.google.com/site/compendiumofphysicalactivities/
Defining Sedentary Activity

• Little-no energy expenditure (1-1.5 MET)
• Seated or reclined position
  – Screen time activities
  – Reading
Sedentary Behavior... so what?

- Decreased health related quality of life
- Increased risk of chronic diseases
  - Cancer, diabetes, cardiovascular disease, gallstone disease, hypertension
- Increased risk of overweight and obesity
- Chronic disease contributes to early mortality
- Cardiovascular disease #1 cause of decreased life expectancy
  - Being overweight or obese increases chance of cardiovascular problems
  - Low cardiorespiratory fitness -> cardiovascular disease
Amount of Sedentary Behavior

- Overwhelming percentage of adults with psychiatric disabilities experience high rates of sedentary behavior
  - 22 hours/day!
- Less likely to meet the physical activity guidelines
- Some report zero leisure time physical activity
- Women and older individuals are especially at risk for negative effects of sedentary behavior
Light Activity

• Require minimal energy expenditure (1.6-2.9 MET)
• Purposefully acquired (walking for fun)
• Incidentally acquired (walking for transportation)
• Examples
  – Washing dishes, shopping, putting away groceries, billiards
• Often does not raise your heart rate noticeably or increase respiration
Light Activity.... So What?!

Mental Benefits of Walking

- Reduced symptoms of depression (McCaffrey et al., 2011; Ng et al., 2007)
- Reduced anxiety (Ng et al., 2007)
- Reduced stress (Ng et al., 2007)
- Increased positive emotions (McCaffrey et al., 2011)

Physical Benefits of Walking (Hart, 2009)

- Decreases weight
- Decreases BMI
- Decreases risk of diabetes
- Reduced occurrence of heart disease
- Strengthen bones
Moderate-Vigorous Activity

- Activities that expend the most amount of energy (<3.0 MET)
- Moderate: ability to talk, but not sing while participating
  - Examples: Walking up/down steps, walking moderate/brisk pace, Table Tennis, Sweeping
- Vigorous: ability to say only a few words before taking a breath
  - Jogging, Running, Playing basketball, Jumping Rope
Physical Health Benefits

- Increased health related fitness and physical health
- Decreased weight and waist circumference
- Decreased risk of chronic disease and early mortality
- Reduced risk of diabetes
- Sleeping better

What it looks like

- Reduced weight
- Decreased waist size- wearing smaller pants
- Increased endurance
- Ability to be physically active for longer
- Feeling more awake
- Improved ability to breathe after being active
- Decreased chest pain
Mental Health Benefits

Mental Health Benefits

- Decreased symptoms of depression
- Increased motivation
- Improved mood
- Grow your brain!
  - Improve concentration skills
  - Improve memory
- Reduced stress
- Increased self-esteem
- Increased self-confidence
- Sense of independence
- Satisfaction with life
- Decreased boredom

What it looks like

- Processes information better
- Remembers appointments
- Eager to engage in activities
- Confident in ability to learn new things
- Improved affect
  - More enjoyable to be around
  - More even tempered
  - Complain less

The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities
Types of Physical Activity

- Adults should complete two types of physical activity each week to improve health
  - Aerobic Activity
  - Muscle-strengthening activity
# Physical Activity Recommendations

<table>
<thead>
<tr>
<th>Option</th>
<th>Activity Description</th>
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<tbody>
<tr>
<td>1</td>
<td>2 hours and 30 minutes of moderate-intensity aerobic activity per week (Ex. walking fast, water aerobics, biking with few hills, pushing stroller) AND 2 or more days of muscle-strengthening activities per week (all muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms)</td>
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<tr>
<td>2</td>
<td>1 hour and 15 minutes of vigorous-intensity aerobic activity per week (Ex. jogging, running, swimming laps, biking fast or on hills, playing basketball) AND 2 or more days of muscle-strengthening activities per week (all muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms)</td>
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<tr>
<td>3</td>
<td>Combination of moderate- and vigorous-intensity aerobic activity per week (Ex. 90 minutes of moderate-intensity plus 30 minutes of vigorous-intensity aerobic activity) AND 2 or more days of muscle-strengthening activities per week (all muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms)</td>
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Types of Activities throughout the week

Here are some recommendations on how to integrate activity throughout the week and meet the physical activity guidelines.
Assessing & Monitoring Physical Activity

• Provides comprehensive understanding of baseline activities
• Allows individuals to track and monitor their own progress
Types of Assessment

• Self-report
  – Physical activity diary
  – Assessment scales (International Physical Activity Questionnaire)

• Digital monitoring
  – Accelerometers
    • Phone, FitBits
  – Pedometers
Setting Goals: Big Picture

- First understand what individuals want to accomplish
- What personal benefits do they want to achieve?
- What benefits do they want to attain specific to physical and mental health?
- Create clear picture of how to set goals to promote increased physical activity
- Experiencing desired outcomes leads to sustained participation
- Set goals that will lead to specific individual benefits
Setting Goals: Identifying Activities

• Personally meaningful activities motivate participation
• Identify interesting, enjoyable, and meaningful activities
• What activities have they participated in previously?
• What activities do friends or family members enjoy?
• Make suggestions based on yours or others’ experiences
• Look through magazines for mainstream and alternative activities
Exercise Doesn’t have to be a four letter word!

• Interest-based activities
• Identify leisure interests (LTPA)
• Offer a variety of options
• EXAMPLES
  • Exergames (Wii)
  • Dance
  • Walking
  • Gardening
  • Dance
  • Sports
  • Running
  • Others?

I exercised once, but found I was allergic to it. My skin flushed and my heart raced. I got sweaty and short of breath. Very dangerous.
## Action Plan: Getting Started

<table>
<thead>
<tr>
<th>What</th>
<th>Expected Benefits</th>
<th>Where?</th>
<th>Cost to participate</th>
<th>Other Factors</th>
<th>How often</th>
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</thead>
<tbody>
<tr>
<td>Jog in a 5K</td>
<td>- Lose weight</td>
<td>- Delaware river</td>
<td>- $10 registration</td>
<td>- Get running clothes &amp; shoes</td>
<td>- 1 5k in 3 months</td>
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<td></td>
<td>- Increase energy</td>
<td>trail</td>
<td></td>
<td>- Schedule weekly runs</td>
<td>- Training: 3 runs/week</td>
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<td></td>
<td>- Get fresh air</td>
<td>YMCA Treadmill</td>
<td></td>
<td>- Create a calendar to track runs</td>
<td>- Training: walk every day</td>
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<td></td>
<td>- Spend time with cousin who is a runner</td>
<td>Track at park</td>
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<td>- Invite cousin to run with me</td>
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<td></td>
<td>- Less time bored at home</td>
<td>Recovery 5K</td>
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<td></td>
<td>- Improve joints</td>
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<td>- Feelings of accomplishment</td>
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Self-Monitoring

• Important for individuals to Self-Monitor Physical Activity
• The individual is the only one who can track daily physical activity
• Increases ownership of goals and responsiveness to progress
• Sense of independence and control
• Increase self-efficacy
  – Most consistent factor related to increased participation
  – Maintain participation over extended period of time
  – More likely to achieve goals through sustained participation
Reviewing and Discussing Progress

- Compare goals to actual progress
- Work with individuals to assess whether or not present goals need to be adjusted
- Discuss barriers and adjust action plans if necessary
- Identify additional supports that may be needed
- Review time spent participating in different types of physical activity
- Discuss developing additional goals in order to reach recommended levels of physical activity
Summary

1. Physical activity is important for both mental and physical health
2. Individuals with psychiatric disabilities engage in reduced amounts of physical activity and high amounts of sedentary behavior
3. Develop strategies to assess physical activity levels and participation with consumers
4. Identify personally meaningful outcomes and goals
5. Identify personally meaningful activities
6. Set goals and action plan
7. Monitor and support progress

www.tucollaborative.org
Additional Resources

• Recommendations for physical activity

• Supporting physical activity: A guide for Peer Specialists

• Exercise Fact Sheets

• Walking Fact Sheets
Contact Us For More Information

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Or for additional technical assistance, check out the

**Temple University Collaborative Consultation Services**

References


