

Bridges to the Future Transitional Care Program

Fitness



**KOSAIR
CHILDREN'S
HOSPITAL**

*Supported by the
Children's Hospital Foundation*



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Staying Active is Vital to Your Health



Staying in Shape:

Get advice from your doctor before starting any new exercise programs or other strenuous physical activities.



Benefits of An Active Life

Enables you to become healthier

Increases chances of living longer

Helps you feel better

Reduces the chance of becoming depressed

Allows you to sleep better at night

Helps you stay in shape and look healthier

Builds stronger muscles and bones

Helps you maintain a healthy weight

Opens doors to meet new friends

Allows you to have fun



Top 5 Excuses for Not Exercising:

1. TIME:

I don't have enough...

2. MONEY:

I don't have enough...

3. ENERGY:

I don't have enough....

4. ATHLETIC ABILITY:

I don't have enough...

5. MOTIVATION:

You get the picture!



Couch Potato = Sedentary Lifestyle

A person who has a very inactive life and doesn't get enough exercise is leading a sedentary lifestyle.

Being a couch potato can greatly increase risk of heart disease and other health problems.



FYI: Playing Video Games is NOT Exercise!

Sure, some people say they burn off calories playing video systems such as Wii.

But do you really want to risk turning out like this?



Being Inactive is Dangerous!

When you are not physically active, you are more likely to experience severe health problems such as:

Obesity

Heart attacks

Type 2 Diabetes

High Blood Pressure

Other Health Problems



America's Sedentary Epidemic



Face the Facts:

The average American adult spends 56 hours staring at screens on computers, TVs and other digital devices.

- Study by the Institute for Medicine and Public Health

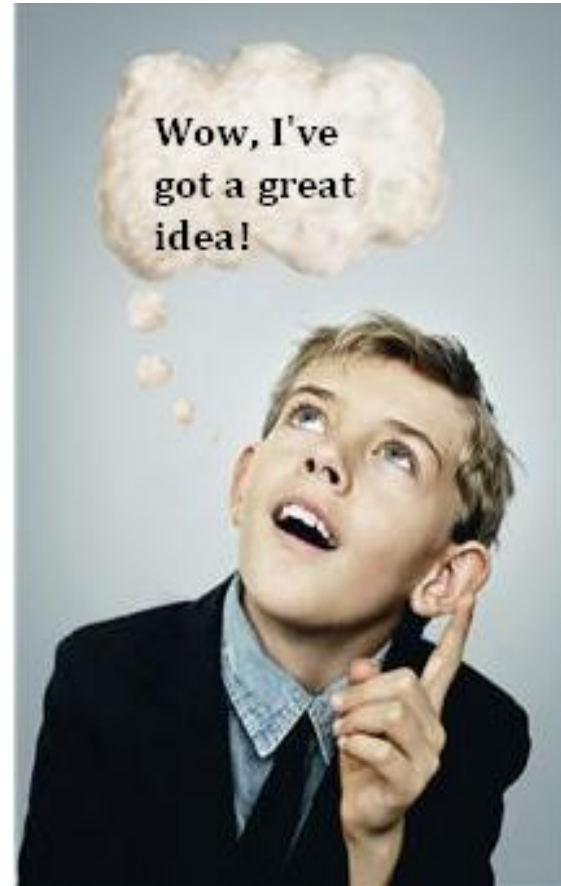


Exercising Reduces Risk Of:

Obesity
Heart attacks
Type 2 Diabetes
High Blood Pressure
Other Health Problems



Top 5 Solutions to Lame Excuses for Not Exercising



Lame Excuse 1: Not Enough Time

SOLUTION 1: MAKE THE TIME!

Grab 10 minutes of exercise anywhere and anytime you can.



Lame Excuse 2: Not Enough Money

SOLUTION 2: FIND FREE FUN!

You don't have to join a fancy fitness center or buy expensive equipment to be active & stay fit.



Lame Excuse 3: Not Enough Energy

SOLUTION 3: IMPROVE ENERGY BY EXERCISING

Exercise can actually boost your energy levels and metabolism – the rate at which your body burns calories!



Lame Excuse 4: Not Athletic

SOLUTION 4: BE ACTIVE YOUR OWN WAY!

Find physical activities you enjoy that match your skills, whether it's cycling, swimming, walking around the neighborhood or yoga.



Lame Excuse 5: Not Motivated

SOLUTION 5: IMPROVE YOUR MOTIVATION

Exercising can actually help you improve your focus and make you more determined to accomplish your goals.



Exercising Benefits ALL of Your Body

Including your brain!

Physical activity produces endorphins, natural chemicals that help you relax & boost your mood.



Sports & Recreation

Joining an amateur sports league such as a bowling league or local softball team can help you form new friendships, build strong bonds and stay in shape!



How much activity do I need?

To prevent weight gain, most people need about 60 minutes of physical activity on most days.

To keep off lost pounds, many people need about 60 to 90 minutes of physical activity daily.

Children and adolescents need 60 minutes of physical activity daily, or most days.

For health benefits, physical activity should be moderate to vigorous.



What Types of Exercise Do I Need?

The three components to a well-balanced exercise routine are:

Aerobic Exercise

Strength Training

Flexibility Training



Aerobic Exercises

Make your heart, blood vessels and lungs pump harder, which makes them stronger

If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week.

If you choose vigorous activities, do at least 1 hour and 15 minutes a week.



Aerobic Exercises

Moderate Level:
2 ½ hours weekly

Biking on level ground

Canoeing

Sports where you catch and throw
(baseball, softball, volleyball)

Using a manual wheelchair

Using hand cyclers (ergometers)

Walking briskly

Water aerobics

Vigorous Level:
75 minutes weekly

Biking faster
than 10 mph

Fast dancing

Heavy gardening

Hiking uphill

Jumping rope

Jogging or running

Sports with running

Swimming fast



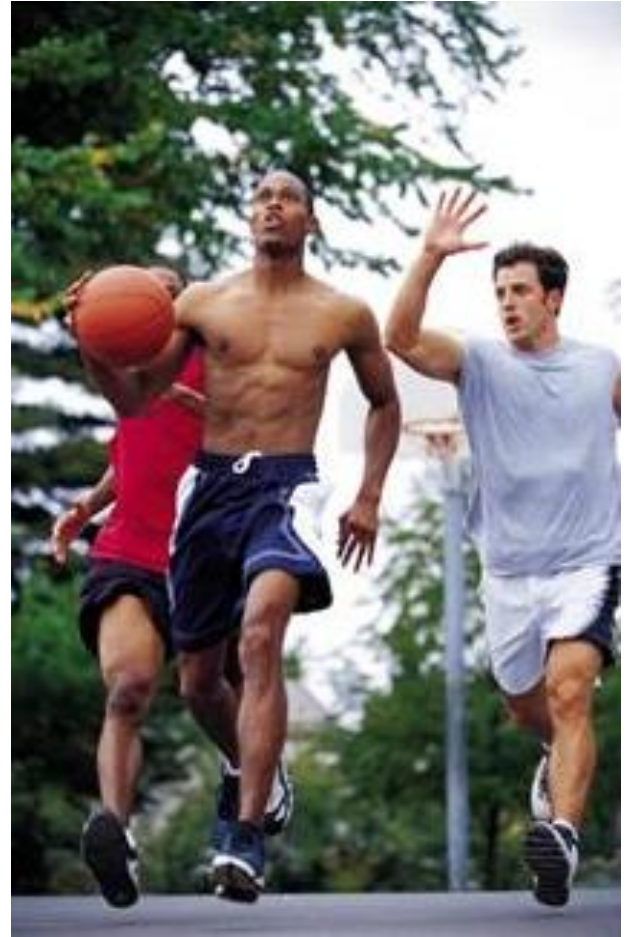
Aerobic Activities

Talk with your doctor before starting.

Slowly build up time for physical activities.

The more time you spend, the more health benefits you gain. (In most cases. More later on that!)

Mix moderate and vigorous activities to get the best benefits.



Strength Training Exercises

Examples: Push Ups, Chin Ups, Lifting Weights

Do at least twice weekly.

Exercises for each muscle group should be repeated 8 to 12 times per session.



Flexibility Training

Can reduce your risk of strained and sprained muscles, back aches and other problems

Examples: Martial Arts, Ballet, Gymnastics, Pilates

Stretching for 10 minutes before & after your workouts is a great way to incorporate flexibility training.



Don't Overdo It!

Always use the proper sports equipment such as bike helmets.

Never exercise through pain.

Give injuries time to heal.

If you ever get the feeling that your exercise is in charge of you rather than the other way around, talk with your doctor, a parent, or another adult you trust.



Wait! What about my weight?

Your "body mass index" (BMI) is based on factors such as height, weight, age and gender.

There are many factors involved, but in general:

BMI below 18.5 = Underweight

BMI of 18.5 to 24.9 = Normal

BMI is 25.0 to 29.9 = Overweight

BMI of 30+ = Obese



Staying Motivated

Keeping an exercise log can help you keep track. Make goals that are:

Specific
Realistic



What else do we need to know
to make it to the finish line?



To Contact Bridges to the Future

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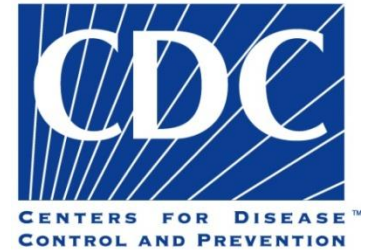
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