

Health By Design: 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