

Exercise Within Reach

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How to use these slides – “read the notes in quotation marks”, **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- “Get ready to stretch, strengthen and even jump – all exercises that can be done easily at home or in your backyard. Regular exercise and physical activity are a part of good health and well-being and work hand-in-hand with good nutrition. Learn how to integrate healthy food and proper hydration into your fitness routine. Set your goals, identify personal motivators and create an exercise plan that works for your lifestyle.”
- *Supplemental resources:*
 - *Fitness Basics*
 - <https://www.heart.org/en/healthy-living/fitness/fitness-basics>
 - *Kentucky Inclusive Health Collaborative adapted physical activity videos:*
 - <https://www.wellness4ky.org/physical-activity/>

**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life® Initiative.**



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Agenda

- Introduction
- Learn about Exercise
 - Benefits
 - Barriers
- Group Activity
- Re-fuel
- Workout Plan
- Goal Setting



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
 - *1:00-1:10 Introduction*
 - *1:10-1:20 Demonstrate Content (i.e. Exercise Within Reach)*
 - *1:20-1:40 Activity (i.e. Exercise Stations)*
 - *1:40-1:45 Re-fuel Break (Water and Snacks)*
 - *1:45-1:50 Recap/ Handout Review / Workout Plan*
 - *1:50-2:10 Goal Setting*

Learning Objectives

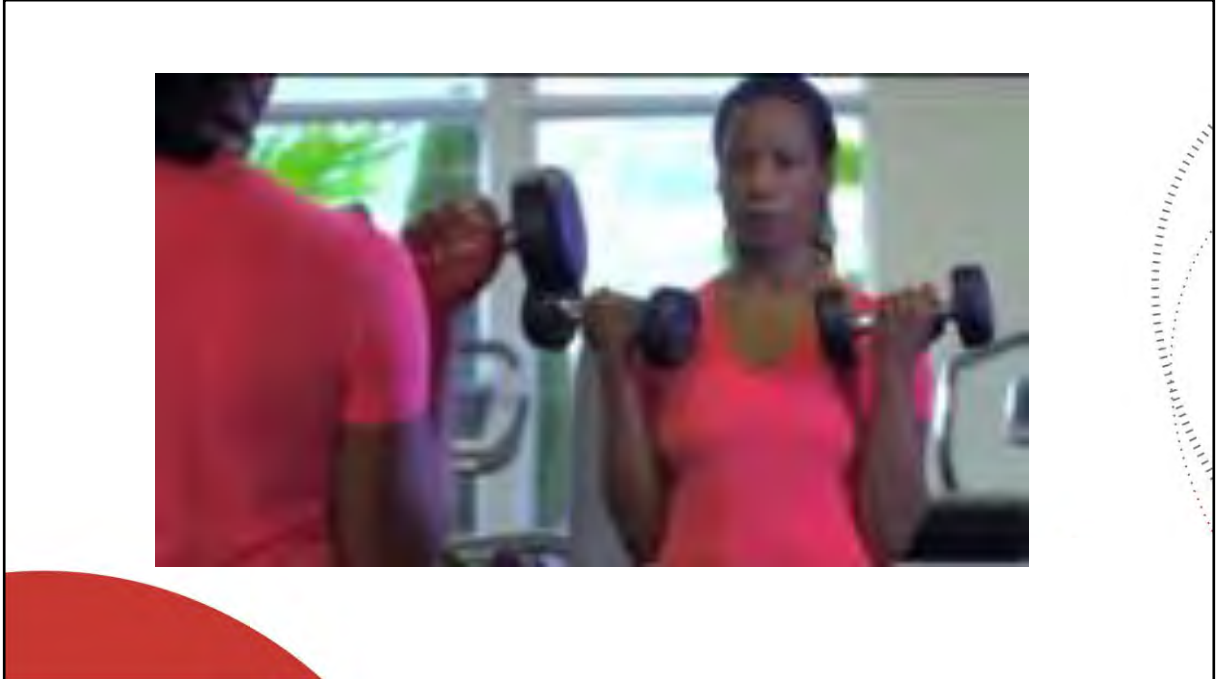
- Understand the American Heart Association's physical activity recommendations.
- Identify one personal motivator and one way to remove a barrier to becoming more physically active.
- Establish a personal plan that works for you.



- Explain the expected outcomes.

Ice Breaker

- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
 - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*



- **Play video for Exercise Within Reach (1:39)**
 - <https://www.youtube.com/watch?v=NqIBXrzZgi0>
 - *Ensure that closed captioning is on for the video as it plays.*
- The video will show you the difference between moderate and vigorous intensity physical activity. It will also demonstrate what your target heart rate means and how to calculate it. It will share creative solutions to common barriers and also demonstrating how to fuel up your tank with the right foods and your radiator with the right fluids, using with right amounts at the right time.
- *Supplemental video: CHEER Introduction (0:58 - 4:45)*
 - *This video highlights exercises for varied ability levels.*
 - *The full video is not necessary.*
 - https://www.youtube.com/watch?v=-DXTE2c4IU8&list=PL4Kua-0B_a-g4IRsCOMSs2xvRGYe_IH9d
 - *Ensure that closed captioning is on for the video as it plays.*

Benefits of Exercise

- Increased energy
- Lower blood pressure
- Improve blood sugar
- Reduce feelings of stress
- Improve quality of sleep
- Improve memory
- Support mental well-being
- Increase self-confidence



- “Some of the benefits of regular physical activity are increased energy and better cardiovascular health (heart health).
- Exercise can also lower blood pressure, improve blood sugar, reduce feelings of stress, improve quality of sleep and reduce the time it takes to fall asleep, improve memory and reduce the risk of dementia and depression, and make you feel good about yourself.”
- *Supplemental resource:*
 - *What’s the Link Between Physical Activity and Health*
 - <https://www.heart.org/en/health-topics/cardiac-rehab/getting-physically-active/whats-the-link-between-physical-activity-and-health>

Exercise That Works for You

- Social or individual
- Make it a **habit**
- **Time** of day
- Give yourself **attainable** options that **fit your life**
- Start with shoes
- **Smaller sessions count**
- Set **goals**
- Keep going!



- “Find an activity that best fits your personality and lifestyle. Here are some tips to help you enjoy physical activity.
- If you are a social person, do something that engages you socially, like going to a group exercise class, joining a kickball team or walking with a group of friends.
- Or, if you prefer having time alone, walking or jogging solo might be a better fit for you.
- Finding a peer group is the perfect way to connect with others who share your goals, lifestyle, schedule and hobbies.
- Make it a habit. Be honest with yourself. If you are not a morning person, don’t plan on somehow getting up at the crack of dawn to work out.
- Give yourself attainable options. There are many ways to be realistic and fit physical activity into your life. You don’t have to make a big financial investment. You can borrow exercise videos from the library. Do weight or resistance training with items around your home (for example, use canned goods as light weights).
- Walking is a great option as well. The only investment is a good pair of shoes. It’s usually convenient, comfortable and safe to work out at home. It’s okay to break up your physical activity into smaller sessions.
- Set goals for yourself. The AHA recommends 150 minutes per week of moderate-intensity aerobic activity, like walking or biking, or 75 minutes of vigorous aerobic activity, like jogging or playing basketball, or a combination of both, preferably spread throughout the week. Include muscle-strengthening activity, such as resistance or weights, on at least 2 days per week for even more health benefits. If all that sounds overwhelming, start with 10-minute workout sessions.
- Keep going. If you miss a day or a workout, don’t worry about it. Everybody struggles once in a while. Just make sure you get back at it the next day.”

What Are Some Barriers To Exercise?

- “Who can tell me some barriers (or obstacles) you may have with exercising?”
- **Pause, wait for responses (lack of time, no social support, lack of motivation/energy, lack of equipment, caregiving responsibilities, etc.). Ask participants to brainstorm or share stories of overcoming these barriers.**
- “Next we are going to brainstorm and share stories of overcoming these barriers.”
- *Supplemental resource: Overcoming Barriers to Physical Activity*
 - <https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html>

Barriers To Exercise

- Time
- No social support
- Motivation and/or energy
- Lack of resources
- Life obligations and/or caregiving responsibilities
- Fear of injury
- Lack of skill



- “Barriers to exercise include lack of time, no social support, no motivation or energy, limited resources such as access to safe walkable streets, life obligations and caregiving responsibilities, fear of injury and lack of skill.”

Barrier: Time

- Monitor activities
- Find time slots for physical activity
- Select activities that fit into routine
- Set a schedule
- Make the time!



- “Barrier: Lack of time
- Solutions: Monitor your activities for one week
- Identify at least five 30-minute time slots you could use for physical activity
- Select activities that you can fit into your daily home or work routine, such as strolling in your neighborhood, climbing stairs, yoga or dancing, parking farther away or exercising while you watch TV.
- Select activities, that you can do based on the time that you have available (e.g., 5 minutes, 10 minutes, 20 minutes).
- Take advantage of school or employment physical activity facilities and/or programs. If possible, hold movement meetings and conference calls and try to stand, stretch, or move around some.
- Once you set aside dedicated time to be physically active, make the time.”
- *Supplemental Resources:*
 - Walking - <https://www.cdc.gov/physicalactivity/walking/index.htm>
 - Worksite Physical Activity - <https://www.cdc.gov/physicalactivity/walking/index.htm>

Barrier: Social Support

- Explain your goals
- Invite others
- Plan together
- Join active groups



- “Barrier: Friends and family don’t share your interest in physical activity
- Solutions: Explain your fitness and/or health goals to friends and family and ask for their support. Invite friends to participate in physical activity with you and plan activities involving those friends. If you have the option, join a gym or walking or running group to give you that social support.”

Barrier: Motivation / Energy

- Plan ahead
- Schedule specifics
- Time of day
- Find fitness partners
- Play games or sports
- Keep workout clothes handy
- Physical activity is a mood lifter!



- “Barrier: Lack of motivation and/or energy
- Solutions: Plan ahead. Schedule physical activity for specific times/days and “check” it off your list or calendar each time you complete it. Determine what time of day you feel most energetic and try to fit activity into that time frame. Play games or sports with friends, join an exercise group or class and seek out others in the group to motivate you to attend and keep you accountable. Try packing your workout clothes the night before and taking them with you when you go to work as a reminder.
- Also remember regular physical activity is a mood lifter and can help relieve stress.”

Barrier: Lack Of Resources

Barriers

- Money
- Equipment
- Access to facilities
- Transportation



Solutions

- Select activities that do not require equipment
- Use household items
- Identify community resources
- Plan ahead for accommodations
- Ask others and explore options



- “Barrier: Lack of resources may include availability of equipment, access to facilities and transportation and the costs associated with these resources.
- Solutions: Select activities that don’t require gym equipment or a membership, such as walking, jogging, jumping rope, yoga or calisthenics.
 - Or use household equipment like soup cans or gallon-size milk containers filled with water, sand or rocks as weights.
 - Identify convenient resources in your community, such as parks and recreation programs, walking clubs, etc.
 - Plan ahead by ensuring the facility is accessible and identifying any assistance you may need.
 - Other barriers suggest having an exercise buddy to help hold you accountable and motivate you to keep going, this person can also serve as a solution to transportation barriers. You can also look into public transportation options that provide scheduled or routine pick-ups and provide accessibility accommodations for vehicles.”
- *Supplemental resource: “Homemade Weights”*
 - <https://www.wellness4ky.org/resource/homemade-weights/>

Barrier: Life Obligations

- Exercise with others
- Make it fun
 - Play games
 - Everyone benefits
 - Work together



- “Barrier: Life obligations like family caregiving or employment
- Solutions: Exercise with your friends or your kids. Go for a walk together, make it fun and play tag or other running games. You can spend time together, while making sure everyone is getting the daily physical activity they need to stay healthy. Work together to make exercise work. If you have a specific exercise class you like to attend, try alternating babysitting time with a neighbor.”

Barrier: Fear of Injury

- Warm up and cool down
- Learn how to exercise appropriately
- Choose activities with minimum risk
 - Walking
 - Water aerobics
 - Yoga
- Listen to your body



- “Barrier: Fear of injury
- Solutions: Learn how to warm up and cool down to prevent injury.
 - Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
 - Choose activities involving minimum risk.
 - Listen to your body. If you feel pain or get an injured, contact your healthcare provider.”

Barrier: Lack of Skill

- Do what you know how to do
 - Hiking
 - Strolling
 - Take the stairs
 - Dancing
 - Stretching
- Take a class to develop new skills
 - Explore meeting with a trained professional
 - Watch fitness videos



- “Barrier: Lack of skill
- Solutions: Select activities that don’t require new skills, such as hiking, strolling, take stairs, dancing, or stretching.
- Other options include taking a class, meeting with a trained professional (i.e. health coach, personal trainer, etc.), or watching fitness videos to develop new skills.”
- *Supplemental resource: Adapted Physical Activity Videos*
 - <https://www.wellness4ky.org/physical-activity/>

Fuel Up for Exercise

- Hydrate with water
 - Small sips during workout
- Eat healthy carbohydrates
 - Whole-grain toast
 - Fruits
 - Vegetables
- Re-fuel after exercise
- Remember to talk to your doctor



- “It is also important to remember to fuel your body with the right foods and liquids before, during and after exercising.
- Fuel up two hours before you exercise by:
 - Hydrating with water.
 - Eating healthy carbohydrates, such as whole-grain toast, fruits and vegetables. If you only have five minutes before your workout, eat an apple or a banana.
 - Take small sips of water to keep your body hydrated during your workout.
 - After you exercise, make sure to drink water and snack on healthy carbohydrates and protein to repair your muscles.
- Be sure and consult with your health care provider about dietary requirements and recommendations before you start an exercise program.”

Target Heart Rates

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

- **Share the AHA's Target Heart Rate General Guidelines**
 - <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>
- “When you work out, are you doing too much or not enough? There’s a simple way to know: Check your target heart rate.
- Before you learn how to calculate and monitor your target training heart rate, you should know your resting heart rate. Your resting heart rate is the number of times your heart beats per minute while it’s at rest. You can check it in the morning after you’ve had a good night’s sleep and before you get out of bed.
- According to the National Institutes of Health, the average resting heart rate:
 - for children 10 years and older and adults (including seniors) is 60 - 100 beats per minute
- These figures are averages so use them as general guidelines.”



_____ X 6 = Beats Per Minute

Maximum Heart Rate = 220 - Age



- “As you exercise:
 - Take your pulse on the inside of your wrist, on the thumb side.
 - Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
 - Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent and 85 percent of your maximum heart rate. This range is your target heart rate.”
 - *If needed, have participants use a calculator to multiply their measured pulse by 6.*
- **Go to next slide to show the target heart rate ranges**

Target Heart Rates

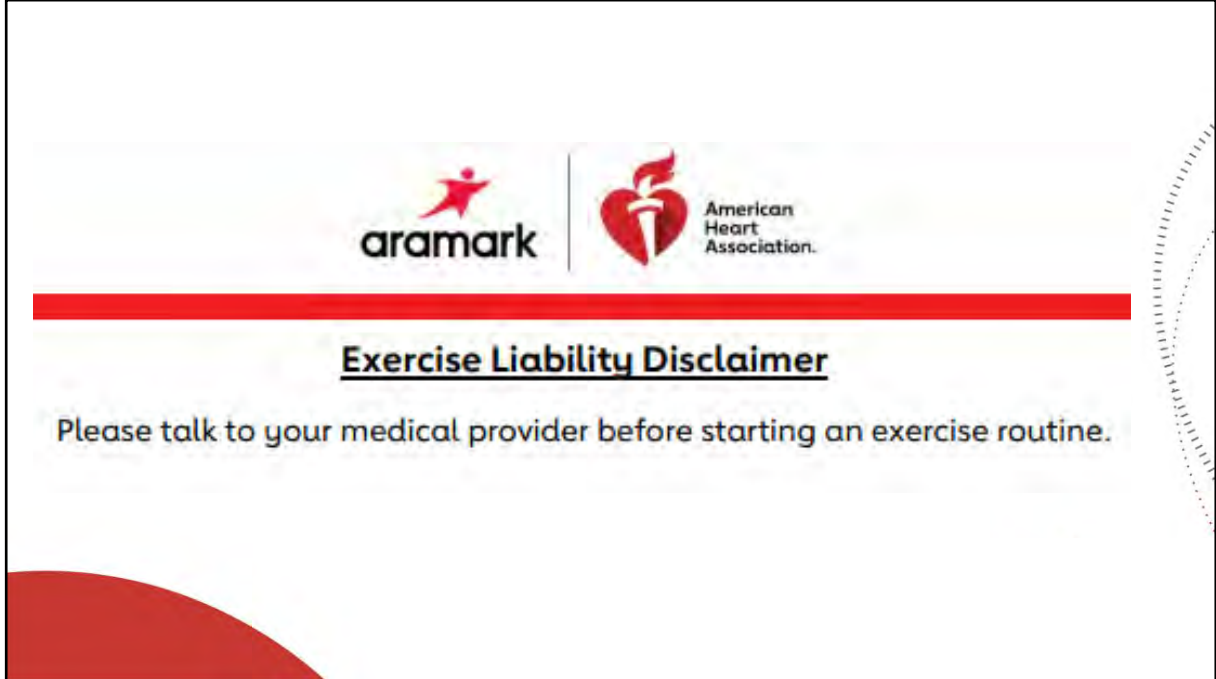
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30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

- **Watch and let participants practice.**
- “Your maximum heart rate is about 220 minus your age. You can also look at your handout I passed out.
- In the age category closest to yours, read across to find your target heart rate.
- Your heart rate during moderate aerobic activities is about 50%-70% of your maximum heart rate; your heart rate during vigorous (hard) aerobic physical activity is about 70%-85% of the maximum heart rate.”











Get Active

- **Divide up participants into teams to rotate through the exercise stations.**
- “Today, we will rotate through three exercise stations where you will stretch and then try a few different exercises. I will have a timer out and when you hear the buzz, you can rotate to the next station (clockwise). Follow me around the room and I will demonstrate each exercise. You will have 5 minutes at each station. Be sure to drink water throughout this activity.”
- *To help participants feel more comfortable, play uplifting music during the activity.*



- **Read the Exercise Liability Disclaimer**
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/exercise-liability-disclaimer.pdf?la=en>

Exercise Descriptions

EXERCISE	DESCRIPTION AND INSTRUCTIONS
	Side lunge Hold 20-30 seconds on each leg
	Calf stretch on wall Hold 20-30 seconds on each leg
	Toe touch Repeat 1-2 times
	Squat 10 squats
	Push-up 10 push-ups
	Tricep dip on floor 10 tricep dips
	Jumping jacks 30 jumping jacks
	Seated leg raises 10 leg raises

Please talk to your medical provider before starting any exercise routine.
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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- **Pass out water bottles (if participants didn't bring their own) and the Exercise Descriptions handout.**
 - *Handout: "Exercise Descriptions" on page 8 of the Exercise Within Reach lesson plan*




Adaptive Exercises



Air Punches

Make a tight fist with each hand and place them up near your chin. Elbows should be pointing straight down. Use one hand at a time to extend your arm.



Arm Circles

Grip two weights. Bend your arms to your side at shoulder height. Move your hands in a circular motion forward and backward. Remember to breathe!



Bicep Curls

Grip the weights tight with your palms toward the ceiling. Bend your elbows up to your shoulders. Slowly lower your arms to the starting position.



Heel Raises

Position feet shoulder width apart and flat on the ground. Roll the weight of your body toward the front and up on the balls of your feet while lifting heels up.



Knee Raises

Place your feet three to four inches apart. One leg at a time, lift your knee. Your leg should remain bent. Slowly lower your leg back to the ground.



Lateral Raises

Grip the weights tight by your side with palms down. Lift both arms at the same time until both hands and elbows are out to your side at shoulder height.



Leg Lifts

Place feet three to four inches apart. Extend each leg up and in front of you as high as possible. This exercise should be as slow as possible.



Oblique Side Bends

Grip the weight by your side. One side at a time, lean down until you feel a stretch. Remember to breathe, and if you feel pain you've gone a little too far.



Plank

Lay on your stomach. Place your forearms on the ground, and bring your hips off the ground. Keep your back as straight as possible!



Push Ups

Get in starting position by placing your hands in front of you at shoulder height. Next, put your hands on the wall or floor and lift yourself down and back up.



Russian Twist

Stand or sit holding the weight at the center of your body. Rotate your torso to one side until you feel a comfortable stretch. Slowly turn to the center.



Shoulder Press

Grip two weights. Lift your arms next to your head in an "L" shape. Palms should face forward. Lift both hands above the head, and slowly return to "L" shape.



Shoulder Shrugs

Grip the weights tight by your side. Keep your arms straight down to the side and simply raise your shoulders as high as you can up towards your ears.



Tricep Raises

Grip the weights tight to the side until your elbows are next to the sides of your face and your hands are behind your head.



Wall Sits

Lean your back against a sturdy wall. Slowly bend your knees and lower your body into a seated position. You may also do leg lifts!

www.wellness4ky.org/resources/project-cheer-adaptive-exercise-videos/
 Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy Life Initiative.
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- *Supplemental handout: "Adaptive Exercises"*
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/adaptive-exercises.pdf?la=en>

Warm Up

- 5 to 10 Minutes
- More intense activity needs longer warm up
- Do planned activity at slower pace
- Use entire body as best you can



- “It is important to warm up before exercising to ensure proper safety.
- Before you exercise, think about warming up your muscles like you would warm up your car. It increases the temperature and flexibility of your muscles, and helps you be more efficient and safer during your workout.
- Tips:
 - Warm up for 5 to 10 minutes. The more intense the activity, the longer the warm-up.
 - Do whatever activity you plan on doing (running, walking, cycling, dancing, etc.) at a slower pace (jog, walk or dance slowly).
 - Use your entire body as best you can to warm up your muscles. ”
- *Supplemental resources:*
 - *Stretches for Exercise and Flexibility:*
<https://www.heart.org/en/healthy-living/fitness/staying-motivated/stretchers-for-exercise-and-flexibility>
 - “Warm Up” video: <https://www.wellness4ky.org/resource/warm-up/>
 - *Ensure that closed captioning is on for the video as it plays.*



- **Demonstrate all exercises while explaining**
- “Station 1 is our stretching area.
- We will practice calf stretches. We will do the stretches twice for each leg. It’s important to stretch both before and after exercising.
- Standing calf stretch:
 - Stand facing a wall with both hands on it.
 - Position one foot forward (knee bent) and the other leg back with the leg straight, toes pointing at the wall.
 - With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of the back leg.
 - Hold for 20–30 seconds on each leg.
- Seated calf stretch:
 - Start by sitting on the floor or your bed with your leg straight out in front of you and put a towel around your foot
 - Pull your toes towards you and gently pull on the towel until you feel a stretch in your calf.
 - Hold for 20-30 seconds on each leg”



- “For Station 1 with stretching, here are some modified options. The video on this slide shows three versions of modified calf stretches you can do with a chair.
- **Play video for the Modified Calf Stretch (0:31)**
 - <https://youtu.be/aSRkOxADCmw>
 - *Ensure that closed captioning is on for the video as it plays.*
- ***If video not available, demonstrate while saying:***
 - “Stand 12 inches away from a wall or sturdy chair. Step back so one leg behind you, keeping both feet flat on the floor and your back knee straight. Lean in toward the wall or chair until you feel a stretch in the back of your leg. Hold for 10 seconds and repeat on other side.
 - If seated, keep feet flat on the floor and pull the toes of one foot off the ground and point up as high as you can. Hold for 10 second and repeat on other side. You can use a band to help you raise your toe up if needed.”

Muscle Strengthening: Squats



↓ ↑
10 TIMES



- “Station 2 is our muscle-strengthening area.
- We will practice squats. We will do 10 squats. Squats strengthen your abs, quadriceps (thigh muscles), and glutes (muscles in your buttocks).”
- **Reminder: Demonstrate squats while explaining**
 - “Place feet hip-width apart. This means to stand with your feet directly under your hips. Toes facing forward.
 - Bring your arms forward, sitting back as if reaching for a chair that someone is pulling away. Be sure your knees do not move over your toes throughout the squat. Now, lower your body toward the floor, pushing your bottom out. Go down as far as you can until your thighs are parallel to the floor. Your weight should be in your heels.
 - Return to the standing position by pushing on your heels and lifting your upper body.”



- “For Station 2 with muscle strengthening, here are some modified options. The video on this slide shows three versions of modified squat options you can do with a chair.”
- **Play video for the Modified Squat (0:34)**
 - <https://youtu.be/s9A4o-v4Qq8>
 - *Ensure that closed captioning is on for the video as it plays.*
- ***If video not available, demonstrate modified squats while saying:***
 - “Place a chair behind you for added support. Stand with your feet a little wider than shoulder-width and point your toes forward. Slowly lower your body towards the chair as you hinge at your hips. Keep your weight back on your heels and your back as straight as possible. Do not let your knees to cross in front of your toes. Use the chair for as much support as needed as you straighten your legs to come up to standing. Repeat. You can do your own version of a squat seated by placing your hands on the arms of the chair, keep your elbows tucked close to your body, then press through your hands to lift your body off the chair and then slowly return to seated position. Repeat.”

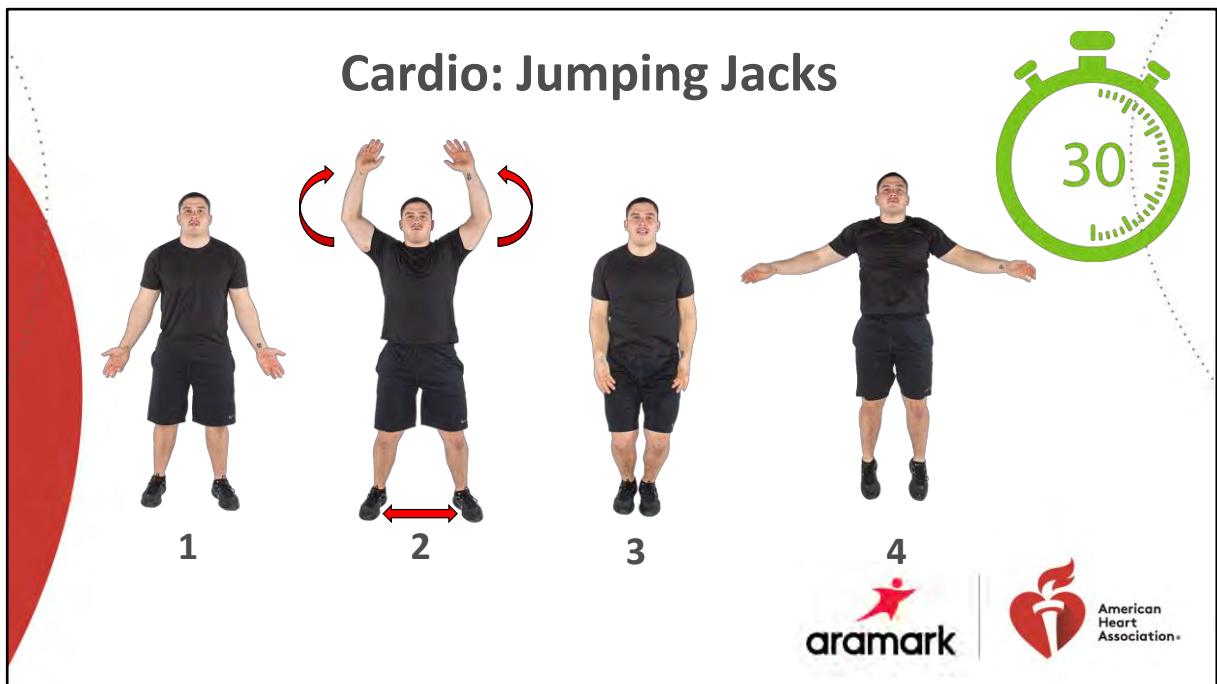
Muscle Strengthening Alternative: Side Lunges



- “Another option for Station 2 muscle strengthening instead of squats is side lunges.
- You can do 10 on each side or you could alternate 5 on each side for a total of 20.”
- **Reminder: Demonstrate side lunges while explaining**
 - “Place your feet hip width apart and then take one wide step out to each side. Toes facing front.
 - To start , keep one leg straight as you bend one knee, leaning to that side and pushing your bottom out as if sitting in a chair.
 - Lean your weight back in your heels and keep your chest up.
 - Do not lean forward over the knee and do not let your knee go past your toes.
 - To get back into starting position straighten the bent leg to get back to standing
 - Be sure to engage the core with breathing, in on the way down and out when going back up.
 - Repeat on the same side or switch to lunging the other direction and alternate your lunges back and forth.”



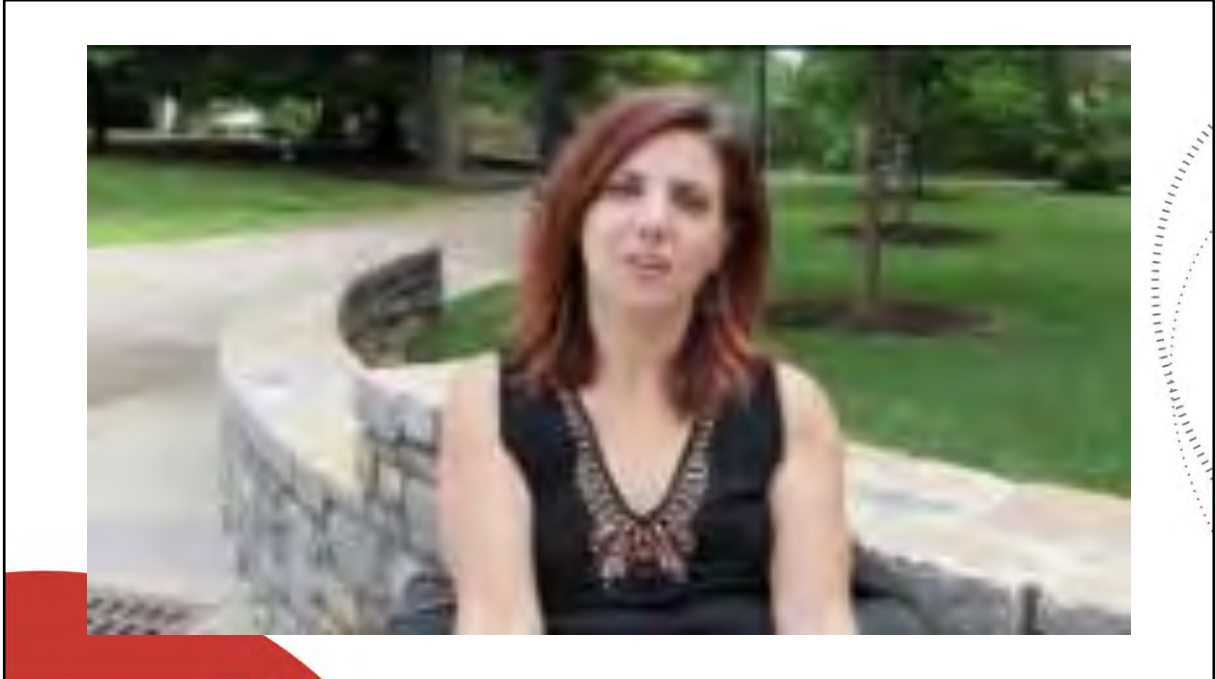
- **Play video for the Modified Lunge (0:30)**
 - <https://youtu.be/pyNAdYe1Mhs>
 - *Ensure that closed captioning is on for the video as it plays.*
- ***If video not available, demonstrate modified lunges while saying:***
 - “Holding on to a table for support, point toes forward and place one foot in front of the other foot. Let your back knee drop towards the floor, but do not let it touch the ground. Keep your back straight and do not let your front knee to cross your toes. Switch legs and repeat. You can also do your own version of a lunge seated in a chair. Place your hands on your hips or lap, keep your back straight while you lean forward at the waist as far as feels comfortable. Slowly return to sitting up and lift your legs with your hands one at a time before repeating.”



- “Station 3 is our cardio area.
- We will practice jumping jacks. We will do jumping jacks for thirty seconds at a time. Jumping jacks will increase your heart rate. Jumping exercises also strengthen your bones.”
- **Reminder: Demonstrate jumping jacks while explaining**
 - “Stand with your feet together.
 - Extend your arms full length by your sides.
 - Jump to spread your feet beyond your hips and bring your straight arms overhead so your hands touch—do these movements at the same time.”



- “For Station 3 and our cardio station, here are some modified options in place of jumping jacks. The video on this slide shows three versions of modified jumping jacks that might be more comfortable for you.”
- **Play video for the Modified Jumping Jacks (0:30)**
 - <https://youtu.be/UPe3SwAKUSs>
 - *Ensure that closed captioning is on for the video as it plays.*
- ***If video not available, demonstrate jumping jacks while saying:***
 - “Stand tall with your back straight, shoulders down, arms at your side, and feet together. While stepping side to side, raise your arms over your head with your elbows bent. You can also do this seated in a chair focusing on the movement in your upper body and core. Simply raise your arms over your head with your elbows bent. The bigger the movement the more challenging the exercise.”



- “Another option to get your cardio exercise while seated or without jumping and moving your legs, is arm circles. Aim for 30 seconds.”
- **Play video for the CHEER Arm Circles (2:25)**
 - <https://youtu.be/dNf3AXno0dQ>
 - *Ensure that closed captioning is on for the video as it plays.*
- ***If video not available, demonstrate arm circles and explain.***
- “To start your arm circles, you can either be standing or seated with your back straight.
- Begin by stretching your arms out at shoulder height keeping your elbows straight.
- Begin making a circular motion with each arm. Keeping your arms straight.
- You can either do small fast circles or big circles. The bigger the movement the more challenging the exercise.
- Be sure to breath in and out while doing the exercise.”

Cardio Alternative: Dance

- Dance to increase your heart rate
- Have fun!



- “Dancing is a great way to do either moderate or vigorous intensity aerobic activity. This is a fun way to increase your heart rate.”

Cool Down

- Move slowly to lower heart rate
- About 5 minutes
- Stretch
 - Hold 10 to 30 seconds
 - Stretch both sides
 - Do not bounce
 - Remember to breathe



- “Cooling down after a workout is as important as warming up. After physical activity, your heart is still beating faster than normal, your body temperature is higher and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick. A cool-down after physical activity allows a gradual decrease at the end of the episode.
- It’s good to stretch when you’re cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.
- Tips:
 - Walk, dance slowly, or simply move your body for about 5 minutes, or until your heart rate gets below 120 beats per minute.
 - Stretching:
 - Hold each stretch 10 to 30 seconds. If you feel you need more, stretch the other side and return for another set of stretching.
 - The stretch should be strong, but not painful.
 - Do not bounce.
 - Breathe while you are stretching. Exhale out as you stretch, inhale while holding the stretch.”
- *Supplemental resource: “Stretches for Exercise and Flexibility”*
 - <https://www.heart.org/en/healthy-living/fitness/staying-motivated/stretches-for-exercise-and-flexibility>

Re-Fuel After Exercise

Hydrate and Eat
a Healthy Snack!

- **After the participants have completed all the stations, pass out the post-workout snack (see Resource List for ideas) to all participants.**
 - <https://recipes.heart.org/en/collections/courses/snacks>
 - *When choosing a snack, be mindful of dietary restrictions.*
- “After you exercise make sure to drink water and snack on healthy carbohydrates and protein.”

American Heart Association
Healthy for Good

How much physical activity do you need?

Here are the American Heart Association recommendations for adults.

Fit in 150+
Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.

Move More, Sit Less
Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.

Add Intensity
Moderate to vigorous aerobic exercise is best. Your heart will beat faster and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.

Add Muscle
Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.

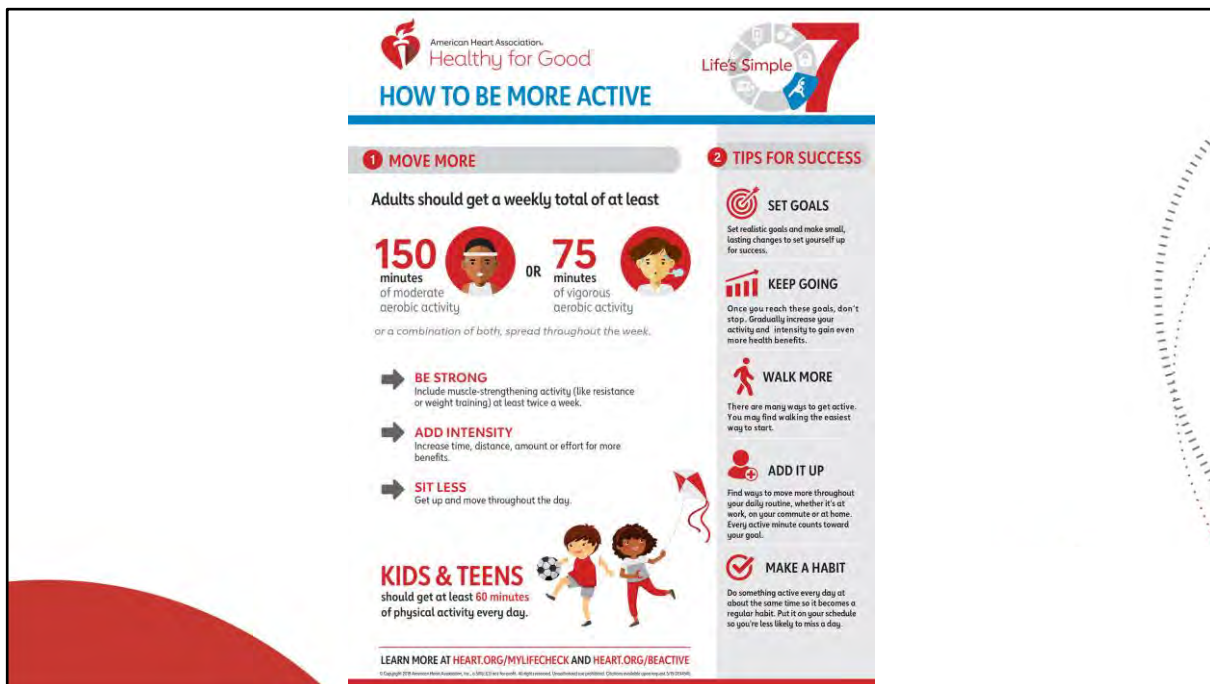
Feel Better
Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.

Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.

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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- *Supplemental handout: “How Much Physical Activity Do You Need?” on page 6 of the Exercise Within Reach lesson plan.*
 - <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-infographic>



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- *Supplemental handout: “How To Be More Active” on page 7 of the Exercise Within Reach lesson plan.*
 - <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7/lis7-be-active-infographic>

ADULTS

MOVE YOUR WAY. What's your move?

You know you need physical activity to stay healthy. But did you know it can help you feel better right away?

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

So get more active – and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **150 minutes a week** AND at least **2 days a week**

Tight on time this week? Start with just 5 minutes. It all adds up!

Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.

Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's moderate-intensity activity
- If you can only say a few words before you have to take a breath, it's vigorous-intensity activity

What counts?

Whatever gets you moving!

Even things you have to do anyway

Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.

And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner

- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- *Supplemental resource: "Move Your Way"*
 - https://health.gov/sites/default/files/2019-11/PAG_MYW_Adult_FS.pdf

Physical Activity Plan

Make Your Own

- “Work with your healthcare provider on a physical activity plan that works for your needs and abilities.
- To stay healthy and keep doing the things you enjoy, health experts recommend incorporating all three types of physical activities:
 - Aerobic exercise to strengthen and keep your heart healthy.
 - Strength exercises to keep other muscles of the body in good condition and help your sense of balance.
 - Stretching exercises to keep muscles flexible.
 - Check out this log to help you track your progress.”
 - <https://www.heart.org/-/media/files/health-topics/cardiac-rehab/activity-log.pdf?la=en>



- **Discuss what a “SMART” goal is.**
 - Specific -- clearly defined
 - Measurable -- able to be measured (numbers!)
 - Attainable -- achievable or within reach
 - Relevant -- appropriate or applicable
 - Time-Based -- given a due date
- *Supplemental video:*
 - *Achieve More by Setting SMART Goals (1:15)-*
<https://youtu.be/yA53yhiOe04>

SMART Goal Example

Goal:

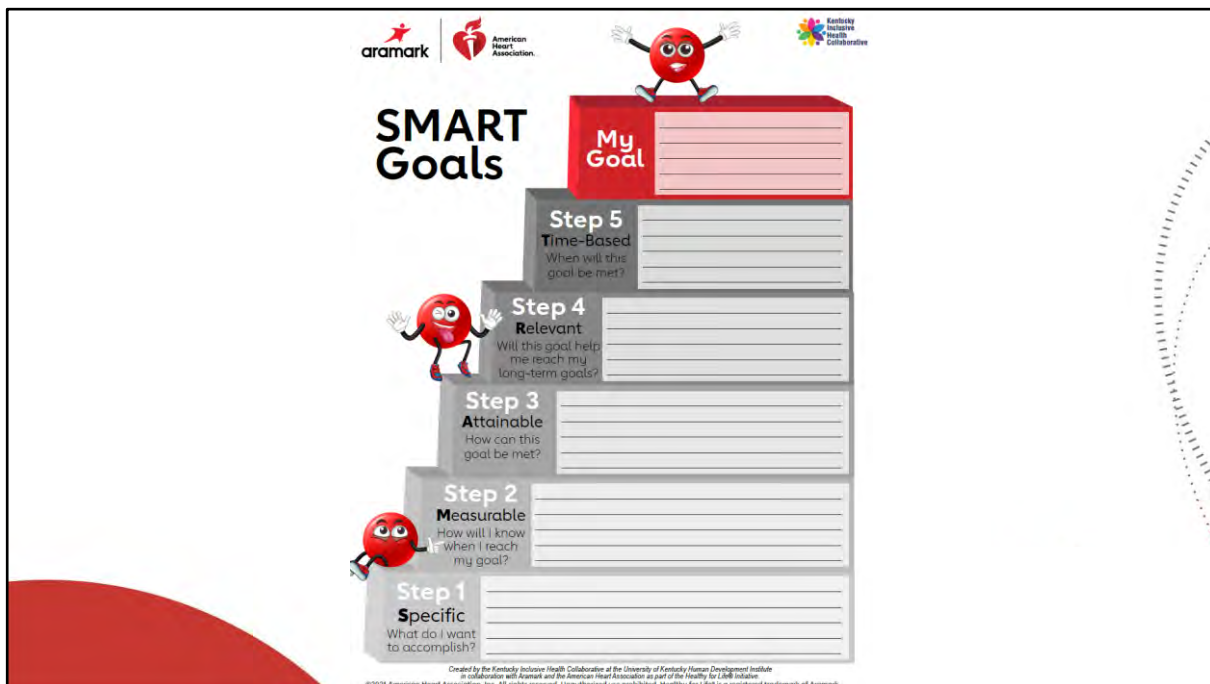
I will be more physically active.

SMART Goal:

I will do muscle strengthening activities for 20 minutes Tuesdays and Thursdays on my lunch break.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.



- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



Questions?

- **Invite participants to ask questions.**

Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
 - **Provide date/time/location if known**