



Session 13: Overview

Jump Start Your Routine

After a while, your activity routine might become a little boring. Boredom is a problem because it may cause you to slip back into old habits. It is important to do something to keep your routine fresh and fun. Find ways to jump start your activity routine, giving it new energy. This will also help you to maintain your weight goal.

Adding Variety

You may choose not to do the same activity day in and day out, every season of the year. You are making lifelong changes, and being active is something you will be doing for the rest of your life. Build some variety into your routine, and find ways to make it fun.

Improving Your Aerobic Fitness

As you increase your aerobic activity, you will also improve your aerobic fitness. As you exercise your heart, it will become stronger over time. As your heart becomes stronger, you will notice that it is easier for you to do things, like walking up stairs while carrying groceries.



Quick Fact:

I heard that people with diabetes cannot get life insurance. Is this true?

People with diabetes can get life insurance, but it is expensive and hard to find.

In the United States, the law allows insurance companies to charge for life insurance according to how healthy a person is.

Anyone with a diagnosed disease such as diabetes will have to pay more than a person who is completely healthy.



Be F.I.T.T.

F.I.T.T. stands for —

Frequency of activity: how often we are active.

Intensity of activity: how hard our heart has to work during the activity.

Time of activity: how long we stay active.

Type of activity: what we are doing.

We talked about frequency, time, and type before.

Now we will focus on intensity: how hard your heart is working. This is the final part of this aerobic puzzle.



Ways to Prevent Boredom

If you get bored doing one activity, you might slip back into old habits of not being active. Think about ways to prevent boredom. Some are listed below. You can add examples that would work for you.



Ways to prevent boredom	Examples
Do something new.	
Do the same activity in a new place.	
Be active as a way to be social.	
Make being active fun.	
Challenge yourself.	



Improving Your Aerobic Fitness

So far, we have focused on the “time” part of your physical activity program.

Your goal was to achieve at least 150 minutes of physical activity, spread out over the week. But how about *intensity*, or how hard you are working? The *intensity* of physical activity is the level of effort we use during the activity.

Heart rate is a good measure of intensity. Raising the intensity of our physical activity increases our heart rate and improves how well our heart works.

The heart is a muscle. And just as with any muscle, we must exercise it to make it stronger. We exercise the heart by making it beat faster than normal.

As your heart becomes stronger, you’ll notice that it’s easier for you to do things, like walking up stairs while carrying groceries. The reason is that, as your heart becomes stronger, your aerobic fitness improves. **Aerobic fitness** means that your heart does a good job of pumping oxygen through your blood to your other muscles (for example, the muscles in your arms and legs).

You should always check with your doctor when you plan to make major increases in the intensity of your physical activity.





F.I.T.T. Principles

Not all forms of activity will strengthen your heart. Only activities that are “F.I.T.T.” will work the heart muscle. The following principles describe how activity should take place to get the most benefit.

F.I.T.T. Principle	Making it Work
<p>Frequency How often you are active</p>	<p>Try to be active most days. We suggest being active at least 3 days a week, but 5 to 7 days is even better. Increase the frequency slowly.</p>
<p>Intensity How hard you work while active: how fast your heart beats</p>	<p>While you’re active, you should breathe fast enough so that you can talk but not sing.</p> <p>If you can sing, go faster! If you have trouble breathing and talking, slow down.</p> <p>As you do regular activity over time, your heart will not beat as fast and you will need to do a more challenging activity in order to get the same benefits.</p>
<p>Time How long you are active</p>	<p>Stay active for at least 10 minutes at a time. Slowly increase to 20 minutes or more at a time. You want to continue increase your activity time slowly.</p> <p>The total minutes of physical activity per week should add up to your activity goal of 150 minutes or more per week.</p>
<p>Type What you are doing</p>	<p>Do activities that make you breathe faster for at least 10 minutes each day. One way to do this is to walk fast. Any <i>intense</i> activity that uses large muscles, such as legs and arms, will make your heart beat faster.</p>



How hard are you working?

By paying attention to our bodies, most of us can tell how hard we are working. Rate yourself on the scale below, by checking the box that shows how you feel when you are active.

How hard are you working?			
Intensity	Rating	Description	F.I.T.T. Range
Very, Very Light		"I am not working hard at all. I can talk and even sing easily."	Try working a little harder.
Very Light			
Fairly Light		"I am working and breathing a little harder than usual. I can still talk easily."	<div style="text-align: center;">  Stay in this range.  </div>
Somewhat Hard		"I am working and breathing somewhat hard. I can talk fairly easily."	
Hard		"I'm working hard and breathing deeply. I can still talk."	
Very Hard		"I'm working very hard. I cannot catch my breath or talk."	Slow down. Rest for a while.
Very, Very Hard			



To-Do Next Week

During the next week I will –

- Keep track of my weight, eating, and activity.
- Do my best to be active for _____ minutes.
- Maintain a working level that stays (at least) in this range (check one):
 - Fairly light
 - Somewhat hard
 - Hard

