



Session 5: Overview

Move Those Muscles

The physical activity goal for this program is 150 minutes, or 2 ½ hours, each week. You can do the activity in several ways (for example, 30 minutes for five days) or however else you want to do it!

The important thing to remember is that you will *work up to* 150 minutes a week. It's a *goal*. We will start with where you are, and we will increase your activity level slowly, steadily, and safely.

The Importance of Being Active

Being physically active has many benefits. It helps improve our general well-being by keeping weight off, improving our mood, increasing our energy and ability to get around, and reducing stress. It also improves muscle tone and helps us sleep better. Physical activity makes our heart, lungs, and bones stronger, and it may reduce back pain and injuries.

Being physically active also helps lower our risk for heart disease and some kinds of cancer. It can lower blood pressure and may help prevent type 2 diabetes.



Quick Fact

How important is physical activity?

Physical activity helps us in many ways.

It helps to control our blood glucose, weight, and blood pressure. It raises our “good” cholesterol and lowers our “bad” cholesterol. It helps prevent problems with our heart and blood flow. And, most importantly, for people with diabetes, it lowers the risk for heart disease and nerve damage.

Getting Started

Each of us is different, and we will start being active at different levels. Our current activity level does not matter. We will begin slowly.

Just as you are keeping track of your food intake, you will also keep track of your physical activity. Keeping track of physical activity is just as important as keeping track of what we eat.

Before you start any activity, think about how active you are now and how active you were in the past. Think also about your likes and dislikes when it comes to being active or inactive.

Thinking about all these questions will help you decide what you want to do and how much physical activity is best for you.



Physical Activity Goal

Goal: 150 minutes of physical activity each week.

- ✓ Work up to this goal *slowly*. It will take about 4 weeks.
- ✓ 150 minutes of activity will burn about 700 calories per week.
- ✓ Pick activities you *like*.
- ✓ Choose moderate kinds of activity, such as brisk walking.
- ✓ Spread the weekly total over 3, 4, or more days per week.





How Active Are You?

Before you begin a new physical activity routine, it is important to know how much activity you do now. It is also important to figure out what type of activity is best for you and how much. Answer these questions about how active you are right now.

1. How active are you now?

What do you do? Where you do it? Whom do you do it with? How long do you do it? How often do you do it?

2. What activities have you done in the past?

3. Why did you stop?

4. What do you like and not like about being active or being inactive?

	What I like about	What I do not like about
Being Active		
Not Being Active		



Benefits of Physical Activity

Being active has many benefits:

Physical activity can improve your general well being by —

- ✓ Helping you lose weight and keep it off
- ✓ Perking up your mood and self-esteem
- ✓ Helping with depression and anxiety
- ✓ Giving you more energy
- ✓ Making it easier for you to do things such as climb stairs and carry groceries
- ✓ Helping reduce stress
- ✓ Helping you sleep better

Physical activity can improve your physical fitness by —

- ✓ Improving muscle tone and body shape
- ✓ Strengthening your heart, lungs, bones, and muscles
- ✓ Making your joints more flexible
- ✓ Lowering your risk for back pain and injuries

Physical activity can improve your health by —

- ✓ Lowering your risk for heart disease and some kinds of cancer
- ✓ Raising your HDL cholesterol (the “good” kind)
- ✓ Lowering your triglycerides (the amount of fat in the blood)
- ✓ Lowering your blood pressure

Physical activity may lower your risk for type 2 diabetes by —

- ✓ Making your body better able to use insulin and therefore lower the level of sugar in your blood



Getting Started!

It is not always easy to start being more active. But we are here to help, and we will do it together!

Tips for making physical activity easier:

- ✓ Walk or do physical activity with another person.
- ✓ Have fun!

Plan activities you LIKE to do

We suggest **brisk walking**. It is easy to do and good for you.

What other activities might you like to do?





Wearing the Right Shoes

The type of shoes you wear is important. Here are some tips for making sure you have the best shoes for your needs.

Buy new shoes only if you need them

- ✓ You do not *need* to buy special shoes, if you have shoes now that fit well and support your feet. If you plan to buy shoes, here are some helpful hints:
 - Visit one or more stores you trust.
 - Try on different styles and brands.
 - Ask the salesperson to help you find a good fit.
 - Ask the salesperson to help you choose the shoe best suited for the kind of activity you want to do.

Look for a good fit

- ✓ Wear the kind of socks you will wear when you are active. Cotton is best.
- ✓ If possible, go to the store right after you have been active for a while. That way, your feet will be the size they are when you are warmed up.
- ✓ The shoes should feel good right away. Try them on and walk around. They should NOT need to stretch out later.
- ✓ One thumb should fit in the space between your longest toe and the end of the shoe.
- ✓ The heel should NOT pinch or slip around when you walk.
- ✓ The shoes should bend easily at the ball of your feet (just behind your toes).

Get the kind of support you need

- ✓ Shoes should match the shape of your foot and the way your feet strike the ground.
- ✓ Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This pattern can show the kind of support you need. For example, if the back of the shoe is worn down unevenly on the bottom, you may need extra support for arches or flat feet.



To-Do Next Week

During the next week I will –

Be active for _____ minutes.

- ✓ Ask a friend or family member to walk with me.
- ✓ Plan activities I *like* to do.

Keep track of my physical activity.

Day	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total minutes for the week:		

Keep track of my weight, eating, and activity.

- ✓ Use my *Food and Activity Tracker*.
- ✓ Record only the time when I am doing an activity. Do not include breaks.