

MOVE

About



OptimaHealth 
A Service of Sentara



FOREWORD

The MoveAbout program provided by Optima Health is designed to assist you in your journey to become more active and stay healthy. Being physically active is one of the most important ways to improve your health.

IN THIS BOOKLET, WE'LL DISCUSS:

SECTION 1

Movement Overview

SECTION 2

Types of Physical Activity

SECTION 3

Ways to Move Throughout the Day

SECTION 4

Final Thoughts & Recommendations

Please talk with your healthcare provider before changing your current exercise routine.

SECTION 1

Movement Overview





ALL MOVEMENT COUNTS

Moving more and *sitting less* can help everyone stay healthy. Check with your healthcare provider on ways to improve your health with daily activity if you have a chronic disease or are pregnant. Learn more about why being active is important to your health on the [Move Your Way](#) website.

STAYING ACTIVE CAN:

- Sharpen your focus.
- Make you feel better and sleep better.
- Reduce your risk of several chronic diseases.

REGULAR PHYSICAL ACTIVITY CAN LOWER YOUR RISK OF:

- Cardiovascular Disease (including heart disease and stroke)
- Weight Gain
- Anxiety and Depression
- High Blood Pressure
- High Cholesterol
- Falls and Related Injuries
- Type 2 Diabetes
- Certain Cancers

Additional Benefits Include:

- *Improved Sleep*
- *Improved Quality of Life*
- *Improved Bone Health*
- *Improved Brain Health*

THE BENEFITS ARE IMMEDIATE

Any activity that gets your heart beating faster, like brisk walking, can provide a benefit. You can reduce your risk of disease and improve your well-being within days by adding more movement every day.

WE SIT A LOT

During our leisure time, we are often sitting: while using a computer or other device, watching TV, or playing video games. Many of our jobs have become more sedentary, with long days sitting at a desk. The way most of us get around involves sitting - in cars or mass transit.

SITTING DISEASE IS REAL

People who sit too much have an increased risk of obesity, heart disease, high blood pressure, high cholesterol, stroke, type 2 diabetes, certain kinds of cancers, bone diseases (osteoporosis), falls, and increased feelings of depression and anxiety. Sitting for too long and too often can also raise your risk of premature death. The more you sit, the higher your risks.¹





SECTION 2

Types of Physical Activity



AEROBIC ACTIVITIES

Try aerobic activities. These activities are movement of the large muscle groups (see page 14) in a rhythmic manner for a sustained period of time. Aerobic activity makes your heart beat more rapidly and your breathing rate to increase.

All types of aerobic physical activity can count towards your weekly goal as long as they are of sufficient intensity.

Aim for

MODERATE INTENSITY

150 minutes a week

or

VIGOROUS INTENSITY

75 minutes a week

MODERATE ACTIVITIES OR VIGOROUS ACTIVITIES

Want to know if you are performing moderate or vigorous activity? Try the “talk test”.

While performing ***moderate intensity*** exercises you will notice:

- an increased heart rate
- that you can talk, but not sing

While performing ***vigorous intensity*** exercises you will notice:

- a significant increase in heart rate
- difficulty carrying on a conversation without pausing for a breath

EXAMPLES

MODERATE INTENSITY

Walking Briskly
Doubles Tennis
Line Dancing
Yard Work
Recreational Swimming

VIGOROUS INTENSITY

Jogging or Running
Singles Tennis
Hip-Hop Dancing
Shoveling Snow
Swimming Laps

MUSCLE-STRENGTHENING ACTIVITY

Muscle strengthening activities make muscles work harder than they are used to and include the major muscle groups of the body: *legs, hips, back, chest, abdomen, shoulders, and arms.*

You can boost and maintain your muscle strength with an exercise routine that engages all the major muscle groups. Working out more days a week and/or increasing the amount of weight you use will make your muscles stronger.

EXAMPLES

Lifting Weights
Resistance Bands
Body Weight Exercises
Carrying Heavy Loads
Intensive Gardening

Aim for

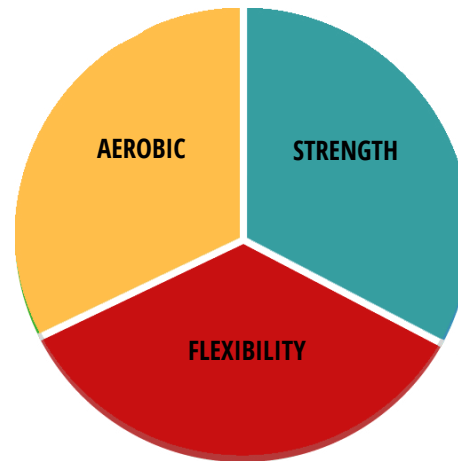
2 - 3 DAYS A WEEK

Steadily increase the amount of weight you use and/or number of repetitions as you become stronger.

FLEXIBILITY ACTIVITIES

Flexibility activities enhance the ability of joints to move through their full range of motion. Greater flexibility allows you to more comfortably participate in both aerobic and strength activities.

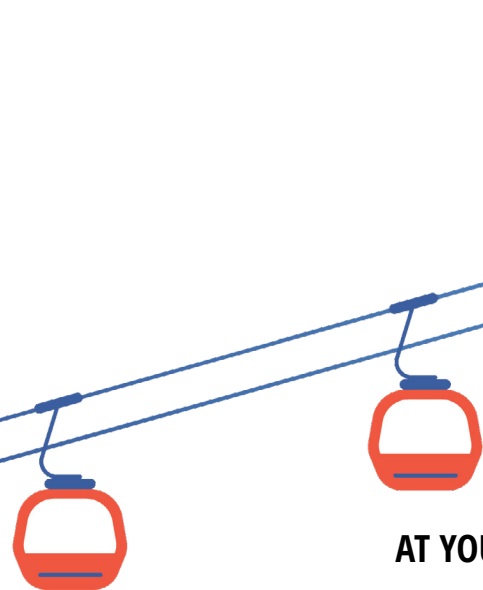
For ideas on aerobic, muscle strengthening, and flexibility activities, visit the [activity planner](#) on the Move Your Way website.



SECTION 3

Ways to Move Throughout the Day





AT YOUR DESK? WATCHING TV? SHOPPING? TRAVELING?

No problem. Take advantage of every opportunity to move around. Challenge yourself to try new ways to move more every day.

A bout of activity (for any length of time!) contributes to your overall health. Climbing a few flights of stairs, taking a brisk walk around the block, and performing a 10-minute home exercise routine all count... all that's important is that you move more!

A TRIED AND TRUE FAVORITE AND TWO INCREASINGLY POPULAR OPTIONS

Walking

Walking is an easy exercise to begin and maintain as part of an active lifestyle. It requires no special memberships or costly equipment and can be done year-round and in many settings.

Yoga and Tai Chi

Many different forms of yoga exist and range in intensity which means it can be adapted to meet your needs.

Tai Chi is typically classified as a light-intensity physical activity but may be appropriate for some adults. It includes balance and muscle strengthening.

High-Intensity Interval Training

High-intensity interval training (HIIT) consists of alternating short periods of maximal-effort exercise with less intense recovery periods. The periods of effort and recovery, number of cycles per session and the entire time can be modified to meet your needs.

CHALLENGE YOURSELF TO INCORPORATE MOVEMENT ALL DAY, EVERY DAY.

Here are some suggestions on how to increase movement throughout the day:

AT WORK

- **Stand Up.** Get up and move around every hour.
- **Try Walking Meetings.** Even though it may not always be an option, try walking meetings for those that require creative thinking.
- **Take the Stairs.** Challenge yourself to go up at least one flight a day.

AT HOME

- **Move Towards Eating Better.** Each week for 6-8 weeks trade one unhealthy choice for a healthier one and stick to it.
- **Start a Stretching Routine.** Find 5-10 minutes each day to stretch. Gradually increase your time or incorporate yoga into your routine.
- **Strengthen Your Mind.** Read a book from a different genre, do a crossword puzzle, or use your less dominate hand for activities.

ON THE GO

- **Enjoy the Outdoors.** Grab a pair of sneakers and a friend to share a hike or take a bike ride in the neighborhood.
- **Visit Your Local Recreation Center.** Enjoy swimming or join an adult sports league.
- **Join a Charity Road Race.** A local walk/run race is a win-win; your health improves while supporting a local charity.



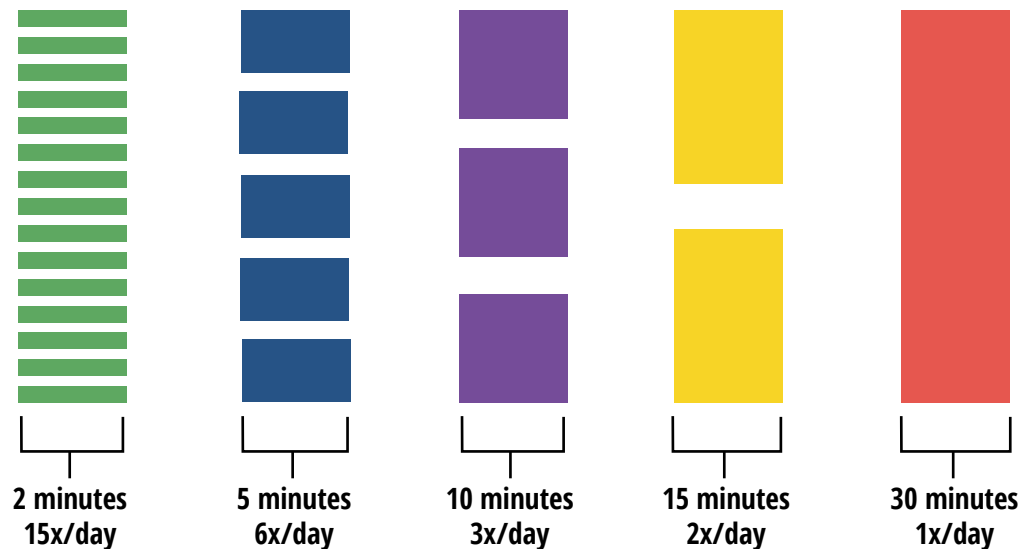


SECTION 4

Final Thoughts & Reminders

SHORT ON TIME? SMALL AMOUNTS OF MOVEMENT ADD UP

Whether you have 2 minutes or 15 minutes, physical activity for any length of time has health benefits. Even a brief episode of physical activity like climbing up a few flights of stairs counts.



MOVE ALL DAY, EVERY DAY

Reducing the amount of time you spend sitting every day is important to your health. As we spend more and more work and leisure time sitting, it's important to incorporate movement when and where you can.²

Remind yourself to get up and move around at least once an hour by setting a reminder on your smart device or computer.



SLOW AND STEADY WINS THE RACE

Has it been a while since you've been active? Reducing the risk of injury is important, so gradually increase your amount of physical activity over a period of weeks to months. Begin with short sessions of time spread throughout the week, and build on that to achieve your goal of 150 minutes a week of moderate activity.

Always include time to warm-up and cool-down. This is important for everyone, whether you are doing an aerobic activity or strength training.

Examples:

- Walking briskly could serve as a warm-up before jogging
- Using lighter weights before increasing intensity can serve as a warm-up for strength training.



REFERENCES

Content for this booklet was adapted with permission from the [2018 Physical Activity Guidelines for Americans, 2nd Edition](#).

U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans. 2nd edition. Washington, D.C: U.S. Department of Health and Human Services; 2018.

Additional resources include:

¹ Health Risks of an Inactive Lifestyle, MedlinePlus, February 2021

<https://medlineplus.gov/healthrisksofaninactivelifestyle.html#>

² Americans Need to Move More and Sit Less, American Cancer Society, August 2019

<https://www.cancer.org/latest-news/americans-need-to-move-more-and-sit-less.html>

Staying Healthy Programs

For more information, visit optimahealth.com/mylifemyplan

Eating for Life

Develop healthy eating and exercise habits

Get Off Your Butt: Stay Smokeless for Life

Quit tobacco to improve your health

Guided Meditation

Experience a retreat from everyday stressors

Healthy Habits Healthy You

Develop habits to prevent diabetes and heart disease

Tai Chi

Learn to mentally and physically relax

Yoga

Stretching and strengthening exercises

Premier fitness, weight loss, and wellness brands at discounted pricing may be available to you. Check with your insurance carrier.

