

WHAT IS PHYSICAL ACTIVITY?

Exercise can include:



Walking Riding a horse Cleaning

Also: Running, Lifting Weights, Lifting hay bales, Riding a bike, Gardening, Cleaning, Climbing, Sheep herding, Yoga, Dancing

Any many other activities!

If you're moving, you're doing physical activity.

Normal Feelings During Exercise:



Increase in temperature (sweating)

Increased breathing

Increased beating of the heart

Also: Muscle Fatigue

Abnormal Feelings During Exercise:

Dizziness, confusion, nausea, loss of control of body movements, chest pain, sharp feelings in the joints or muscles, no change in temperature, Numbness or tingling in the arms and/or legs, unable to catch breath. Call your doctor if you have any of these abnormal feelings.

REFERENCES

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WHY EXERCISE?

Benefits & Overcoming Barriers to a Healthier You



RESTORING BALANCE

Funded by: The National Cancer Institute
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In partnership with: The Partnership for Native American Cancer Prevention, Northern Arizona University, University of Arizona Cancer Center

BENEFITS OF EXERCISE

Weight loss

Increases “good cholesterol”, decreases “bad cholesterol”

Prevents Disease

Decrease in risk of:

- Cancer (several types)
- Depression
- Arthritis
- Stroke
- Heart attack
- Falling
- Diabetes
- Acute illness

Disease Prevention

Decreases in:

- Blood pressure
- Inflammation (which contribute to heart disease)

Improvements in:

- bone density
- mood
- energy levels
- sleep quality
- memory



BENEFITS OF EXERCISE FOR CANCER

Reduces:

- risk of colon, breast, lung, prostate, and endometrial cancers
- cancer-related fatigue

Maintains:

- healthy bones
- muscles
- joints

Being inactive (watching TV, sitting around) increases risk of death

COMMON BARRIERS TO EXERCISE



No Transportation



No time, Too busy



Don't know how to exercise

CDC EXERCISE RECOMMENDATIONS

Avoid inactivity!

Some activity is better than none; any gives some health benefits

Do 2 hrs 30 min/wk of moderate-intensity, or 1 hr 15 min/wk of vigorous-intensity aerobic activity

For more health benefits, increase aerobic physical activity to 5 hrs/wk of moderate-intensity, or 2 hrs 30 min/wk of vigorous intensity aerobic physical activity

More exercise gives more health benefits

Moderate-intensity exercise includes:

- Biking <10 mph
- Brisk walking
- Roofing / Painting
- Hiking
- Gardening
- Dancing

Vigorous-intensity exercise includes:

- Jogging/Running
- Basketball
- Soccer
- Biking >10mph
- Swimming Laps
- Weight Lifting

Perform aerobic exercise in episodes of at least 10 min & spread it through the week



Do muscle-strengthening activities (such as lifting weights) 2 or more days/wk



start lighter than you think you can do

HOW TO OVERCOME THESE BARRIERS

Bring family with you to your exercise session.

Exercise with someone (relative or friend),

Exercise is good for you. Learn the benefits from your trainer.

Do the home exercises your trainer gives you each week.

Make good use of your time. Do your exercise when talking to friends and family. Get the grand kids to do them with you.

Walk more. Drive less.

Get your family and friends to help you exercise.

Make exercise part of your everyday routine.

