

Session 5: Move Those Muscles.

Goal: Do 2½ hours of physical activity each week.



This will burn about 700 calories per week.

- Pick activities you **LIKE**.
- Choose moderate kinds of activity, like **brisk walking**.
- Work up to this goal *slowly*. It will take about 4 weeks.
- Spread the weekly total over 3 to 4 days (or more) per week.

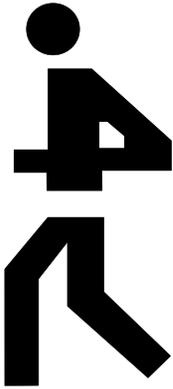
How active are you now? (Kind of activity, with whom, how often/long)

What activities did you do in the past? _____

Why did you stop? _____

What do you like or dislike about being active or being inactive?

	What I like about it	What I don't like about it
Being active		
Being inactive		



Being more active will:

- ➔ Help you feel and look better.
- ➔ Make you more physically fit.
It will be easier for you to do your daily work, like climbing stairs.
- ➔ Help you lose weight and keep it off.
- ➔ Lower your risk for heart disease and some kinds of cancer. Being more active:
 - ➔ Raises HDL cholesterol (the “good” cholesterol or fat in the blood).
 - ➔ Lowers triglycerides.
 - ➔ Lowers blood pressure.

In the DPP, being more active has been shown to be part of a package that reduces risk of diabetes. Being more active:

- ➔ Lowers blood sugar by making the body more sensitive to insulin.

Work up to your activity goal *slowly*.

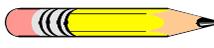
Session 5: Walk 60 minutes per week (12 minutes on 5 days per week).
Session 6: Walk 90 minutes per week (18 minutes on 5 days per week).
Session 7: Walk 120 minutes per week (24 minutes on 5 days per week).
Session 8+: Walk 150 minutes per week (30 minutes on 5 days per week).

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

Here are some other activities that are usually similar to brisk walking.

- Aerobic dance (high impact, low impact, step aerobics)
- Bicycle riding (outdoors or on an indoor, stationery bike)
- Dancing (square dancing, line dancing) Note: Be careful not to include breaks.
- Hiking
- Jogging (outdoor, indoor, treadmill)
- Karate
- Rope jumping
- Rowing (canoeing)
- Skating (ice skating, roller skating, rollerblading)
- Skiing (cross-country, Nordic Track)
- Soccer
- Stair Master
- Strength Training (free weights, Nautilus, etc.)
- Swimming (laps, snorkeling, scuba diving)
- Tennis
- Volleyball
- Walking (outdoor, indoor at mall or fitness center, treadmill)
- Water Aerobics

Always check with your doctor before changing your activity program.

 **To do next week:**

I will:

Be active for _____ .

- Include a friend or family member if you like.
- Plan activities you **LIKE** to do.



	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 your Keeping Track books.

Record only the time when you're *doing* the activity.

(Don't include breaks.)



Bring in (or wear) the shoes I might wear when I'm active.

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you have shoes now that fit well and support your feet. But here are some pointers if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- Visit one or more store(s) you trust. Try on various styles and brands.
- The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.



Look for a good fit.

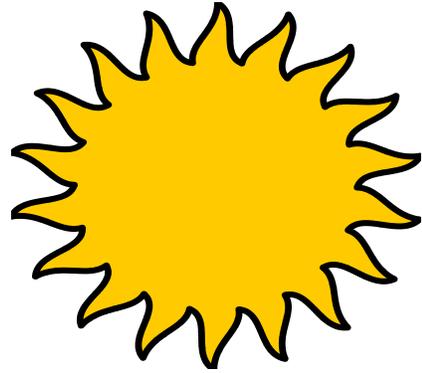
- Wear the kind of socks you'll wear when you're active. Cotton are best.
- Go to the store right after you've been active, if possible. That way, your feet will be the size they are when you're warmed up.
- The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
 - There should be one thumb's width of 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.

Your shoes should match the shape of your foot and the way your feet strike the ground.

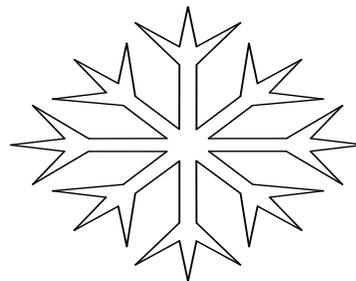
- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.

Beat the Heat



- ⊗ Drink water before, during, and after being active.
- ⊗ On hot, humid days, be active early or late in the day when it is the most cool.
- ⊗ Don't overdo it. Go at your own pace.
- ⊗ Wear light, loose-fitting, cotton clothes.
- ⊗ Wear a hat to shade your face from the sun.
- ⊗ Tell someone your route and when you'll be back.
Better yet, go with a friend.
And wear some form of ID.

Keep Warm in the Cold



- Be active in the middle of the day, when it's the warmest.
- Dress right from head to toe.

Head: Wear a stocking cap or ear muffs.

Body: Dress in several thin layers. Remove or add layers as needed.

- Full-length long-underwear or tights on your legs.
- T-shirt, long-sleeved turtleneck.
- Well-vented wind jacket with a zipper.

Hands: Wear mittens or gloves.

Feet: Wear well-insulated socks. Wear shoes or boots that keep your feet warm and dry and give you good traction.

- Go out against the wind and come home with the wind.
- Avoid patches of ice.
- Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.