

Who's Taking Care of YOU?

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I've been practicing what I encourage for a long time.

A little about me...



Agenda

- Roll call
- The Recommendations
- Types of exercise
- Exercise and productivity
- 23 ½ Hour video
- NEAT
- Movement “snacks”
- Tips for success



Learning Objectives

- ACSM Physical Activity Guidelines for Adults
- What NEAT stands for and how to incorporate it into your day
- A minimum of three new movement ideas to take back and try!





Who's in the room?
(Mentimeter)

ACSM Physical Activity Recommendations





**AMERICAN COLLEGE
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ACSM and CDC recommendations state that:

- All healthy adults aged 18–65 years should participate in moderate intensity aerobic physical activity for a minimum of 30 minutes on five days per week, or vigorous intensity aerobic activity for a minimum of 20 minutes on three days per week.
- Every adult should perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week.

And guess what?

- The U.S. Department of Health & Human Services and the World Health Organization both agree!
- Adults should perform at least 150 minutes of moderate-intensity cardiorespiratory activity each week.



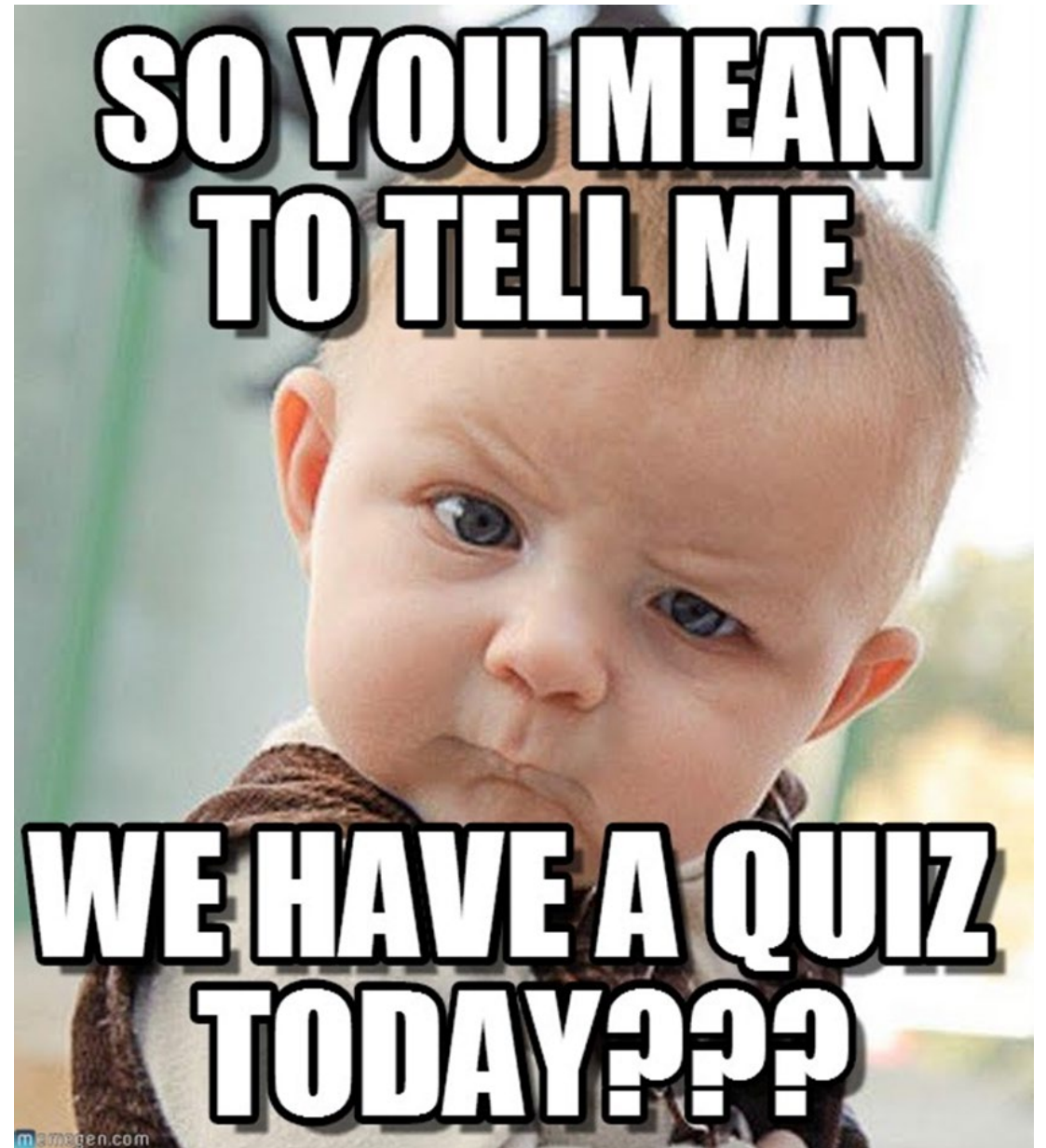
Get your 30!

- All healthy adults aged 18–65 years should participate in **moderate intensity aerobic physical activity** for a **minimum of 30 minutes** on **five days per week**
- Aerobic = with oxygen



What is aerobic
exercise?

Quiz
time!



What is Moderate Intensity?

- If you can talk comfortably, but not sing, while exercising, you are working at a moderate intensity.



What are the benefits of "Getting Your 30"?

- Reduced risk of dementia and depression
- Improved sleep quality
- Lowered incidence of hypertension and diabetes
- Improved bone density
- Improved cardiovascular health
- Reduced risk of death from heart disease and cancer
- You'll feel better!

23 ½ Hours: What's the Single Best Thing You Can Do For Your Health?

23 and 1/2 hours: What is the single best thing we can do for our health? (youtube.com)



Have you heard of NEAT?

NEAT



NEAT: Non-Exercise Activity Thermogenesis

Non-structured exercise that burn calories; accounts for a significant amount of total daily energy expenditure



What is NEAT Exercise?

Examples of NEAT movement:

- Take the laundry upstairs
- Fill the dishwasher
- Walk to the mailbox
- Grocery shopping
- Letting the dog outside
- Cooking
- Taking the trash out
- Feeding the cat
- Gardening
- Using a standing desk



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NEAT

NON-EXERCISE ACTIVITY THERMOGENESIS

Big words that basically just mean movement which isn't planned exercise



Playing with your
kid at the park



Walking and
talking



Playing with
the cat



Morning
walk

NEAT MAKES UP AROUND
***70%** OF YOUR DAY

**Assuming you sleep 7 hours*

INCREASE
DAILY NEAT =



Improved HEALTH



Positive MOOD



FEELING better



**Movement and your
workday. Want to
increase productivity and
creativity? Move more!**

Take your meeting on a walk



- Stanford researchers found that **walking boosts creative inspiration**. They examined **creativity levels** of people while they walked versus while they sat. **A person's creative output increased by an average of 60 percent when walking.**
- Source: Stanford study finds walking improves creativity | Stanford Report

Add “Movement Snacks” into Your Day



By incorporating short bursts of activity into the day, you can improve circulation, boost energy levels, enhance focus and reduce the risk of various health issues associated with prolonged sitting, such as obesity, heart disease and musculoskeletal problems.

Additionally, movement snacks can help improve cognition and mood, increase aerobic capacity, muscle strength, and energy metabolism and reduce stress by releasing endorphins and promoting relaxation.

Source: ACE Fitness

Examples of Movement Snacks



- Body weight exercises such as squats
- Stretching
- Push-ups using (sturdy!) desk for support
- Stairclimbing
- Walking

Just move for 2 – 3 minutes. A “snack”!



Tips & Tricks for Success

Tips for Success

- Accountability Buddy
- Exercise calendar
- Exercise app
- Commit to one change at a time



Call to Action!

How are YOU going
to "Get Your 30"?

(pair and share with your neighbor)



EVALUATION



Scan Me!



Thank you

