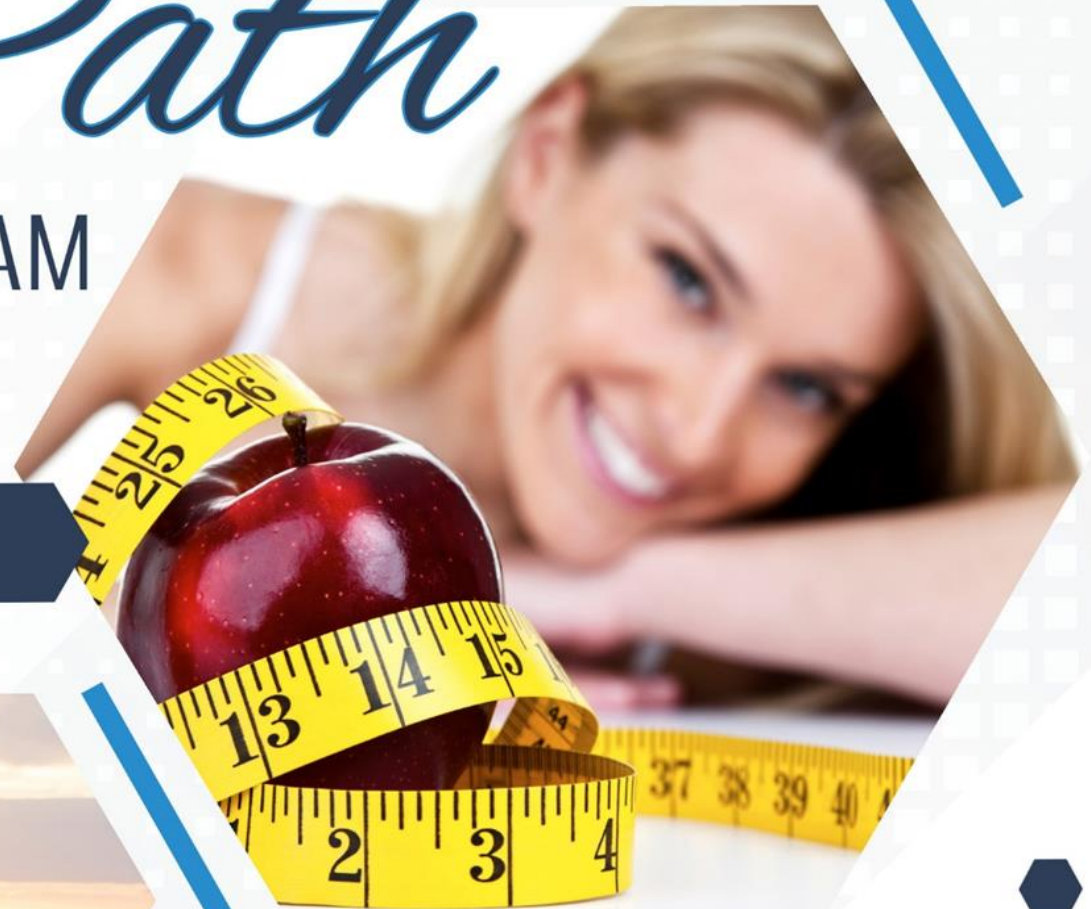


Path

PROGRAM



5-WEEK LIFESTYLE PROGRAM

Made by
Medwell



Week Five on The PATH

Exercise does not have to involve sweaty sneakers and stinky gym bags. There are many ways to get your body moving that are easy, fun, and healthy! You just need to find what's right for you!

WHAT TO DO THIS WEEK

► LEARN

- Learn a range of exercises
- Find those movement types that work for you
- Benefits and dangers of exercise
- How activity helps your body, mind, and brain
- What produces long-term success

► RESOURCES

- Make Regular Movement a Part of Your Day
- Stretching Guide
- Walking Guide



Physical Activity

Just a little activity leads to great changes! In a landmark study conducted at the University of Virginia, exercise physiologist Glenn Gaesser, PhD, asked men and women to complete 15, 10-minute exercise routines a week. After just 21 days, the volunteers' aerobic fitness was equal to that of people 10 to 15 years younger. Their strength, muscular endurance, and flexibility were equal to those of people up to 20 years younger!

In another study, researchers at John Hopkins School of Medicine in Baltimore found that short bursts of activity are as effective as longer, structured workouts in improving the health and fitness of inactive adults. "It would be useful for people to get out of the all-or-nothing mind-set that unless they exercise for 30 minutes, they're wasting their time," says Gaesser.

On your overscheduled days, break your exercise into small chunks. This can keep your confidence up, says Harold Taylor, time management expert and owner of Harold Taylor Time Consultants in Toronto, who has written extensively on the subject. "Skipping exercise altogether is 'de-motivational'—you feel depressed and guilty," Taylor says. "If you skip it, you tend to figure, 'What's the use? I can't keep up with it anyway.' Yet as long as you make some effort each day, that motivates you onward. Success breeds success." Keep in mind that short bursts of exercise are meant to supplement, not replace, your regular fitness routine.



Exercise as a Part of Your Day

It's always great to create longer moments in which we can participate in an exercise we enjoy (such as a nature hike, dancing, swimming or gardening). However, on days that this cannot happen make short bursts occur throughout your day.

When it comes to exercise, research shows that every bit of movement does count! It can benefit our metabolism, be an energy boost, keep us in shape, and aid in chronic disease management.

Take a moment and visualize your daily routine with an added HOP, SKIP or JUMP!

- Create a habit that while dinner is in the oven, you do something physical for a short amount of time.
 - Put on music and dance for at least the length of 2 songs.
 - Do some strength training exercises (see examples below.)
- Let your shower be your reward. Make it habit that before you get a shower you do some sort of strength training exercise.
- Get off the bus a couple stops early. Make this your new stop.
- Always find a parking spot! Park further away in the work parking lot. Make this your normal parking spot and pick up the pace when walking or even SKIP!
- Take the stairs. If you need to go up 14 flights, take the elevator to floor 7 and walk the rest. Add on to this as you go.
- Turn your errands into exercise...Walk to do as many errands as possible. Walk to the bank on your lunch break or to the store to pick up groceries.
 - A low-cost investment is a pedometer and many smart phones have built in step counting apps. Wear a pedometer or take your smart phone with you while you walk. Challenge yourself! If one day you make 6,000 steps, tomorrow shoot for 6,250. Keep upping your step amount.



- Find a buddy to take a 10-minute walk with you on your work break. Holding each other accountable will help you stick with it.
- Who said watching TV has to be a sedentary activity? When enjoying a TV show, commit to doing strength training such as push-ups, or weightlifting. Leave the dumbbells by the TV as a reminder.
- Get Up, Stand Up! When on the phone, stand up and do calf raises or simply walk around the room.
- Take 5 minutes away from your workstation. Set an appointment with yourself. Set your computer calendar to ding at a certain time. Stretch, take a brisk walk or do a burst of some sort of strength training activity.
- Movement matters...While pumping gas, waiting for the bus, or brushing your teeth, do calf raises.
- Drop and give me 6! Make it a habit that throughout your day (when possible) you do a set of push-ups.
 - For example, as soon as you change out of your work clothes do a set.
- YouTube is our own personal trainer. Check out some short Pilates videos (or another exercise of choice) and make them a part of your regular routine!
- After dinner when you want to watch a television show, sit on the floor instead of the couch. This will lend itself to you to do stretching, twisting and sitting in the squatting position.

Note: When you're feeling it's difficult to be motivated to make a little exercise happen, gently remind yourself...it's only 8, 5, 3 or even 2 minutes. This simple reminder can be a game changer as that amount of time is hard to dispute.

Here are some examples of, specifically, strength training exercises:

- Using resistance bands
- Using your body weight for resistance, by doing push-ups, calf-raises, crunches, leg squats or push-ups, lunges
- Using weight machines
- Using free weights such as dumbbells or kettle bells



Stretching

There are numerous benefits that stretching can do for our bodies; it lengthens muscles, lubricates joints, rebalances the nervous system, refreshes the body, and help calms the mind. It is the simplest, least stressful, and safest way of exercising. When you are stretching, make sure there is enough space to safely perform the moves and that you are wearing loose comfortable clothes (footwear is optional).

Below are some tips for stretching:

- Start by taking a deep breath through your nose and breathe out slowly through your mouth.
- For longer stretches, inhale before starting, exhale slowly, then inhale again and exhale again while consciously allowing your body to stretch to its limit.
- Repeat each inhalation and exhalation until the stretch is complete.
- Make sure you never hold your breath.
- Put on some soothing music to help you relax.
- Stretch the major muscle groups a minimum of two or three days a week, holding your stretches for 10 to 30 seconds to the point of mild discomfort for the maximum benefit.
- Do not force or bounce any of your stretches.
- Do not stretch to the point of feeling pain.



Walking

Walking is another easy and great way to work out. Walking only 30 minutes a day can lower your risk of developing chronic diseases, help you control your weight, and help you build and maintain healthy bones. It can also boost your mood! Here are some helpful tips about walking that can help you incorporate walking into your daily life:

- Buy a pair of comfortable shoes- check to make sure there is a ½ inch between the end of your longest toe and the end of the shoe.
- Try to find ways to add in extra steps into your day.
- When you are feeling sluggish or having trouble working out an issue, take a quick walk to clear your mind.
- Find a “walking buddy”. It is always good to have someone who holds you accountable for your goals and helps the time go by while you are walking.
- Make sure you are walking correctly- roll from your heel to toe and push off.
- Have a daily positive walking affirmation you repeat to yourself.
- Switch your walks up! Find new areas to walk and explore.
- Stretch at the end of your walks to keep your body loose.
- Its been proven that walking can save you money! Individuals who walk usually save around \$330 a year more than others who aren't as active.
- Bend your elbows at a 90-degree angle to help give you a speed boost.
- Set walking goals and celebrate when you reach them.
- Listen to music, an audiobook or a podcast while walking.
- If you want a more strenuous walk, incorporate hills into your walk.