

embracing your health



STRESS MANAGEMENT & EMOTIONAL WELLBEING

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Course Instructor



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Technical Difficulties

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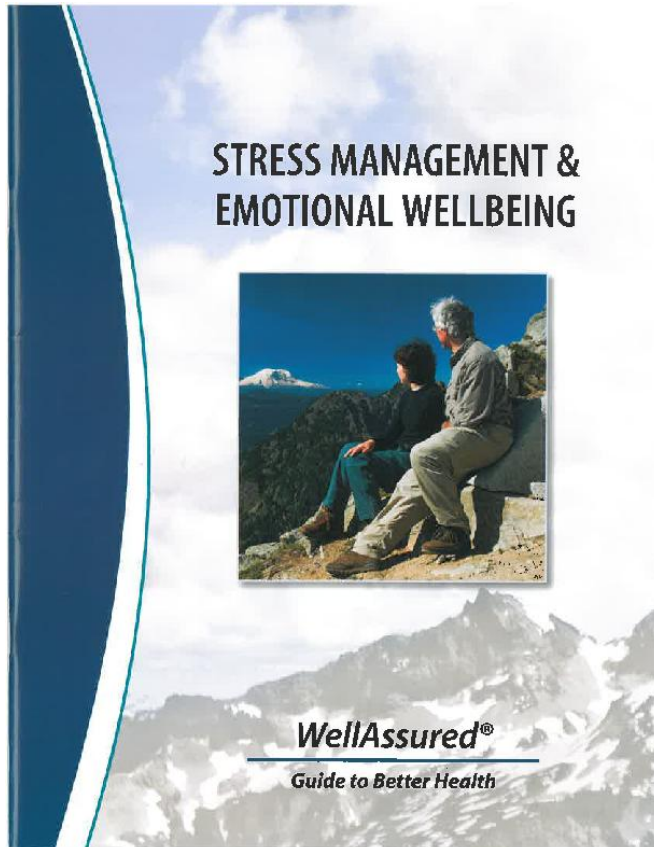


Questions

- You may raise your hand and type your question.
- All questions will be answered at the end of the webinar to save time.



Participant Resource



- ❏ Please use this participant guide throughout the duration of this course.
- ❏ Please see the instructor or your HR representative if you do not have a copy.





Physical Activity

The Institute of
Medicine (IOM)
recommendations
include increased
physical activity



Exercise Benefits

Exercise...

-  Reduces feelings of stress
-  Strengthens the body
-  Increases energy
-  Controls weight



Walking

- May be the perfect exercise to reduce stress!
- Easy, inexpensive equipment, always available, and you already know how!



Physical Activity and You

- You'll feel more relaxed and confident.
- You'll get stronger and build endurance.
- Your heart will become stronger—always a good result.
- You'll lower your blood pressure.
- You'll reduce body fat and lose weight.
- You'll gain energy.
- You'll sleep and rest better.
- You'll live longer.
- You'll spend less money on healthcare.
- You'll lower your risk for many diseases-including depression.
- Your stress level will be easier to manage.

Emotional Wellbeing

Healthy Body-Healthy Mind



Your Physical Activity

- Pick activities you like and get started.
- Walking is very effective.
- Swimming, biking or jogging also work.
- Join an exercise class.
- Take the stairs; walk when possible.
- Reward yourself.
- Add strength training and stretching to your program.

Record Keeping

• Charts and graphs

• Write it down



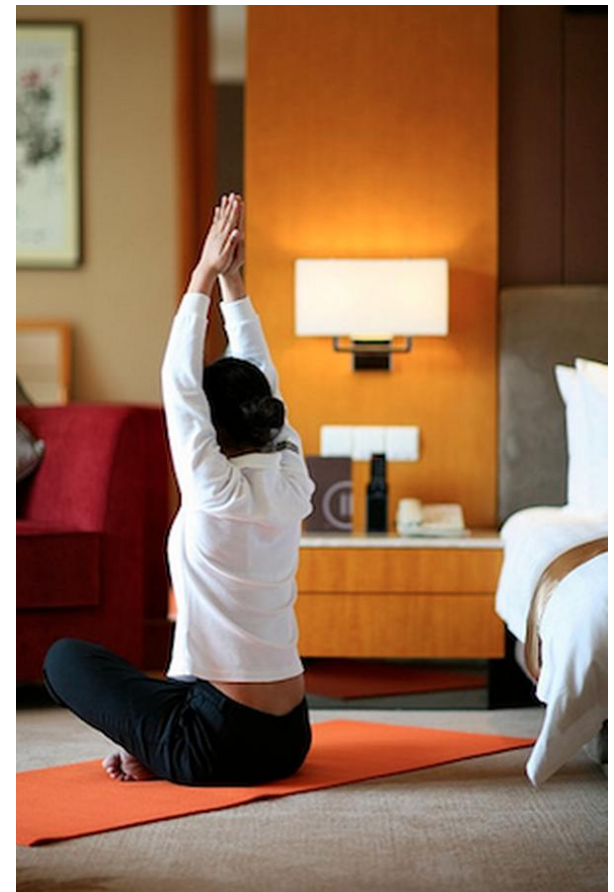
Staying Active at the Work

- 🚶 Make the most of your commute time.
- 🚶 Look for opportunities to stand.
- 🚶 Take fitness breaks.
- 🚶 Trade your office chair for a fitness ball.
- 🚶 Keep workout gear in your work space.
- 🚶 Get social.
- 🚶 Conduct meetings on the go.
- 🚶 Pick up the pace.



Exercise and Travel

- If you're stuck in an airport waiting for a plane, grab your bags and take a brisk walk.
- Choose a hotel that has fitness facilities — such as treadmills, weight machines or a pool — or bring your equipment with you.
- Jump-ropes and resistance bands are easy to sneak into a suitcase. Of course, you can do jumping jacks, crunches and other simple exercises without any equipment at all.



Office Workout

❏ Easy and quick ways to add movement to your day

- ❏ Improves circulation
- ❏ Improves energy level
- ❏ Relaxes muscles



Wrist Stretch



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Wrist and Forearm Stretch



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Lower Back Stretch



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Hip Flexion



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1/>

Leg Extension



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Inner Thigh



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Chair Squat



Dips



One Leg Squat



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Front Raises



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Triceps Press



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Bicep Curl



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Side Bends



<http://exercise.about.com/cs/exerciseworkouts//blofficeworkout.htm?rd=1>

Ab Twists



Eye Health

- 20-20-20 Rule
- Blink often
- Relax eye muscles
- Schedule routine eye exams



Questions, Comments



Thank You

If you have any questions or comments following this presentation, please contact

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Physical Activity Log

Refer to Aerobic Mile Chart to compute aerobic miles for each activity.

Aerobic Mile Goal	
<input type="checkbox"/>	6/wk
<input type="checkbox"/>	10/wk
<input type="checkbox"/>	15/wk
<input type="checkbox"/>	20/wk
<input type="checkbox"/>	_____/wk

Weight Goal	
----- Present Weight	
----- Goal Weight	
A realistic goal is to lose 1/2 to 1 lb/wk	

Wk	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Aerobic miles	Weight (lbs)
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									

Instructions: Enter activity, time and aerobic miles for the day. For example, if you walked 2 miles in 30 minutes and bicycled at an easy pace for 18-20 minutes, you would have completed 2 aerobic miles for the walk and 1 aerobic mile for the ride.

One Day Example
Walk: 30 Minutes
Cycle: 20 Minutes
----- Aerobic miles = 3.0



Aerobic Mile Chart

An AEROBIC mile is a measure of exercise energy expended that is equal to jogging one mile.

Activity	Minutes to Equal One Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic exercise to music	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling	18	14	10
Calisthenics, continuous, moderate	30	20	15
Canoeing/rowing	20	15	12
Football, touch	20	15	12
Gardening, active	60	40	30
Hiking, cross country & hills	20	15	12
Golfing, carrying bag or pulling cart	30	25	20
Jogging/Running 12-10-8 minute/mile pace	12	10	8
Mountain climbing	15	12	10
Racquetball, handball, squash	20	15	10
Rope skipping	11	10	8
SCUBA diving	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair or bench stepping	15	13	11
Stationary bicycle	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking, 24, 20, 15 min/mile pace	24	20	15
Water skiing	20	15	12
Weight training	30	20	15

Target Heart Rate Zone

AGE	Start Fit		Keep Fit	
	60-75% Heart rate per min.	10 Sec.	70-85% Heart rate per min.	10 Sec.
20	120-150	20-25	142-172	23-29
25	117-146	19-24	140-170	23-28
30	114-142	19-23	136-165	22-27
35	111-138	18-23	132-160	22-26
40	108-135	18-22	128-155	21-26
45	105-131	17-22	124-150	20-25
50	102-127	17-21	119-145	20-24
55	99-123	16-20	115-140	19-23
60	96-120	16-20	111-135	18-22
65	93-116	15-19	107-130	18-21

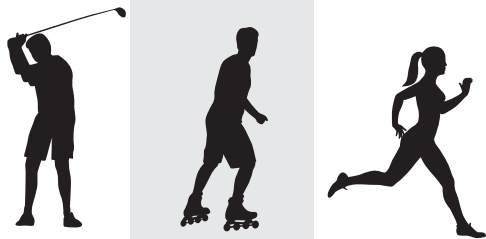
In the example below, for a 40-year-old person, the minimum heart rate immediately after exercising would be 108 beats per minute. The maximum exercise heart rate would be 155 (85% of 180).

Determining Your Target Heart Rate (THR)

	THR 40 yr old	Your THR
Starting Point	220	220
Subtract your age	- 40	-
Heart rate max	= 180	=
Choose your Target Zone (60% to 75% to start) (70% to 85% to keep fit)	x .60	x .
Multiply Heart Rate Max by Target Zone Rate (180 x .60)		
Target Heart Rate = 108		=



Aerobic Fitness Guidelines

FITT Guide	Start Fit	Keep Fit	Comments																		
Frequency sessions/wk	3–4 exercises daily when possible	4–5 times/wk	Exercise every other day when starting. Gradually increase to 4–5 sessions per week, daily when possible. To help prevent strain or injury, do more vigorous activity every other day, with easy to moderate activity on the alternate days.																		
Intensity maximum heart rate	60%–75% of maximum heart rate	70%–85% of maximum heart rate	Start at the lower heart rate range, increase intensity gradually over weeks. Generally, 70% to 80% is adequate for good fitness benefits and minimal strain. (<i>Maximum heart rate estimate is 220 minus age</i>)																		
Type of activities 	Moderate activities	Moderate and vigorous activities	<p>Breathing is also a good intensity measure. Aerobic activity stimulates deep breathing, but if you get out of breath or can't talk to a companion while exercising, you are going too hard.</p> <p>Start with moderate activities. After adapting to regular exercise, gradually add more vigorous activities. Alternate vigorous with moderate activities to prevent over-training and injuries.</p> <table border="0"> <tr> <td>Moderate*</td> <td>Vigorous*</td> </tr> <tr> <td>Active gardening, mowing</td> <td>Spading, heavy gardening</td> </tr> <tr> <td>Brisk walking</td> <td>Walk-jog, jogging, running</td> </tr> <tr> <td>Golf, walking carrying clubs</td> <td>Vigor. walking, hiking hills</td> </tr> <tr> <td>Low-impact aerobics</td> <td>Dance aerobics</td> </tr> <tr> <td>Tennis doubles</td> <td>Tennis singles</td> </tr> <tr> <td>Swimming, moderate pace</td> <td>Swimming, vigorous pace</td> </tr> <tr> <td>Biking, mod. pace, 10-12 mph</td> <td>Biking vigorous pace, 14–18 mph</td> </tr> <tr> <td>Volleyball, other mod. sports</td> <td>Basketball, other active sports</td> </tr> </table>	Moderate*	Vigorous*	Active gardening, mowing	Spading, heavy gardening	Brisk walking	Walk-jog, jogging, running	Golf, walking carrying clubs	Vigor. walking, hiking hills	Low-impact aerobics	Dance aerobics	Tennis doubles	Tennis singles	Swimming, moderate pace	Swimming, vigorous pace	Biking, mod. pace, 10-12 mph	Biking vigorous pace, 14–18 mph	Volleyball, other mod. sports	Basketball, other active sports
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Time of workout	15–30 min per session 6–10 aerobic miles per week	30–60 min per session 10–20 aerobic miles per week	<p>Start within your capacity, even if it is only 10 or 15 minutes. Gradually work up to 30+ minutes per session. It's better to increase exercise time to 30+ minutes/session before increasing intensity. A lower intensity, longer duration activity puts less strain on the body.</p> <p><i>*See "Aerobic Miles" page for further info on this goal.</i></p>																		

Body Mass Index

WEIGHT STANDARDS (based on BMI)				
HEIGHT in.	BMI 19 lbs.	BMI 25 lbs.	BMI 30 lbs.	BMI 35 lbs.
4' 10"	91	119	143	167
5' 0"	97	128	153	179
5' 2"	104	136	164	191
5' 4"	111	145	174	204
5' 6"	118	155	186	216
5' 8"	125	164	197	230
5' 10"	132	174	209	243
6' 0"	140	184	221	258
6' 2"	148	194	233	272
6' 4"	156	205	246	287
HEALTHY RANGE				



Office Exercise

If you have trouble staying fit at work, these office exercises are a great way to keep your body moving right at your desk. The moves here involving stretching and strengthening your body, all within the comfort of your office chair. This workout doesn't take the place of traditional strength training, but offers you a way to keep your blood moving if you can't get away from your desk.

Precautions See your doctor before trying this workout if you have any injuries, illnesses or other conditions. Make sure the chair you use is stable. If you have wheels, push it against a wall to make sure it won't roll away.

Equipment Needed A chair and a water bottle or light-medium dumbbell.

Stretches for Your Wrists and Arms

Wrist Stretch: Extend arm in front, palm up and grab the fingers with other hand. Gently pull the fingers towards you to stretch the forearm, holding for 20-30 seconds. Repeat on the other side.

Wrist & Forearm: Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left for 10 reps.

Lower Back Stretch: Sit tall and place the left arm behind left hip. Gently twist to the left, using the right hand to deepen the stretch, holding for 20-30 seconds. Repeat on the other side.

Lower Body Exercises

Hip Flexion: Sit tall with the abs in and lift the left foot off the floor a few inches, knee bent. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

Leg Extension: Sit tall with the abs in and extend the left leg until it's level with hip, squeezing the quadriceps. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

Inner Thigh: Place towel, firm water bottle or an empty coffee cup between the knees as you sit up tall with the abs in. Squeeze the bottle or cup, release halfway and squeeze again, completing 16 reps of slow pulses.

Chair Exercises

Chair Squat: While sitting, lift up until your hips are just hovering over the chair, arms out for balance. Hold for 2-3 seconds, stand all the way up and repeat for 16 reps.

Dips: Make sure chair is stable and place hands next to hips. Move hips in front of chair and bend the elbows, lowering the body until the elbows are at 90 degrees. Push back up and repeat for 16 reps.



One-Leg Squat: Make sure the chair is stable and take one foot slightly in front of the other. Use the hands for leverage as you push up into a one-legged squat, hovering just over the chair and keeping the other leg on the floor for balance. Lower and repeat, only coming a few inches off the chair for 12 reps. Repeat on the other side.

Upper Body Exercises

Front Raise to Triceps Press: Sit tall with the abs in and hold a full water bottle in the left hand. Lift the bottle up to shoulder level, pause, and then continue lifting all the way up over the head. When the arm is next to the ear, bend the elbow, taking the water bottle behind you and contracting the triceps. Straighten the arm and lower down, repeating for 12 reps on each arm.

Bicep Curl: Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder for 16 reps. Repeat other side.

Ab Exercises

Side Bends: Hold a water bottle with both hands and stretch it up over the head, arms straight. Gently bend towards the left as far as you can, contracting the abs. Come back to center and repeat to the right. Complete 10 reps (bending to the right and left is one rep).

Ab Twists: Hold the water bottle at chest level and, keeping the knees and hips forward, gently twist to the left as far as you comfortably can, feeling the abs contract. Twist back to center and move to the right for a total of 10 reps. Don't force it or you may end up with a back injury.

