

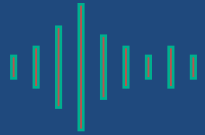
SFS Americas Learning Academy

Presented by Cigna EAP

Exercise Essentials: Your Guide to Getting and Staying Active



Housekeeping Items



The session will be recorded and available on the Learning Academy HUB and the iPortal only for 30 days.



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You will receive learning credits for this session. They will be uploaded into the GLP.

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EXERCISE ESSENTIALS

Your guide to getting and staying active

Presented by your
Employee Assistance Program



Together, all the way.®



SEMINAR GOALS



- Review the recommended guidelines for physical activity
- Learn the basics of the three main types of exercise
- Explore strategies for incorporating physical activity into our everyday lives
- Know the benefits of the Employee Assistance Program (EAP)



STAYING ACTIVE: WHAT'S THE BIG DEAL?

Adults in the United States spend an average of

6½ hours
per day sitting.



Yang et al, 2019

Walking
20 minutes
per day, 5 days per
week decreased sick
days by **43%.**



Harvard Health Publishing, 2021

Running 15
minutes a day
decreases the
risk of depression
by **26%.**



Choi as cited by Harvard Health, 2019



Ten weeks of
strength training
can lead to an
increase in muscle
mass of **3 pounds.**

Galic, 2021



Each hour of
light-intensity
physical activity
is associated with
larger brain volume
and **1.1 years** less
brain aging.

Spartano et al, 2019

Those who do 150-
300 minutes/week of
aerobic exercise
reduce their risk of
dying from any
cause by **29%.**



Zhao, Veeranki, & Magnussen, 2020



TYPES OF EXERCISE



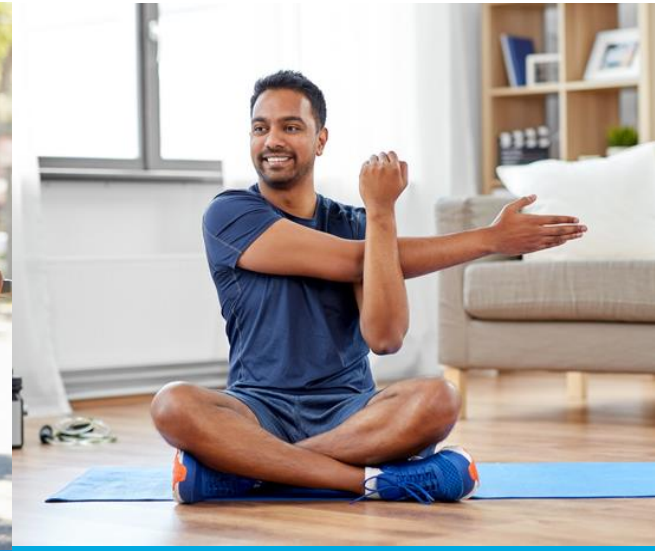
Strength training

- Increases lean muscle mass
- Improves balance
- Weight management



Aerobic

- Improves body's ability to meet demands
- Burns body fat
- Reduces risk of chronic conditions



Stretching

- Improves flexibility, range of motion
- Reduces pain and risk of injury

ANATOMY OF A WORKOUT

The Physical Activity Guidelines define physical activity with a few key components:



Intensity

How hard a person works to do the activity (e.g., energy required, weight lifted)

Duration

How long a person does an activity in one session (e.g., minutes, repetitions)

Frequency

How often a person does the activity (e.g., days/week)

SAFETY REMINDERS

- Choose activity that is appropriate for age, experience, and fitness level
- Make smart choices about when, how, and where you exercise
- Don't forget to warm up and cool down
- Consult with your doctor, especially if you have a chronic condition or symptoms



“Start low and go slow:”

For those with low activity levels, start with light or moderate-intensity activity. Gradually build your fitness level by increasing the duration or frequency of the activity. Later, increase the intensity of the exercise (if desired).

STRENGTH TRAINING: THE BASICS

- Make muscles do more work than they are used to doing, “muscle overload”
- Should target all major muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms
- Proper form is important to avoid injury

Guidelines recommend:

Moderate or greater intensity strength-training exercises
2-3 days a week



Strength training is considered of **moderate intensity** when the amount of resistance or weight used tires your muscles after 8-12 repetitions. Start small and gradually build up strength.

MAKE YOUR WORKOUT WORK FOR YOU

Optional equipment:

- Household objects
- Resistance bands
- Free weights (barbells, dumbbells)
- Medicine balls
- Gliders/sliders
- Kettle bells
- Weight machines
- Suspension training straps

- Do your homework
- Consider equipment investment
- Be smart with your time
- Don't neglect rest days



Efficiency tip:

Bodyweight exercises are effective and require no equipment. Examples include squats, push-ups, lunges, plank holds, and sit-ups.

AEROBIC EXERCISE: THE BASICS

- Major muscles moved in a rhythmic manner for a sustained timeframe
- Determine intensity with the “talk test”
- Impact level (high vs. low) can be varied

Guidelines recommend:

- **150-300** minutes per week of moderately intense activity or...
- **75-150** minutes per week of vigorously intense activity



Note that the **total amount of physical activity** (minutes/week) is more important for achieving health benefits than any specific type, intensity, impact level, frequency or duration of workouts.

MAKE YOUR WORKOUT WORK FOR YOU

Examples:

- Swimming
- Rowing
- Walking
- Jogging
- High-intensity interval training (HIIT)
- Kickboxing
- Cycling
- Zumba/dance
- Jump rope
- Trampoline
- ...and much more!

- Include elements you enjoy
- Try mini workouts
- Keep it fresh to avoid boredom
- Expand your idea of “active”



Efficiency Tip:

Combine strength, cardio, and balance exercises with different types of workouts. Examples include HIIT, circuit training, boxing, dancing, or sports.

FLEXIBILITY AND STRETCHING: THE BASICS

- Warm up muscles with dynamic stretches and movements
- Use static stretches to cool down
- Incorporate into normally sedentary or inactive tasks

Experts recommend:

Aim to do stretching exercises **2-4 times per week**. Even 5-10 minutes of stretching has benefits.



Examples:

- Dynamic stretches
- Static stretches
- Yoga
- Tai chi
- Pilates
- Foam rollers
- Stretch/
resistance bands

GETTING STARTED: MAKE A PLAN

- Know your “why”
- Visualize your desired outcome
- Set small, achievable goals
- Outline the how, when, and where



Be mindful to select days, times, activities, and locations that make exercise convenient, not a burden on your time, schedule, or motivation.

GETTING STARTED: OVERCOMING INITIAL OBSTACLES



- Start small with habit stacking
- Add to downtime activities
- Give yourself “nudges”
- Focus on the first step

Remember, small “bursts” of activity during the day
“count” towards your total exercise minutes.

SUSTAINING MOMENTUM: BEHAVIORAL STRATEGIES

- Use technology to keep it interesting
- Make it a social activity
- Track your progress
- Reward yourself



Don't overdo it. Doing too much too quickly can cause overwhelm or injury, putting a stop to your momentum!

SUSTAINING MOMENTUM: COGNITIVE STRATEGIES



- Set intentions, not tasks
- Tap into the power of positive self-talk
- Focus on your strengths

Know that you will sometimes lack the motivation to be active...
and that's okay! Rest days and self-care are important too.



BELIEVE YOU CAN DO IT!

- Acknowledge your power
- Let go of perfection
- Give yourself credit



- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

BENEFITS OF THE EAP

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



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Upcoming EAP Sessions

