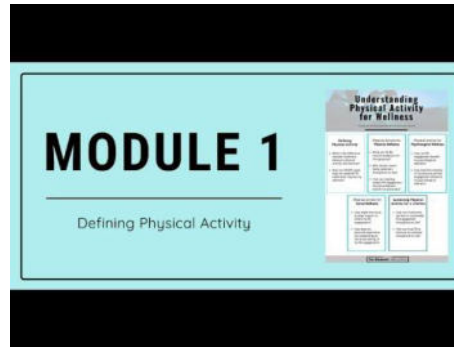


Link to Voiceover Version of This Presentation:

<https://www.youtube.com/watch?v=quYWNB-NZHo&feature=youtu.be>



Link to How to Add Voiceover in iMovie:

<https://www.youtube.com/watch?v=Zjx1lH6Eao8&feature=youtu.be>

Defining Physical Activity

FOR STUDENTS' Wellness

Module 1/5

Essential Questions

What is the difference between sedentary behavior, physical activity, and exercise?

How can S.M.A.R.T. goals help me build physical activity habits that can improve my wellness?

Understanding Key Terms

Human Movement



Sedentary Behavior:

Any waking behavior with minimal movement

*sitting/laying down with minimal movement
(ex: watching tv, playing video games, social media, riding in a car, etc)*



Physical Activity:

skeletal muscle contraction which results in energy expenditure

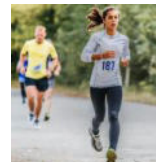
Lifestyle:

Recreational or transportational movement



Exercise:

Planned bouts of PA with specific goals to improve or maintain a component(s) of physical fitness



Challenge!

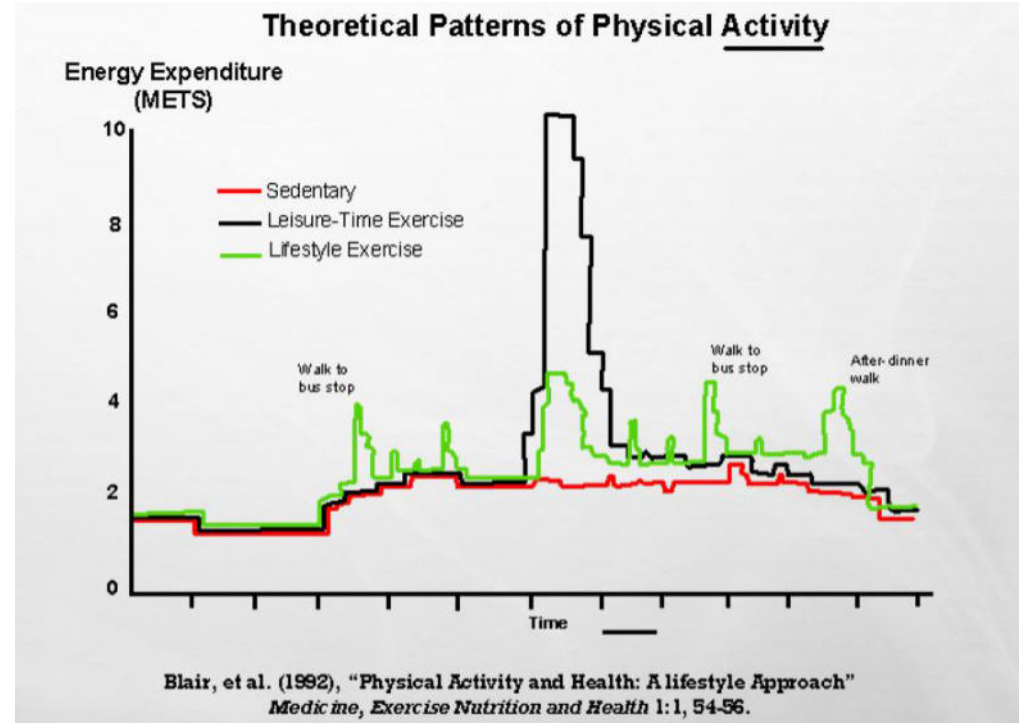
Will you join me in moving throughout this presentation?

- Stand and march in place or tap your feet side to side
- Seated arm circles or chair dancing :)



Is Exercise Enough?

- MET = metabolic equivalents
- Blair (1992) found that individuals who incorporate physical activity into their **lifestyles** can **expend more energy** than those who exercise intensely for one bout and then are **sedentary** throughout most of the day
- **Moral of the Story:**
 - Exercise is great, but we still need to be cautious to avoid extended bouts of sedentary time
 - Try to break up periods of sedentary time for 5 minutes every 30 minutes



Find Your Fit

“I believe it is difficult for so many people to maintain an exercise program because they try to (be physically active and) exercise in a way that is incompatible with their personality. They are doomed from the start.”

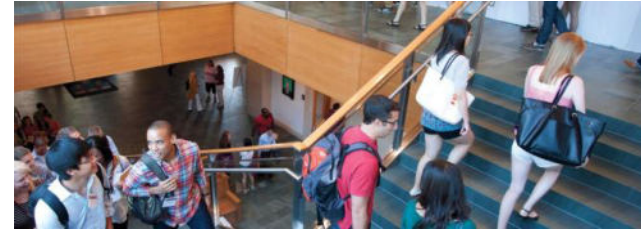
— Suzanne Brue, M.S., Author & Wellness Expert



What types of **HUMAN MOVEMENT** naturally occur during your **typical school day**?

- **You might...**

- walk to the bus stop
- bicycle to school
- Move as you transition between classes
- attend physical education
- navigate the cafeteria
- work in a school garden
- And you might also engage in periods of 30+ minutes of sedentary behavior



- **The point is that school days have built in times that...**

- Require naturally occurring breaks of extended bouts of sedentary time
- Provide structured and unstructured physical activity opportunities
- May offer even opportunities for participation in structured exercise programs



What types of HUMAN MOVEMENT naturally occur when you're at **home**?



- There are **fewer** built-in or “official” opportunities for interrupting sedentary behavior, participating in physical activity, and engaging in structured exercise program
- It is very **easy to stay sedentary** or inactive for long periods of time
- It is important for your **physical**, **psychological**, and **social** well-being to be intentional about:
 - interrupting sedentary behavior
 - moving around throughout your days
 - engaging in physical activity

Applying Our Learnings to Real Life



Laying & Sitting

Think about periods of time where you spend 30+ more minutes being sedentary...

- Brainstorm activities you can do for 5 minutes to break up sitting time
 - *Dance to your favorite song*
 - *Walk up and down your stairs 5x*



Physical Activity

Think about ways you could help your parents/guardians around the house...

- *Carrying laundry baskets*
- *Vacuuming*
- *Walking the dog*
- *Family walks or bike rides*



Exercise

Think about types of exercises you could try at home...

- Check out the Movement Resources within our course
 - *ACE Fitness Library*
 - *Body-weight strength training*

Transform your strategies into SMART Goals

S

M

A

R

T

SPECIFIC

Your goal is direct and detailed.

MEASURABLE

Your goal is quantifiable (you can track progress).

ATTAINABLE

Your goal is realistic and you have the tools and/or resources to attain it.

RELEVANT

Your goal is personally meaningful to you.

TIME-BOUND

Your goal has a deadline.

Suggestion - create simple, short-term goals (1-2 week deadline)

Example:

“I will walk up and down my stairs 5x consistently after each episode I watch on Netflix; this will be a consistent habit by (date two weeks from now).”

**During this module,
try to get to a point where you...**

Know...

- ...the definitions of:
 - Sedentary behavior
 - Physical activity
 - Exercise
- ... how to create two S.M.A.R.T. goals for reducing your own sedentary behavior

Perform...

- ...progressive increases in the amount of moving around you do each day
-5+ minute bouts of physical activity once throughout most of the day

Reflect...

- ...on the three (3) personal strategies you have tried (or could try) to help reduce being sedentary
- ...on how long periods of sedentary time versus breaking up sedentary time makes you feel

Resources

- Content for this presentation was guided, in part, by the Physical Activity Guidelines for Americans, 2nd edition. For more information, please visit:
 - https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
 - U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.
- Caspersen, C.J., Powell, K.E., & Christenson, G.M. (1985). Physical activity, exercise, and fitness: Definitions and distinctions for health-related research. *Public Health Reports*, 100(2), 126–131.
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1424733/pdf/pubhealthrep00100-0016.pdf>
- Panahi, S. & Tremblay, A. (2018). Sedentariness and health: Is sedentary behavior more than just physical inactivity? *Frontiers in Public Health*, 6:258.
 - <https://www.frontiersin.org/articles/10.3389/fpubh.2018.00258/full>