

# Body Moves . . . . .

(Teacher's Guide)



Ask participants: ***"Why is it good to be active?"***

Moving your body helps you stay healthy and keeps your body in working order. You feel better and enjoy life more if you are physically active.

## Reasons To Be More Active:

- Keeps your body trim and muscular.
- Reduces your chances of heart disease.
- Makes you feel better about yourself - improves self-esteem.
- Lifts your mood, reduces anxiety, depression and mental stress.
- Helps lower your blood pressure.
- Strengthens your immune system.
- Reduces your risk of developing diabetes.
- Keeps joints and muscles strong, increasing your flexibility and balance.

Ask participants: ***"Do you have to do strenuous activity everyday to improve your health?"***

Putting on the moves instead of pounds isn't difficult. Discuss that moderate activities such as walking, climbing stairs and household tasks are good activities anyone can include daily.

**Examples of Moderate Activity:** These examples of moderate activity will use approximately 150 or more calories in the times indicated. Calories used will depend on how hard you work at the activity and your present body weight. The more you weigh, the more calories you burn.

Wash and wax car for 45-60 minutes

Washing windows or floors for 45-60 minutes

Gardening for 30-45 minutes

Walking 2 miles in 30 minutes

Bicycling 5 miles in 30 minutes

Raking leaves for 30 minutes

Ask participants: ***"What kinds of things can you do to be active?"***

- About 30 minutes of moderate-speed walking (3 to 4 mph) each day for most days of the week can reduce your risk of chronic diseases like heart disease, high blood pressure, and obesity.
- Walking is a good activity.
  - Comfortable shoes, a safe place to walk, and a desire to improve your health, stamina and endurance is all you need to start walking.
  - Walk with friends or family members for more fun and safety.
  - The recommended 30 minutes of walking can be all at one time or several short times that add up to 30 minutes; the health benefits are about the same.
- Climbing stairs burns a lot of calories and builds strength and endurance so you won't tire easily. You will develop a trimmer, more muscular body. Stair work can be hard work, so start slowly.
- Household activities (cleaning, yard work, gardening, etc.) are good ways to be active.

Ask participants: ***"Share why you find it difficult to be active thirty minutes each day?"***

Write their answers somewhere so everyone can see them. Then, as a group, brainstorm solutions for making it easier to be active. For example, someone may share they have children and can't get away to walk. Suggest to that person he/she get together with some friends and take turns taking care of each other's children so one or more people can get out to walk.

Say to participants: ***"Let's make a list of things we can begin to do to make our lives more active."***

**Examples:**

- 1 List the places in your neighborhood that are safe places to walk.
- 2 List how often you have the chance to climb at least one flight of stairs.
- 3 List destinations (grocery store, church, etc.) within walking distance of your home and walking times to make the round-trip.
- 4 Make a list of friends and family members who are able to walk with you.

- 5 Keep a record on a calendar of the kinds of activities you do around your house. Try to increase your household activity. Do it gradually.
- 6 Find ways to have fun and be active such as dancing, bicycling, swimming, and playing with your children, etc.
- 7 Turn off the television and do some physical activity.

Share with participants: ***"Now that you have come up with more ways to be active, let's set some personal goals for being more active."***

**Remember:**

- ☺ ALWAYS CHECK WITH YOUR DOCTOR BEFORE YOU START INCREASING YOUR PHYSICAL ACTIVITY.
- ☺ ALWAYS START SLOWLY WHEN DOING YOUR ACTIVITY AND BUILD UP SLOWLY TO THE LEVEL THAT YOU HAVE SET FOR YOUR GOAL.
- ☺ DO NOT PUSH YOURSELF TOO HARD, ESPECIALLY IN THE BEGINNING.
- ☺ DRINK WATER BEFORE, DURING AND AFTER PERIODS OF ACTIVITY. (The need for water becomes more critical in hot weather and during very strenuous physical activities.)

**Moves That Fit You (Goal Setting) . . . . .**

Set goals you know you can achieve. Don't discourage yourself by setting goals too difficult in the beginning. And if you have setbacks, DO NOT give up. We learn from our experiences.

**Goal Suggestions:**

- ❖ If you do very little walking, set a goal of walking at least 30 minutes a day without tiring easily.
- ❖ If you do little or no stair climbing set a goal of climbing at least one flight of stairs on most days of the week. Gradually increase the amount you climb.
- ❖ Set a goal to have a walking group formed that will walk \_\_\_ minutes about \_\_\_ day(s) of the week in \_\_\_ months.
- ❖ Set a goal of riding in a vehicle less when doing errands.
- ❖ Watch less television so you can be more active.

Discuss goal setting, and then ask participants to write two goals for themselves.

**Set two goals for yourself:**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_



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