

Physical Activity

July 2000

Section 9

What Is Physical Activity?

Physical activity is **any** body movement that increases energy expenditure above a resting state. Exercise is physical activity that includes planned, structured and repetitive body movement

Physical fitness is achieved by being physically active. Fitness is a measure of the ability to perform activities that require endurance, strength, and/or flexibility. Health related fitness includes cardiovascular fitness, muscular strength and endurance, body composition, and flexibility.

Regular physical activity combined with healthy eating habits is the most efficient and healthful way to achieve physical fitness.

Adolescent Physical Activity

Physical inactivity and poor diet are risk factors for many of the same health conditions: heart disease, obesity, diabetes, hypertension, and others. Promoting and supporting regular physical activity in the adolescent population will decrease the risk for these diseases and such mental health

problems as depression, anxiety, and low self-esteem.

Nearly half of all adolescents are not physically active on a regular basis. Female adolescents are much less physically active than male adolescents. The number of physically active adolescents decreases as they get older, with 12-year-olds being much more active than 17-year-olds.

The 1998 California Teen Eating, Exercise, and Nutrition Survey of teen dietary practices (CalTEENS), conducted by the State Department of Health Services, found that the main reason teens did not participate in physical activity was that they had no time (52%). This is especially true for parenting teens.



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Recommendations

Physical activity experts recommend that all adolescents be physically active daily, or nearly every day. Adolescents should engage in at least 30-60 minutes of moderate to vigorous physical activity per day on most days of the week.

Physical activity can be performed in a continuous fashion or intermittently throughout the day. The Surgeon General's report on physical activity for adolescents stated that physical activity does not need to be strenuous to be beneficial.

For example, regularly participating in brisk walking for 30 minutes jogging for 15-20 minutes is enough to receive the benefits of exercise. Increasing the frequency, time, or intensity of physical activity can add even more health benefits - up to a point. **However, too much physical activity can lead to injuries and other health problems.**

Examples of moderate activity include:

- Walking 2 miles in 30 minutes
Running 1 1/2 miles in 15 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast for 30 minutes
- Jumping rope for 15 minutes
- Playing basketball for 15-20 minutes
- Playing volleyball for 45 minutes

Additional Screening

Use the "How Active Am I?" activity sheet to determine how much physical activity the client currently getting.

Interventions/ Referrals

Use the "Benefits of Physical Activity" activity sheet to discuss the benefits of moderate physical activity every day.

Use the "Action Plan for Physical Activity" activity sheet to assist the client in developing a plan for behavior change.

Use "Tips for Increasing Physical Activities" activity sheet to give client suggestions for possible activities.

Encourage the client to use the "Physical Activity Log" to track weekly physical activities. If safety is a concern, help the client think of alternative settings for physical activity.

Follow-Up

Review the client's action plan with her to determine if she achieved her goals for behavior change.

If the client did not make any changes...
...Explore what barriers prevented her from doing so and discuss possible strategies for removing the barriers.

If the client made changes but still falls short of recommended intake...
... Revise action plan with the client to change or add goals for behavior change.

If the client has made changes and achieved the recommended intake...
... Help the client develop a new action plan for maintaining the new behavior.



How Active Am I?

Activity	1-2 x month	1-2 x week	3-4 x week	Every day
Watching television				
Playing video games or using computer				
Reading books/magazines				
Going to the movies				
Talking on the telephone				
Taking a nap				
Walking				
Jogging				
Running				
Dancing				
Shooting hoops/playing basketball				
Throwing a Frisbee				
Skating				
Skateboarding				
Jumping rope				
Riding a bicycle				
Bowling				
Table tennis or pool				
Team sports (baseball, softball, soccer, football, volleyball)				
Horseback riding				
Swimming				
Washing/waxing car				
Light housework (washing dishes, cooking, laundry, dusting)				
Moderate housework (sweeping, vacuuming, mopping, painting)				
Heavy housework (washing floors, windows,walls)				
Light yardwork (weeding, watering)				
Moderate yardwork (mowing, raking)				
Heavy yardwork (digging, hoeing)				

Action Plan for Physical Activity

Name: _____ Date: _____

I plan to spend less time on activities that require little or no energy:

Current Activity (Example: watching T.V.)	Time Spent Now?	Goal for Decreasing Time

I plan to increase how often I do the following activities:

Current Activity	How often will I do it? (per week or day)

I plan to add the following activities:

New Activity	How often will I do it? (per week or day)



Tips for Increasing Physical Activity

- ◆ Choose activities that fit your schedule and personality.
- ◆ Plan activities for the time of day when you have more energy.
- ◆ Team up with a friend or friends so you can motivate each other.
- ◆ Use routine chores to get your heart pumping
— walk the dog, mow the lawn, vacuum.
- ◆ Take advantage of any opportunity to get up and move around:
 - Take a short walk around the block
 - Walk up the stairs instead of taking the elevator
 - Walk or ride a bike to school
- ◆ If you take care of younger children, don't just watch them play tag or kick ball, join them!
- ◆ All physical activity is beneficial - sports, planned exercise, household chores, even yard work.

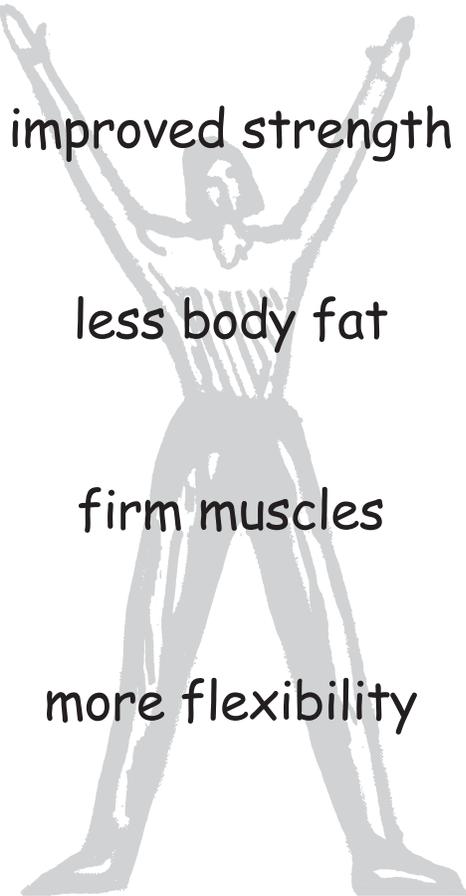


Physical activity doesn't require a fitness center or high intensity workouts. Small lifestyle changes that increase moderate-intensity physical activity are just as effective.

So Just get moving - every day, any time, anywhere!

Benefits of Physical Activity

more energy



improved strength

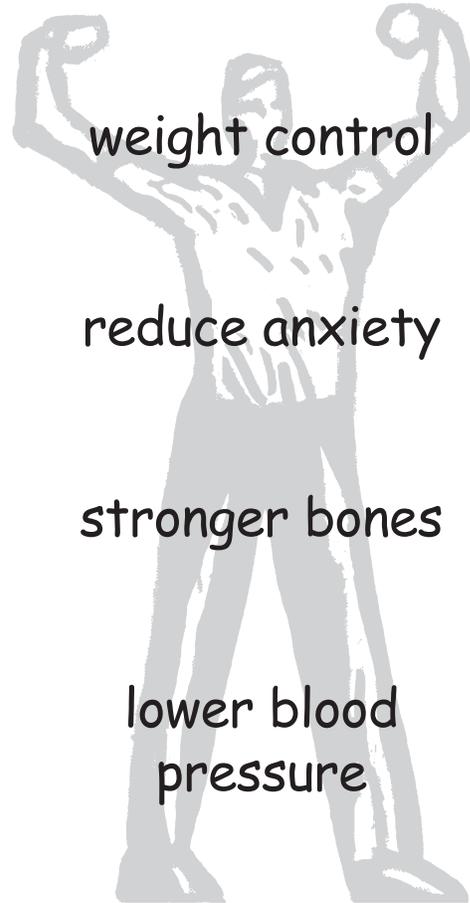
less body fat

firm muscles

more flexibility

reduced stress

look good



weight control

reduce anxiety

stronger bones

lower blood pressure

lower blood cholesterol