



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Lifestyle as Medicine: Physical Activity

Taught by the Harris Health Employee Wellness Team

Learning Objectives

- What is lifestyle medicine?
- Benefits to physical activity
- Physical activity recommendations
- Difference between sedentary behavior and physical inactivity
- Different factors influencing your behavior
- Tips to move more
- Activity

Lifestyle Medicine

"Lifestyle medicine is a branch of medicine dealing with research, prevention and treatment of disorders caused by lifestyle factors such as nutrition, physical inactivity, and chronic stress."

Benefits to Physical Activity

1. Reduced risk for Type 2 diabetes, heart diseases, stroke, some cancers and dementia
2. Helps manage blood pressure, improve blood flow, manage weight and prevent bone loss
3. Improves our sleep, memory, balance and cognitive ability
4. Relieves stress, anxiety, depression and anger.
5. Gives us more energy and boosts our mood.
6. Keeps us strong as we age.

Physical Activity Recommendations

- **Fit in 150+**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, preferably spread throughout the week.

- **Move more, sit less**

Get up and move throughout the day. Any activity is better than none, and even light-intensity activity can offset the serious health risks of being sedentary.

- **Add intensity**

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. If you can talk, but not sing, you're at about a moderate intensity.

- **Add muscle**

Include moderate-to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice per week.

Source: American Heart Association

Sedentary Behavior

What it is



What it is not

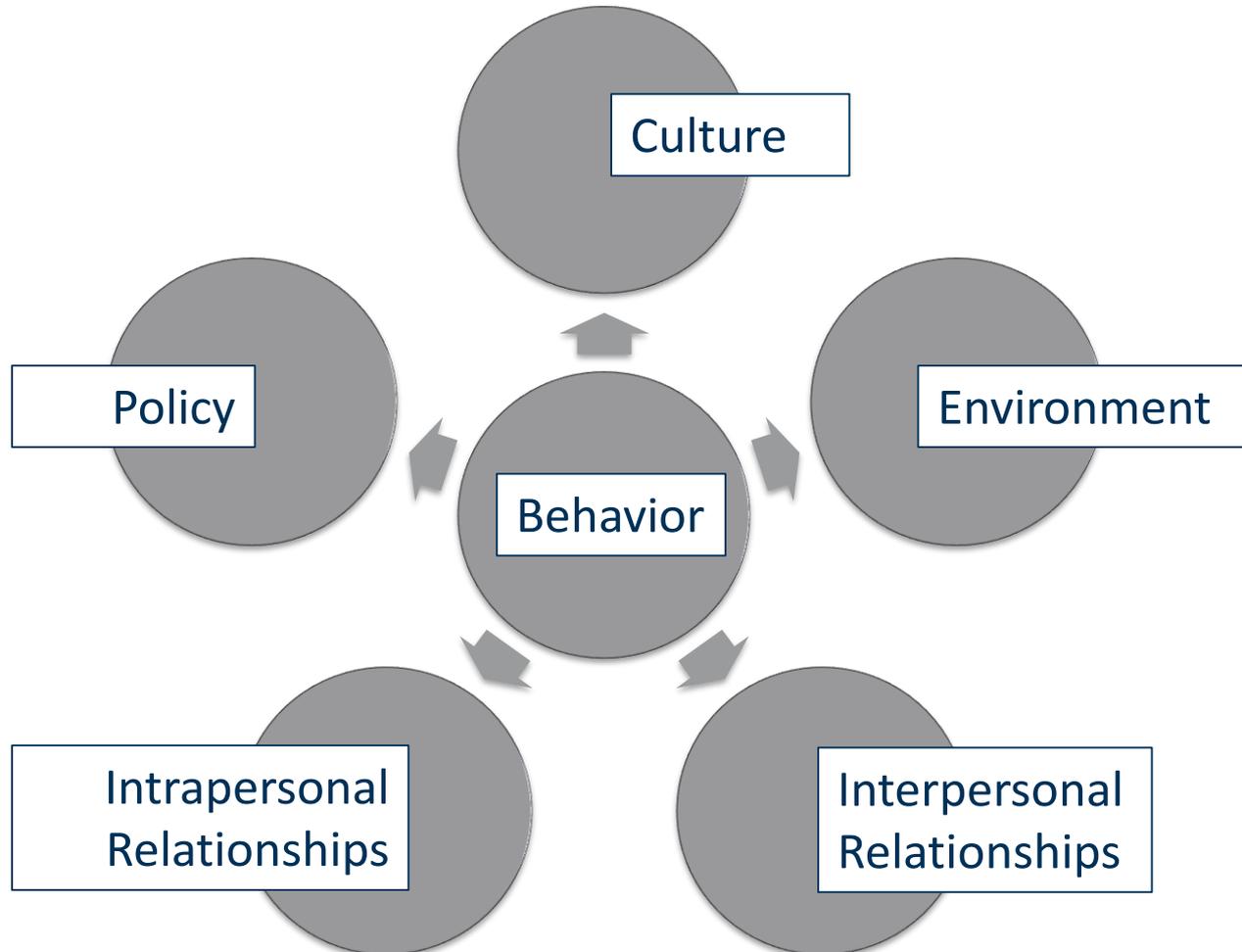


What are the risks

[Video: Are You Sitting Too Much?](#)



Influences on behavior



Tips to Move More

1. Standing rather than sitting on calls or during meetings
2. Walking to work
3. Taking walks during lunch breaks
4. Setting reminders to stand up every 30 minutes when working at a desk
5. Investing in a standing desk or asking the workplace to provide one
6. Taking a walk or standing up during breaks
7. Spending more time doing chores around the house, especially DIY or gardening
8. Taking phone calls outside and walking around at the same time
9. Spending some free time being active rather than watching television or playing video games
10. Getting up and walking around during television commercials
11. Taking the stairs instead of using the elevator
13. Park farther away from the entrance

Activity

5 Minute Yoga at Your Desk

Introduction to Zumba

5 Minute Warm Up

Resources

Free Online Exercise Classes

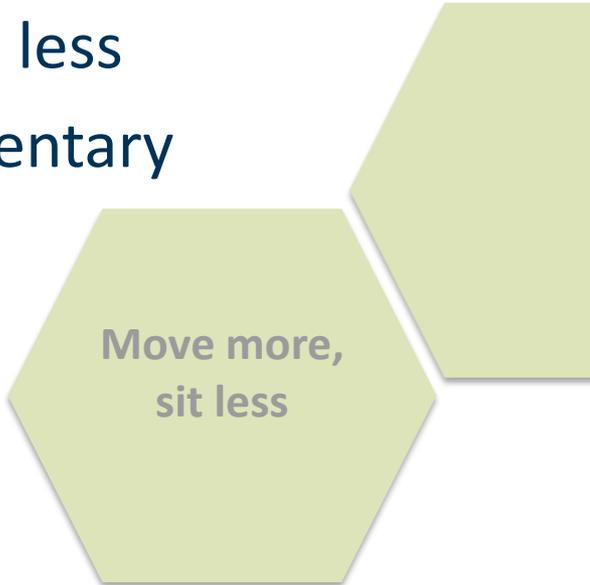
- [YMCA](#)
- [Planet Fitness](#) (Facebook page)
- [24 Hour Fitness](#) (App)
- [Gold's Gym](#) (App – Free through May 31, 2020)
- [DEFINE Body & Mind](#)
- [Peloton](#) (Free 90-day trial)
- [Orangetheory](#)
- YouTube
- Fitbit Premium (Free 90-day trial)

Stress Management

- Employee Assistance Program
 - Online: www.feieap.com,
 - 800-638-3327
 - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Latecia.Murphy@harrishealth.org

Summary

- Physical activity keeps our bodies and minds healthy
- Aim for at least 150 minutes of moderate-intensity activity each week
- Move more, with more intensity, and sit less
- Identify what factors influence your sedentary activity and brainstorm solutions
- Treat physical activity as medicine



Move more,
sit less

Contact Us!

HEALTHY@HARRIS
Caring for ourselves so we can care for others

713-566-6686

employeewellness@harrishealth.org

[Visit our internet site!](#)