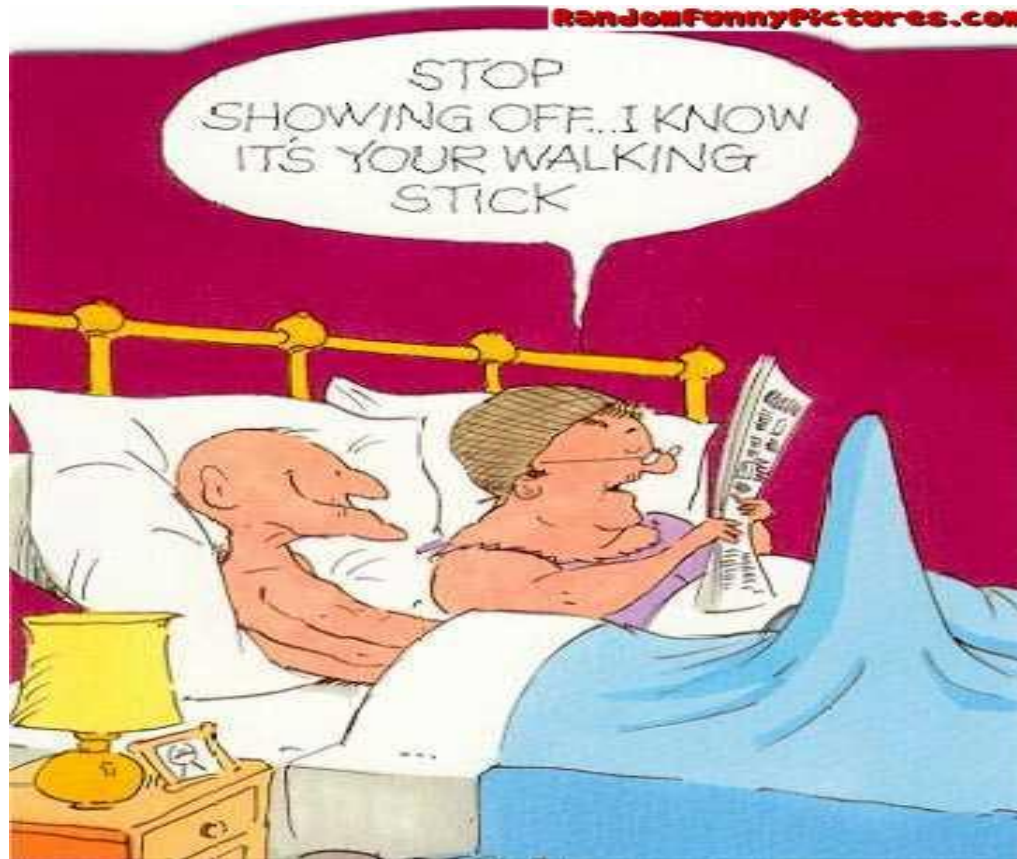


# Physical activity

**Are you getting enough?**

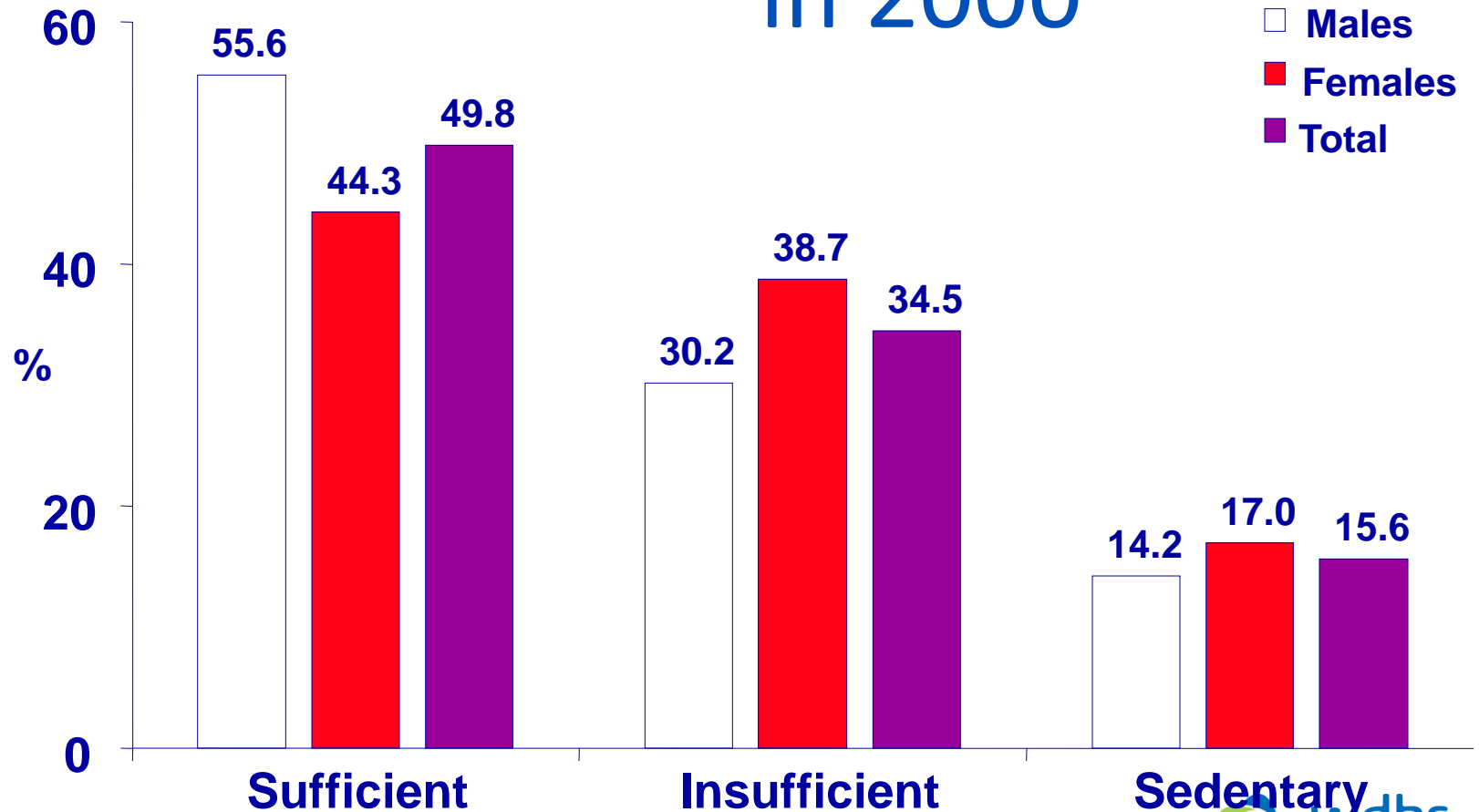
# Any activity is good activity!



# The facts about physical activity

- 62.8% of Australians 18+ are overweight or obese  
(ABS Cat. No.4338.0 2013)
- Australian population is not getting enough physical activity each day (ABS Cat. No.4719.0)
- Australians are at major risk for many lifestyle related diseases
- According to WHO two million deaths per year are attributed to physical inactivity

# Physical Activity Status in 2000



Dunstan et al. Diabesity & Associated Disorders in Australia (AusDiab)

# Why the change?

- Many people think they are fit and active
- In the 21st century we do less and less physical work.

**Think about it at work and home?**

Why do you believe there has been the change?

# Health benefits of physical activity

## Protection and Prevention of Cardiovascular disease

- Cholesterol
  - Increases HDL cholesterol
  - Reduces triglycerides
- Helps to reduce blood pressure

## Weight Control

- Important in weight management



# Health benefits of physical activity

## Reduces the risk of Type 2 Diabetes

- Studies show people who engage in regular physically activity reduce risk of Type 2 diabetes
- Physical activity reduces risk of progressing from impaired glucose tolerance to Type 2 diabetes

Tuomilehto et al, 2001

Knowler et al, 2002

# Health benefits of physical activity

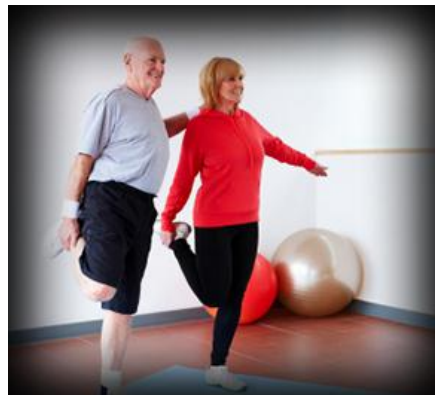
“body” → **Physiological benefits**

- Even moderate exercise is good for your health!
  - Just walking 30-60 minutes a day is helpful
- Studies have found several benefits:
  - Stronger heart muscle and bones
  - Increased blood flow to heart
  - Lower heart rate
  - Less fat in the blood
  - Decrease in weight and obesity
  - Healthy blood pressure
  - Improved sleep
  - Better healing from injuries and illnesses



# Health benefits of physical activity

- Assists with balance and falls prevention
  - Falls major cause of death people 65 years+
- Maintains independence as one ages through suppleness and strength
- Improves body image and self confidence





# 4 types of physical activity

- **STAMINA** - Aerobic (cardiovascular/endurance)
- **STRENGTH** - Strengthening (resistance/weight)
- **SUPPLENESS** - Flexibility
- **BALANCE** -

# Aerobic – (STAMINA)

- Elevates your heart 20 – 30 minutes
- Aerobic means relying on oxygen as an fuel source
- Increases heart rate and respirations
- Reduces risk for all diseases
- Running, swimming, bike riding and many sports
- Promotes euphoria



# Resting and target heart rates

**Take your pulse for 60 secs whilst sitting to get your resting heart rate (RHR)**



**Radial pulse**



**Carotid pulse**

For improvement in general fitness your heart rate should reach a maximum of 60% of the difference between resting and maximum heart rate for over 20 minutes

Open resource kit to page 11.6

# Calculating your target heart rate (Karonen formula)

We will use a 54 year old as an example

1. Subtract your age from 220 – 54 = 166 (Max Heart Rate)
2. Subtract Max HR – Resting Heart Rate\*(82) 166-82 = 84(HRR)
3. 84 (HRR) x 0.60 = 50.4 + 82 RHR =132 beats per minute
4. 132 bpm Target Heart Rate
5. 132/6 = 22 beats per 10 secs

**Jog on the spot for 1 minute (if well enough), take your pulse**  
**How close are you to your Target Heart Rate?**

Document your answers on page 11.6 in your resource kit

# Moderate intensity physical activity

Any activity you notice a slight increase in your breathing could be:

- Household chores
- Cycling
- Brisk walk
- Swimming
- Golf

# Strength/Resistance Training (STRENGTH)

- Improves muscle function
- Promotes muscle mass development and flexibility
- Releases natural endorphins
- Improves posture and balance
- Should be done twice per week



# Resistance training (STRENGTH)

At least 8-10 strength-developing exercises that use the major muscle groups of the legs, trunk, arms and shoulders should be performed at each session, with one or two sets of 8-12 repetitions.

US Surgeon General's Report 1996

# Theraband Exercise

- Ideal for upper and lower body conditioning.
- Lightweight and compact enough to take anywhere
- Great for providing a gym-quality workout at home or on the road



# Resistance training – (STRENGTH)

## Resistance training in older persons

- Improves glycaemic control
- Is a safe and acceptable form of exercise
- May offer an acceptable lifestyle management strategy when combined with diet
- Assists with fall prevention

# You don't need a gym to exercise



National Centre for Farmer Health

## Farming Fit



Proudly supported by *beyondblue*: the national depression initiative



# Flexibility – (SUPPLENESS)

- Maintains range of motion in the joints
- Reduces chance of injury and strained muscles
- Should be used daily
- Poor flexibility = the most common cause of injuries to muscles and joints
- Farmers often poor performers in this
- Examples Yoga and Stretching



# Incidental activity

- The everyday activity we do to achieve our everyday tasks
- This can include activities on the farm, at work, at home
- Making the most of the situation is an easy way to improve your health
- Pedometers a good way to measure / assess *‘Are you getting enough?’*

# Ways to increase incidental activity

- Walk around the paddock
- Stroll around the farm with your partner or children
- Move printers and faxes away from computer
- Hide TV remote – get up and change channel (makes children increase activity also looking for it!)
- Hang out washing (don't use dryer)
- Park car further away from shops or destination



*Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family*

# Reasons for lack of exercise

- Too cold/too hot
- Too wet/too dry
- Too dark cant see! Too light they might see me!
- Not good at exercise sport
- Too expensive
- Wife wont join me or husband wont come
- Cant be bothered
- Not enough time.....

# How much is the minimum?

- 30 minutes of 'moderate' activity, on most, preferably all, days of the week, according to Australia's National Physical Activity Guidelines
- If you can talk but not sing, you've got the pace about right.

# In your table groups

## Discuss the following

- A range of physical activities (include increasing incidental) that you could include in your life and how you could plan to do this.

Document your answers on page 11.9  
in your resource kit

# Physical activity

**Are you getting enough?**