



**5**

# ***Moving More***

## **Your Wellness Counts**



**Your Wellness Counts: *Moving More* – May 2017**

New Jersey Division of Mental Health and Addiction Services  
Rutgers UBHC Technical Assistance Center

Sponsored by New Jersey Division of Mental Health and Addiction Services

- **What Are Your Reasons for Moving More?** (page 9)
- **Moving More: One Small Step at a Time** (page 18)
- **Preparing for a Fun and Safe Time** (page 22)

Welcome to **Your Wellness Counts**, the **Moving More** Module. Some of the topics that we'll discuss together are listed above. If you'd like, you can cover this module's information and activities on your own. You can also discuss this module, along with your thoughts, feelings, and experiences, with a support person or group. The choice is yours.

The information and activities in this module can help you make your own choices about moving more. You may want to read through this module on **Moving More** if:

1. You want to learn more about healthy physical activity
2. You're not quite sure if you want to work on moving more, OR
3. You already know you want to move more.



This module of Your Wellness Counts is divided into 3 sections:

1. **Thinking About Moving More** – if you're thinking about it (page 6)
2. **Doing It – Moving More** – if you feel confident that you're ready now (page 17)
3. **Tracking It – Moving More** – if you'd like to keep track of your progress (page 26)

At the end of this Module, we give you links to additional online resources!

Before you decide where to start, we have some frequently asked questions (FAQ's) we'd like you to consider.

Remember—you are in charge of how you use **Your Wellness Counts**! You decide how the ideas in **Moving More** apply to you.





## Ready, Set, ...Move?

You may be wondering what ***Moving More*** is all about and if considering this will be worth your time and effort. Here are some questions that you may have and some responses to help you decide.

### What do you mean by “moving more”?

Moving more can mean many things, like sweeping the kitchen, taking the stairs instead of the elevator, walking, or exercising at a gym. The best activities are those that you enjoy. Keep in mind that **being active** every day is good for both your physical and mental health.

### Why would I want to move more?

Some people stay active so that they can do the things that they enjoy, such as walking the dog, having the energy to work, or spending time with friends. For some people, exercise is especially important to help relieve or manage pain, improve sleep, and manage diabetes, heart disease, or asthma.

### What’s wrong with being a “couch potato”?

Of course, rest and relaxation are important. However, *too much* time sitting down – watching TV, spending time on the internet, even reading a book – can put people at risk for disease. Even if you don’t start a regular exercise program, taking a break from the TV or computer to move around a bit is a great idea\*!

### I have tried to exercise, but it’s just too hard.

If you don’t exercise regularly now, it can be hard to start. This module focuses on moving more because it may be easier to increase your physical activity rather than follow a formal exercise schedule. The recommended guidelines for physical activity are not a requirement for you. At the same time, they can “jog your mind” to think about different activities that you may choose to do. Think about it. Try something. If it doesn’t work for you, try again or do something else. Use the ideas and activities here to *explore what will be helpful for you*.

\*Reference: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3404815/>



# Thinking About Moving More



Thinking about moving more begins by asking yourself, “How **physically active** am I now?” You can start by completing the checklist below.

<p align="center"><b>Physical Activity Guidelines Self-Assessment</b> The items are adapted from the U.S. Physical Activity Guidelines for Americans (2008).</p>	Always or Often	Sometimes	Rarely or Never
1. I’m active most days of the week.			
2. On most days, the time that I’m physically active is at least 10 minutes long.			
3. Sometimes when I’m physically active, I work hard enough to break a sweat.			
4. I’m able to exercise at least 30 minutes at a time.			
5. I stretch daily, or do other flexibility exercises like yoga, a few times each week.			
6. I strengthen my muscles (e.g., doing push-ups, using elastic bands, lifting weights) at least twice a week.			
7. I have good balance and don’t worry about falls.			
8. I know how to stay safe when I exercise.			
9. I have talked to my health care provider about the best physical activities for me.			
10. When I add up my exercise time each week, I do at least 2 ½ hours of <i>moderate</i> activity (like walking briskly) <u>OR</u> 1 ¼ hours of <i>vigorous</i> activity (e.g., jogging, running, swimming) weekly.			



How does your current level of physical activity compare to the recommended guidelines?



Reference and Resource: [www.health.gov](http://www.health.gov) (search for “Physical Activity Guidelines”)



## What Does “Moving More” Mean?

Moving more means getting enough physical activity to be/feel healthy. Your body is built to move, and staying active helps keep all of your parts working well. This list is based on current U. S. Guidelines for Physical Activity. Of course, it is up to you to decide how to put these guidelines into action. Here is a summary of the main points.

1. **Stay active:** Remember that some physical activity every day is better than none!
2. **The 10 minute rule:** You can spread your activity out over the day, but each session should be at least 10 minutes long.
3. **Vigorous activity:** In addition to gentle movement often, some “hard” exercise is good, too—this can be measured by heart rate, sweating, or the “talk test” (see *FYI below*).
4. **Sustained exercise:** How long can you stay active? If you can exercise at least ½ hour at a time, you are on your way to better health.
5. **Flexibility:** This important kind of exercise can help you to stay limber!
6. **Strength:** Muscle-strengthening activities not only build muscles, but they help your bones stay strong.
7. **Balance:** If you worry about falling, doing balance exercises may help.
8. **Safety:** Exercise can be risky, so you need to know how to stay safe.
9. **Medical clearance:** Part of staying safe is getting advice from your health care provider about safe physical activities for you.
10. **The BIG goal:** Research suggests that the best health benefits come from these minimum weekly exercise times: at least 2 ½ hours of *moderate* activity OR 1 ¼ hours of *vigorous* activity. To achieve this big goal, most people will have to start small and work up to this over time.

### **FYI – For Your Information**

Moderate activity takes less effort than vigorous activity.  
With **moderate activities**, like brisk walking, you can talk while you do them but you can't sing.  
With **vigorous activity**, like running, you can only say a few words without stopping to catch your breath.



Reference and Resource: [www.health.gov](http://www.health.gov) (search for “Physical Activity Guidelines”)



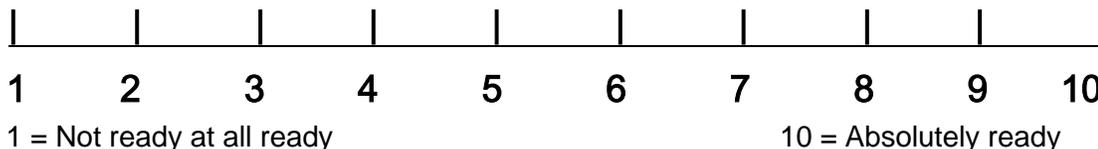
## How Ready Are You to Move More?

You may have thought many times “I want to start exercising” or “I should really work out again.” **Wanting** to do something and actually **doing it** can be two different things. Sometimes it can be helpful to find out how “ready” we are to do something new or challenging. When we try to change before we are ready, we can become discouraged by initial setbacks and may simply give up trying.

Try asking yourself the following question:



On a scale of 1 to 10, with “1” meaning you are *not ready at all* and “10” meaning you are *absolutely ready*, how would you rate your “readiness” to move more?



What are your thoughts and feelings on how **ready** you are to move more today?



This module of Your Wellness Counts is divided into 3 sections:

1. **Thinking About Moving More** – if you’re thinking about it (page 6)
2. **Doing It – Moving More** – if you feel confident that you’re ready now (page 17)
3. **Tracking It – Moving More** – if you’d like to keep track of your progress (page 26)



Go to the section of this module that you think is right for you.



## What Do You Think About Moving More?

Some people are reluctant to start being more active because they find the exercise recommendations overwhelming or not practical. Physical activity requires energy. If you're tired often, it may be because you don't sleep well, you take psychiatric medications that slow you down, or you feel depressed.

There are many challenges to being more physically active. At the same time, you may believe there are some benefits to moving more that may make it worth your while. So, there are two sides to this story. Here are some things people often say about moving more.

What I <b>like</b> about moving more	What I <b>dislike</b> about moving more
<ul style="list-style-type: none"> <li>• I can feel a sense of accomplishment.</li> <li>• I want to be physically healthier.</li> <li>• I can do it with another person.</li> </ul>	<ul style="list-style-type: none"> <li>• It's too hard to find the time.</li> <li>• I don't have the money to go to a gym or buy equipment.</li> <li>• I may get hurt.</li> </ul>

This “decisional balance” is a tool that can help you make a decision by looking at the pros (likes, advantages) and cons (dislikes, disadvantages) of moving more. It helps you explore your mixed thoughts and feelings that you may have in possibly changing. You can keep reading this module to better understand the benefits & challenges you may face with moving more. Or you can skip ahead now to complete your own decisional balance on page 13.



What are your initial thoughts on what you like and don't like about moving more? This module can help you make your own list.



## Moving More Reduces the Risk of Metabolic Syndrome

Moving more can help you be physically healthier. Specifically, it can reduce your risk for Metabolic Syndrome. The US National Institutes of Health defines Metabolic Syndrome as “a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.”  
*For more on Metabolic Syndrome, see Wellness Any Way, page 8.*

Increased physical activity and healthy eating [see **Eating Better**] can help.

### **FYI - For Your Information**

People with mental illnesses, such as schizophrenia and bipolar disorder, are about twice as likely to develop Metabolic Syndrome as the general population.

You reduce or manage your risk of serious health problems. Some risk factors for Metabolic Syndrome include:

- Family history
- Excess body fat, especially around the waist
- Not getting enough physical activity
- Eating a diet high in simple carbohydrates, like sugar, bread, pasta
- Side effects of certain psychiatric medication, especially antipsychotics

You may also wish to talk with your doctor about lowering your risk and optimizing your medication. [See **Shared Decision Making**.] Although you may believe there’s nothing you can do about your physical health, the truth is that you can take small steps like moving more that can *directly* impact your physical health and overall well-being.



Increasing your level of physical activity can reduce the risk for Metabolic Syndrome. How does this impact your thoughts on moving more?



Resource: <http://www.nami.org/> (search for “Metabolic Syndrome”)



## One Way to Start and Stay Motivated is to Move More with Others

When people are not physically active on a regular basis, there is a tendency to feel bored, down or lonely. One thing that can lift a person's mood is to spend time with someone and enjoy each other's company.



It can be easier to move more when you get together with someone else. You could take a walk in the park, stroll around the building during a break at work, or play basketball one-on-one. So, one potential benefit of moving more can be to connect with a friend, family member, or peer supporter.

Moving more with others can improve your physical and emotional health all at the same time!



If you were to get together with someone to move more, how can that help you emotionally, socially, or spiritually?

Here are some inexpensive ways that you can enjoy each other's company while keeping your focus on moving more.

Which of these seem interesting and possible for you?

- Invite someone to “walk and talk” with you at a local park.
- Walk together through an indoor mall.
- Play basketball or toss a baseball, softball, or Frisbee outdoors.
- Ask a roommate or neighbor to enjoy a walk around the block.
- Call, text or share on social media (Facebook, Twitter) about how you're moving more.
- Your great idea: \_\_\_\_\_



## What are Your Reasons for Moving More?

People decide to move more for a number of good reasons. Some people like to feel like they have accomplished something, while others want to have more energy and live a longer life. Moving more can also be a helpful way to manage stress and connect with people you care about.

Take a look at the list of reasons below. Which ones apply to you?

<ul style="list-style-type: none"> <li><input type="checkbox"/> Feel more confident</li> <li><input type="checkbox"/> Lose weight</li> <li><input type="checkbox"/> Improve your mood</li> <li><input type="checkbox"/> Have more fun</li> <li><input type="checkbox"/> Sleep better</li> <li><input type="checkbox"/> Feel more spiritually connected to your higher power</li> <li><input type="checkbox"/> Do more with family / friends</li> <li><input type="checkbox"/> Fit in your old clothes</li> <li><input type="checkbox"/> Experience less pain</li> <li><input type="checkbox"/> Have a regular schedule</li> <li><input type="checkbox"/> Discover new activities you enjoy</li> <li><input type="checkbox"/> Your great idea: _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have more energy</li> <li><input type="checkbox"/> Reduce stress/sadness</li> <li><input type="checkbox"/> Meet people</li> <li><input type="checkbox"/> Reduce health problems</li> <li><input type="checkbox"/> Look better</li> <li><input type="checkbox"/> Help you recover from the effects of alcohol and/or drugs</li> <li><input type="checkbox"/> Improve overall health</li> <li><input type="checkbox"/> Get out of the house more</li> <li><input type="checkbox"/> Be a role model</li> <li><input type="checkbox"/> Live longer</li> <li><input type="checkbox"/> Look forward to something</li> <li><input type="checkbox"/> Your great idea: _____</li> </ul>
--	--



What are your top three reasons for wanting to move more?



Resource: [www.health.gov](http://www.health.gov) (search for Physical Activity chapter 2)



## How do you find time to move more?

What did you think when you learned the guidelines recommending two and a half hours of moderate physical activity a week? Most people feel overwhelmed by that number. You may think, “That’s too hard,” “There’s no way that I can do that,” or “I don’t have that much time.”

You and others can **do it**. Keep in mind that two and a half hours can mean 30 minutes on five days out of the week. You can achieve that 30 minutes by doing 10 minutes (3) three times a day—that seems much more do-able! Start by just adding 10 minute “chunks” of physical activity each day. You can add more time little by little each day, week or month.

**“Every little bit adds up and doing something is better than doing nothing.”**

Choose something you enjoy and is easy for you to do.

Here are a few ideas to get 10 minutes of physical activity:

-  Take a brisk walk during break (at school, program or work)
-  Stretch, lift weights or pedal a stationary bike while watching TV
-  Turn on music and dance to your favorite music
-  Walk or march in place while speaking on the phone



What are your great ideas on how you could move more that would be fun and really possible for you?



Resource: [www.choosemyplate.gov](http://www.choosemyplate.gov) (search for “increasing physical activity”)





## Moving More without Spending Extra Money Each Month

One common obstacle to getting more physical activity is trying to figure out how you can afford it. Joining a gym or enrolling in an exercise class can be expensive. When you don't have a lot of money, every dollar saved can help your financial wellness and overall health.

Fortunately, there are some ways that you can get the benefits of moving more without breaking your budget. Here are some ideas:

- 👟 Look for opportunities to *walk more during your day*:
  - Take a longer route to your group, class, or office
  - Walk up the stairs instead of taking the elevator
  - Park your car further away
  - Walk through a mall while socializing with friends
  - Instead of driving, walk when doing errands
- 👟 Dance to your favorite music (maybe invite a friend or two)
- 👟 Make your own weights from items in your home – canned food, bags of rice, small bottles full of water (be sure the lids are on tight!)
- 👟 Walk your neighbor's dog (with their permission, of course)
- 👟 Go bowling or mini-golf (on-line coupons can make this less costly)
- 👟 Participate in a run or walk for a cause that you believe in
- 👟 Go for a hike in a historical park with a friend
- 👟 Try a free/discounted exercise class at a local senior center, fitness center or community wellness center
- 👟 Your own great idea: \_\_\_\_\_



Which of these would be a fun way for you to be more physically active without having to spend a lot of money?



## Avoiding Getting Hurt while Moving More

Many people fear they will get hurt if they become more physically active. Although you may feel some initial discomfort when you start moving more, this usually goes away in a few days. The most frequent injuries from exercising may affect muscles and bones but these injuries are not very common. Studies show only one injury happens for every 1,000 hours of walking.

Overall, there is good news if you are considering moving more:

1. Physical activity is safe for almost everyone.
2. Benefits tend to outweigh the risks.
3. Walking can be the safest and cheapest way that you can move more.
3. There are things you can do to help you reduce the risk of injury.

Here are some general guidelines for safe physical activity:

-  Choose the right type and amount of physical activity. Activities with the lowest injury risk are walking and bicycling. Gardening or yard work, walking for exercise, dancing, and golf have low injury risk.
-  Build physical activity slowly over time. Begin by increasing the number of minutes per session and then, the number of days per week. Later, increase the intensity if you wish.
-  Speak to your health care provider about what physical activity is best for you, especially if you have a health condition such as heart disease, joint injuries, insulin-dependent diabetes, arthritis, or you're overweight.
-  Use the right gear and equipment, especially shoes.
-  Choose safe environments that are well-lit.
-  Follow rules and policies, like wearing a helmet.
-  Carefully consider how, when and where to be active, avoiding very hot, humid, cold, or smoggy weather.



What are your concerns about being more physically active?  
Which health care provider can you speak with to get answers to your questions?



## Putting it all Together – Your “Decisional Balance”

To help you organize your thoughts on what you like and don't like about moving more, you can use the following chart. This “Decisional Balance” helps people clarify their priorities by considering the plusses and the minuses of moving more. Looking at both sides can help you decide if and how you would like to make any changes.



Complete your chart by writing your likes and dislikes about moving more. *Then, circle the things on your lists that are most important for you.*

  
YOU

What I <b>like</b> about moving more	What I <b>dislike</b> about moving more

You may feel unsure whether you are really ready to begin to move more. That's fine. You may want to talk this over with a friend, family member, support person, or health professional before you decide to move more.

  
YOU

Who can you discuss your Decisional Balance with? What are other ideas can you add to your chart?



## What Does your “Decisional Balance” Mean?

Most people are able to fill in some statements in both sides of the chart. If you were able to complete both sides of the Decisional Balance, that means that you have important *reasons to move more*, and you also have reason *not* to make any plans to move more now. By looking at each box more closely, you can decide if it is important for you to plan to move more right now.

Start with your LIKES:



Looking at what you wrote on page 13, what do you **like most** about being more physically active? If you decide to move more, what is the best thing that can happen to you in one year? For example, if what you like most about moving more is that you would feel more self-confident, then how would your life be different in one year?

Then consider your DISLIKES:



Looking at what you wrote on page 13, what do you **dislike most** about being more physically active? If you decide to move more, how might you be able to address this? (For example, if you dislike the idea of moving more because you often feel tired, what are some ideas on finding times to move when you have a bit more energy?)



## How Are Your Decisions about Moving More Related to Your Overall Wellness Goal?

As you have been reading through *Moving More*, you probably have been thinking about the many reasons *for* and *against* moving more. You may still feel unsure about what you want to do now. That's okay. It can take time to decide what is right for you. The rest of this page will help you think more specifically about whether you want move more.

With all of this in mind, go back to your Overall Wellness Goal, the one you chose in *Wellness Your Way*, Page 6.



YOU

If you were able to move more, how would this help you reach your Overall Wellness Goal? For example, if you felt stronger and more energized by moving more, how would that affect your ability to achieve your Overall Wellness Goal?

I walk at home and in the morning before I get on the van. And I use the gym at the self-help center. It makes me relax, stay calm, focus on my inner self, see the positive side. It makes me feel good inside that I did it."



## Now That You've Thought about it, How Ready Are You to Move More?

You started this module by rating your “readiness” to move more. Now that you’ve learned more, you can rate yourself again.



YOU

On a scale of 1 to 10, with “1” meaning you are *not ready at all* and “10” meaning you are *absolutely ready*, how would you rate your “readiness” to move more?



1      2      3      4      5      6      7      8      9      10

1 = Not ready at all

10 = Absolutely ready

What are your thoughts and feelings on how ready you are to move more based on your above rating?

### Has your rating changed?



Now that you’ve learned more about yourself, you can go to ***Doing It – Moving More*** (page 17), or ***Tracking It – Moving More*** (page 26). You can also try any other module in **Your Wellness Counts**. Go to the section of this module that you think is right for you.



YOU

If you decide NOT to continue with ***Moving More***, that’s fine. What would be some situations in which you’d be more open to the possibility in the future?



## Doing It – Moving More

Thinking about whether you want to move more can mean imagining how you might begin being more active. You can start by thinking of **things you *already* enjoy** doing.

"I take a 10 or 15 minute walk to watch the sunrise and meditate. It sets the tone for the whole day."

Adding a little extra activity to your day can give you extra energy, decrease stress, and enable you to do more things that you enjoy.

In fact, you may already have had success in trying to move more in the past. For example, you may have participated in a walking group, played sports with friends, or followed along with an exercise video.



If you changed your physical activity in the past, (even if the change didn't last long), how did you make this happen? What are you most proud of?

To help build motivation, you can start by **looking back** and **by looking forward**. By building your hope and confidence, you can plant seeds for action.

"Don't give up before you start. Start before you give up."



What knowledge and skills that you already have could be applied to moving more?



## Moving More: One Small Step at a Time

Moving more doesn't mean that you must change everything about your lifestyle at the same time. You can develop healthier habits for physical activity by changing one simple thing at a time. Some people find this approach more realistic, especially if they haven't been physically active beyond their usual daily activities.

You can start by **pairing an everyday activity with moving more**. For example, you can march in place or "draw circles" with outstretched arms during a TV commercial. If you do this once or twice each hour, you can slowly build up to 10 minutes of increased physical activity each time you watch TV! While you are vacuuming, try doing it with a little more enthusiasm to burn more energy.



Once you've accomplished doing this, you'll find it easier to move more and may wish to set a new physical activity goal that can be even more challenging. As a result, you build confidence in yourself when you reach each goal. Step by step, you will have made significant changes in your life.

### **FYI – For Your Information**

Being physically active for at least 10 minutes has more health benefits than if you were physically active for shorter periods of time.



What are some great ideas that you have for moving more a few more minutes each day?



Resource: [www.choosemyplate.gov](http://www.choosemyplate.gov) (search for "increasing physical activity")



## Types of Physical Activity and Exercise

To help you think of ways to increase your physical activity, you can choose from one or more of the different types:

### **Aerobic exercise**

The word “aerobic” means “using oxygen.” So you can think of aerobic exercises, like walking, dancing, swimming, running, and jumping rope, as making you breathe a little harder. Everyday activities count, too, like energetic housecleaning or yard work, and going up and down stairs.

### **Strengthening exercise**

You might think first about weightlifting or push-ups. These all build muscle and bone, but may be too much for someone who hasn’t exercised for a while. If you do it regularly, you can increase your strength by lifting small objects like soup cans or water bottles. Using your own body weight to repeat movements is another technique such as rising up on your toes, doing a “push up” against a wall, or sitting in a chair and then standing up.

### **Flexibility exercise**

Stretching gently releases muscle tension and can give you a better range of motion. Done right, stretching can feel really good, not painful. You can try stretching on your own, like bending over or holding your arms wide out to the side. Some people take a stretching class, learn yoga, or develop their own routine based on what feels best. If you want to become a little more flexible, and you find a stretch that feels good (“mild” tension), it helps to hold the stretch for about 10 seconds without bouncing.

### **Balance exercise**

Improving strength and flexibility will help your balance. So you may want to add some activities that focus directly on improving your balance. These types of exercises include things that you can do on your own like standing on one foot (hold a chair or touch the wall when you first begin), walking on a line (pretending it is a tightrope), or more formal exercise like Tai Chi.

### **Easy does it!**

When you begin to exercise, it is helpful to *start small and allow yourself time to rest* between exercise sessions—maybe begin by doing a certain activity every other day, rather than every day.



## Preparing for a Safe and Fun Time

Here are some ideas to protect yourself when moving more so that you can prepare to have a safe and enjoyable time:

- Be active in safe environments.
  -  Use smooth & level sidewalks, walking/hiking paths or bike lanes.
  -  Look for places that are well-lit and have no litter.
  -  Make sure other people are present.
- Use appropriate gear and equipment, such as proper shoes for walking or a helmet when biking.
- Follow rules and policies that promote safety.
- Choose wisely about how, when, and where to be active.
  -  *Consider avoiding activity in very hot, cold or humid weather, especially if you take medications.*
  -  *Pay attention to when you may need to rest.*
  -  Have access to and drink enough fluids. Bring water with you depending on how long and how active you'll be.
- Before you start, begin slowly to warm-up.
- Try to eat a lite snack 30 minutes before starting or a meal two hours in advance.
- Dress properly such as wearing well-fitting footwear or layers of clothing for cold weather.
- Carry identification and, if needed, medical alert information.



What will you need to do to prepare for fun, safe physical activity?



Resource: [www.health.gov](http://www.health.gov) (search for Physical Activity chapter 6)



## Know When to Check with Your Doctor

Before increasing your physical activity, it's recommended that you speak to your doctor, especially if you are over 50 years old, are not very active now, or you are currently seeing a doctor for any health condition.

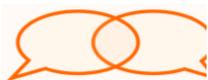
Some reasons to check with your doctor include a recent experience of:

- Any new symptoms you haven't discussed with your doctor
- Dizziness, confusion or headache
- Difficulty breathing
- Fainting
- Chest pain or pressure
- Feeling your heart is skipping, racing, or fluttering
- Blood clots
- An infection or fever with muscle aches
- Unplanned weight loss
- Foot or ankle sores that won't heal
- Joint swelling
- A hernia
- Hip or back surgery



If you experience symptoms during or after exercising such as difficulty breathing, dizziness, chest pain or feeling overly tired, call your doctor right away. You may need to wait to start moving more so that you can first ensure your safety.

If you have insulin-dependent diabetes, check your blood glucose before and after you exercise. You may want to bring a healthy snack with you to keep your glucose at a healthier level.



What would you like to ask your health care provider about making your plan to move more?



Reference and Resource: <https://go4life.nia.nih.gov/> (search for “patients about physical activity”)



## Your Target Heart Rate Can Help You Be Safe and Track Progress

Pacing yourself and monitoring your heart rate helps you to be safe and assess your progress. A normal resting heart rate is usually between 60 to 80 beat per minute. As you become more physically fit, your resting heart rate will go down. Keep in mind though that, as you become older, it will likely go up.

Target heart rates let you understand your initial fitness level and monitor your progress. This approach requires measuring your **pulse** from time to time as you exercise. You will want to stay within 50% to 85% of your maximum heart rate. This range is called your **target heart rate**. For example, for a fifty-year-old man, the target heart rate would be between 85 to 145 beats per minute (his maximum heart rate is 170).

To measure your pulse, feel the area of your arm just below where your thumb meets your wrist. You should feel a gentle beat with your fingers. Look at a clock with a second hand. Count how many beats you feel within 15 seconds and multiply by 4. This number is your heart rate.



For an online calculator for your target heart rate, search for “target heart rate” at <http://www.cancer.org/> or <http://www.heart.org/>. If you have a smart phone, look for a free app like “instant heart rate” to check your pulse.

Some people have difficulty measuring their pulse or don't want to take it when exercising. If this is true for you, try using the "talk test" instead:

- If you can talk and walk at the same time, you're probably working at a safe, slow pace.
- If you can sing and maintain your level of effort, you may be able to walk a little faster.
- If you get out of breath quickly, you are probably working too hard, especially if you have to stop moving and catch your breath.

The "talk test" may not work for more intense activities, like brisk walking, jogging, or running. For these activities, your target heart rate works better.



## Special Considerations to Move More for a Person in Recovery

For a person in recovery who has a mental and/or substance use disorder, there are some considerations that can help you as you plan to move more.

### Your current health

Exercise has many positive health benefits, but some medical conditions limit the kinds of exercise a person can or should do. If you have been diagnosed with a medical condition, such as arthritis, lung disease, or heart problems, your health care provider can discuss exercises to do and what to avoid. You may want to ask for a referral to a physical therapist or exercise physiologist to get help with a program that meets your needs.

### Safety

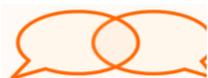
You may also wish to consider safety when deciding *how* and *where* you want to move more. If you find that you live in areas where outdoor exercise isn't a good idea (due to high traffic, crime, or just poor sidewalks or road conditions), you may need to be creative to find places and activities that can work well for you.

### Sleep

Difficulties with sleeping are common. Usually, being active during the day helps people sleep well. However, if possible, you may wish to exercise in the morning or afternoon, rather than the late evening, so your body has plenty of time to rest and recover before you go to bed.

### Medications

Some people find that their medications make them sleepy or unsteady. This can be true for people who are older or are taking a new medication. Some medications make people sensitive to the sun or require being extra careful about drinking water when you exercise. If you have any of these concerns, or any other related questions, speak with your doctor / prescriber to find out what you can do.



Which of the issues listed on this page would you like to speak about with your doctor, nurse, or counselor?



## Planning to Move More: Small Steps

<b>Small Steps for Moving More</b> For each of these ideas, check how interested you are in them.	Interest Level		
	HIGH	MED	LOW
1. Go for a walk before or after a meal.			
2. Go for a bike ride with neighbors.			
3. Walk in place or ride a stationary bike while watching TV.			
4. Get off the bus/subway at an earlier stop and walk.			
5. Go bowling or dancing with friends.			
6. Meditate while you walk to a place where you feel at peace.			
7. Do some chair exercises while seated, like march or stretch.			
8. Play a game that involves movement, like charades.			
9. Move to music while you clean house.			
10. Do some gardening or straighten up the yard.			
11. Partner with someone to do yoga or play basketball.			
12. Meet a friend for a “walk and talk.”			
Add your more of your own great ideas			



Which ideas sound the most interesting & doable to you now?



## Moving More – Connecting with Your Recovery Team

1. Write your best ideas on the most doable steps you can take to move more now. See pages 9, 11, 12, 18 and 19 of **Moving More** for some of your own ideas.
2. Choose one specific idea from your list above. Choose one that you are *confident* you can do and that you would *enjoy*.
3. Turn your idea into a goal. Add a time frame that works for you.  
  
By \_\_\_\_\_ , I will \_\_\_\_\_.  
*Date Action step: What will you do? How often will you do it?*  
  
*Example: By Jan. 6, I will walk after lunch for 15 minutes three days a week.*
4. Talk with your recovery team about how you want to add your **Moving More** goal into your recovery or treatment plans:
  - Wellness Recovery Action Plan – Would you like this step to be included in your Wellness Toolbox or Daily Maintenance Plan?
  - Illness Management and Recovery - How could this step help you achieve your identified Recovery Goal?
  - Recovery/Treatment/Service Plan – How would you want this step to be integrated in your current services?
5. Ask someone on your recovery team to be your check-in person so you can share how you're doing. List how this person can support you. How will you celebrate your success?

*When you achieve one goal, you can choose another, if you want.*



## Moving More: Tracking Progress



You started **Your Wellness Counts** by identifying an Overall Wellness Goal to keep you focused, and now you have set a goal to move more.

Next, you will begin with some small, achievable steps to build your confidence and momentum in increasing your physical activity.

After you are successful in taking these steps, maintaining your success can help you to be in the best position to achieve your life goals.

Here are some other ideas to help you continue with what you started:

-  Ask someone to support you to help you stay accountable to yourself for staying on track towards achieving your goals. You can also partner as “fitness friends.”
-  Publicize your success by sharing with peers, friends, and family. Be proud of yourself! You can also share through social media.
-  Take a picture of yourself today. Then take a photo at a later date.
-  After doing a physical activity, write a positive statement, such as “I’m getting stronger every day.” Keep your statement on an index card or in your smartphone, so you can look at it regularly.
-  Your great idea to maintain success: \_\_\_\_\_

One of the best ways to stay motivated and achieve success is to track your progress. On the next few pages, there are 3 tools. You can choose any one(s) that can support your progress of moving more.



- ➔ If you want something *simple* and *easy to complete*, you can try “My Growth” (page 27).
- ➔ If you want something to *help you recall what you are feeling and how social support can help*, try: “My Progress” (page 28).
- ➔ If you want something that *helps you develop a regular healthy habit of moving more*, try: “My Calendar” (page 29).





## Moving More – My Growth

The small goal I want to try this week is: \_\_\_\_\_

Here's why: \_\_\_\_\_



Starting Date: _____		SUN	MON	TUE	WED	THU	FRI	SAT
<b>Did I achieve my goal for moving more today?</b>	Yes							
	Yes, partially							
	No							

What did you learn about moving more this week?

What would you like to try next week?





## Moving More – My Progress

The small goal I want to try this week is: \_\_\_\_\_

Here's why: \_\_\_\_\_



Starting Date: _____		SUN	MON	TUE	WED	THU	FR.	SAT
<b>Did I achieve my goal for moving more today?</b>	Yes							
	Yes, partially							
	No							
<b>How did I feel about achieving (or not achieving) my goal?</b>	Happy							
	Proud							
	Disappointed							
	Sad							
	Other:							
<b>Did I talk to anyone today about my goal?</b>	Yes							
	No							

**When I was successful, what was my role in making it happen? What can I do more of?**





## Moving More – My Calendar

**Place a checkmark** if you are able to complete your chosen physical activity goal or you can **write how many minutes** you were able to participate in that activity. At the end of the week, you can count the number of checkmarks you have or the number of minutes you moved more.

The goal I want to try for a few weeks is: \_\_\_\_\_

Here's why: \_\_\_\_\_



Starting Date: \_\_\_\_\_

		SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
	<i>Week of:</i>								
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Total number of times (or minutes) I completed my activities:									



## What Did You Learn?



- 👟 Once you learn how and why to move more, you can make a decision about what you want to do.
- 👟 How much physical activity you do is up to you. Whether or not you stay active can affect your health and how you feel, but it is up to you to choose what you want to change in your life, if anything.
- 👟 There are many choices for moving more. When you are ready to make a change, taking one small step at a time can be the best way to go.
- 👟 Planning what steps you will take and tracking your progress can lead to success. Get the support you need.
- 👟 Celebrate your progress! Applaud yourself every time you do a physical activity. Remind yourself of the positive changes you are making.



What is the most important thing you learned from this section of *Your Wellness Counts* about ***Moving More***?



What else do you want to learn about ***Moving More***?





# Congratulations!



You have completed the ***Moving More*** module.

Before moving on to the next section, use this space for any notes or reflections you have about ***Moving More***.

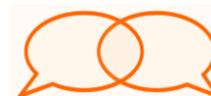


From here, move around in *any way* that supports your recovery:

➔ If you decide to continue working on being more physically active, go ahead and revisit this ***Moving More*** module. You can also get some more information on the next few pages, “***Moving More – Resources and References***”.



➔ If you want to revisit being more involved with your treatment, go ahead and move on to the module on ***Shared Decision Making***.



➔ If you want to sample how you can eat healthier, go ahead and move on to the module on ***Eating Better***.



➔ If you're most concerned about your smoking, see the module on ***Deciding about Smoking***.



➔ If you want to learn how to maintain and track your wellness, you can go directly to ***Wellness Every Day***.



Go to the module that you think is right for you.

## Moving More – Resources and References



- Listed in order of topics mentioned in this module
- Reference or resource with asterisk\*= mentioned previously on page

For an article on “Too much sitting:”

1. \*<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3404815/>

For the Physical Activity Guidelines for Americans:

2. \*<http://health.gov/paguidelines/guidelines/>

For more on Metabolic Syndrome:

- 3.\*[http://www2.nami.org/factsheets/metabolicsyndrome\\_factsheet.pdf](http://www2.nami.org/factsheets/metabolicsyndrome_factsheet.pdf)

For the more on the benefits of physical activity:

4. \*<http://health.gov/paguidelines/guidelines/chapter2.aspx>

For ideas on how to gradually increase your level of physical activity:

5. \*<http://www.choosemyplate.gov/physical-activity-tips>
6. [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/No-time-for-exercise-Try-our-Top-10-Tips-to-get-more\\_UCM\\_442855\\_Article.jsp#.V3RLr9lrKY8](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/No-time-for-exercise-Try-our-Top-10-Tips-to-get-more_UCM_442855_Article.jsp#.V3RLr9lrKY8)

How can you move more without spending too much money?

7. <https://go4life.nia.nih.gov/tip-sheets/be-physically-active-without-spending-dime>

How to be physically active and safe:

8. <http://www.health.gov/paguidelines/guidelines/chapter6.aspx>

For ideas on how to gradually increase your level of physical activity:

9. \*<http://www.choosemyplate.gov/physical-activity-tips>
10. <http://www.diabetes.org/food-and-fitness/fitness/types-of-activity/be-more-active-throughout-the-day.html>
11. [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active\\_UCM\\_307978\\_Article.jsp#.V3RLztlrKY9](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active_UCM_307978_Article.jsp#.V3RLztlrKY9)

Types of physical exercise:

12. <http://health.gov/paguidelines/guidelines/chapter4.aspx>

13. <https://go4life.nia.nih.gov/4-types-exercise>
14. <http://www.diabetes.org/food-and-fitness/fitness/types-of-activity/what-we-recommend.html>
15. <http://www.diabetes.org/food-and-fitness/fitness/types-of-activity/stretching-and-balance-exercises.html>

Preparing for a fun and safe time:

16. \*<http://www.health.gov/paguidelines/guidelines/chapter6.aspx>

When to check with your doctor about exercising:

17. \*<https://go4life.nia.nih.gov/tip-sheets/talking-your-patients-about-physical-activit>
18. [http://www.nhlbi.nih.gov/files/docs/public/heart/phy\\_active.pdf](http://www.nhlbi.nih.gov/files/docs/public/heart/phy_active.pdf)

For more information on your target heart rate:

- 19.\*<http://www.cancer.org/healthy/toolsandcalculators/calculators/app/target-heart-rate-calculator>
- 20.\*[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Target-Heart-Rates\\_UCM\\_434341\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Target-Heart-Rates_UCM_434341_Article.jsp)

For more “cool” tools to plan and track your fitness (and food) goals:

21. <https://www.supertracker.usda.gov/physicalactivitytracker.aspx>

### Additional Resources

- <http://www.fitness.gov>
- <http://www.cdc.gov/physicalactivity/>
- <http://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/physical-activity>
- <http://www.niddk.nih.gov/health-information/health-topics/weight-control/tips-help-get-active/Pages/tips-help-you-get-active.aspx>