

**Problem: Physical Activity**

Cat.	Target	Care Description Note
TGC	Medical/Dental Care	<p><b>Consult With Your Physician if History of:</b></p> <ol style="list-style-type: none"> <li>1. Heart trouble, high blood pressure, chest pains, dizziness, of fainting, or are 40 years old (M), or 50 years old (F), or arthritis</li> </ol>
TGC	Physical Therapy Care	<p><b>Physical Therapy Evaluation and Development of Tailored PA Program if Client Has:</b></p> <ol style="list-style-type: none"> <li>1. Chronic illness</li> <li>2. Physical disability</li> <li>3. Is home bound</li> </ol>
TGC	Dietary Management	<p><b>Recommendations for Healthy Weight Loss</b></p> <ol style="list-style-type: none"> <li>1. Instruct re: adequate calorie reduction for weight loss: 500 to 1,000 kcal/day <a href="http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf">http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf</a></li> <li>2. Instruct on benefits of daily protein drink (soy protein isolate for muscle and bone health)</li> <li>3. Instruct on benefits of adequate Calcium (1000-1200 mg/day) and Vitamin D (600 IU/day; &gt; 70 y/o 800 IU/day)*</li> <li>4. Instruct re: maintaining and reviewing the Weekly Food and Activity Diary (EBP)</li> <li>5. Instruct re: PA related dehydration and muscle cramping by increasing daily water intake of 8-10, or more, 8 oz. cups</li> <li>6. Dietician consult, if needed</li> </ol> <p>*Maximum=4000 IU/day (Institute of Medicine, 2010)</p>
TGC	Exercises	<p><b>Aerobic Exercise Moderate Intensity(See Appendix)</b></p> <ol style="list-style-type: none"> <li>1. Instruct re: PA moderate intensity: 2 hours and 30 minutes weekly                     <ul style="list-style-type: none"> <li>• Brisk walking (3 miles per hour, or faster), but not race walking</li> <li>• Water aerobics</li> <li>• Bicycle riding (slower than 10 miles an hour)</li> <li>• Tennis (doubles)</li> <li>• Ballroom dancing</li> </ul> </li> </ol>

		<ul style="list-style-type: none"> <li>• Light yard work, i.e. bagging leaves, or lawn mowing</li> <li>• Actively playing with children, e.g. kite flying</li> <li>• Other</li> </ul>
TGC	Exercises	<p><b>Aerobic Exercise Vigorous Intensity</b> (See Appendix)</p> <p>1. Instruct re: PA vigorous intensity: 1 hour and 15 minutes weekly</p> <ul style="list-style-type: none"> <li>• Race walking, jogging, or running</li> <li>• Swimming laps</li> <li>• Tennis (singles)</li> <li>• Aerobic dancing</li> <li>• Bicycling 10 miles per hour or faster</li> <li>• Jumping rope</li> <li>• Heavy yard work, e.g. continuous digging or hoeing with heart rate increases</li> <li>• Hiking uphill or with a heavy backpack</li> <li>• Other</li> </ul>
TGC	Exercises	<p><b>Muscle Strengthening: 2-3 Days Each Week, Alternating With Aerobic Exercise</b></p> <p>1. Instruct re: muscle strengthening activities should work ALL of the muscle groups, legs, hips, back, chest, abdomen, shoulders and arm</p> <ul style="list-style-type: none"> <li>• Lifting weights</li> <li>• Working with resistance bands</li> <li>• Exercises that use body weight for resistance, e.g. push-ups, sit-ups</li> <li>• Balance Ball</li> <li>• Yoga</li> <li>• Other</li> </ul>
TGC	Exercises	<p><b>Building Bone Density</b></p> <p>1. Instruct re: benefits of weight bearing and stress exercises for strengthening and building bone</p> <ul style="list-style-type: none"> <li>• Dancing</li> <li>• Jogging</li> <li>• Power Walking</li> </ul>

		<ul style="list-style-type: none"> <li>• Marching</li> <li>• Other</li> </ul>
TGC	Wellness	<p><b>Lifestyle Activities – Integrate Into Weekly PA Routine</b></p> <p>1. Instruct re: home and yard maintenance activities</p> <ul style="list-style-type: none"> <li>• Lawn mowing</li> <li>• Raking leaves</li> <li>• Weeding</li> <li>• Household chores/tasks</li> <li>• Gardening</li> <li>• Painting</li> <li>• Other</li> </ul>
TGC	Support System	<p><b>Adequate Support Systems Help Improve Weight Loss Outcomes</b></p> <p>1. Teach re: importance of support systems and how to access adequate support systems as needed</p> <ul style="list-style-type: none"> <li>• Family</li> <li>• Social network, i.e. exercise group or club</li> <li>• Community</li> <li>• Health insurance benefits for fitness center membership</li> <li>• Other</li> </ul>
TGC	Behavior Modification	<p><b>Behavior Therapy Combined With Dietary Adjustments And Routine Physical Activity Can Improve Adherence To Weight Loss Goals And Outcomes</b></p> <p>1. Instruct on specific behavioral strategies</p> <ul style="list-style-type: none"> <li>• Self-monitoring</li> <li>• Monitoring stress management</li> <li>• Stimulus control</li> <li>• Problem-solving</li> <li>• Contingency management</li> </ul>

		<ul style="list-style-type: none"><li>• Cognitive restructuring</li></ul> <p><a href="http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf">http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf</a></p>
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## Appendix

It is important to understand the required **levels of PA intensity** that contribute to weight loss and improved overall health and well being. The CDC (2010) defines 2 levels of intensity as follows:

**1. Moderate-intensity aerobic activity** means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort: walking fast, doing water aerobics, riding a bike on level ground or with few hills, playing doubles tennis, or pushing a lawn mower

**2. Vigorous-intensity aerobic activity** means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort: jogging or running, swimming laps, riding a bike fast or on hills, playing singles tennis, playing basketball

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. A rule of thumb is that **1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity.**

Some people like to do vigorous types of activity because it gives them about the same health benefits in half the time. If you haven't been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones. The guidelines are about doing physical activity that is right for you (<http://www.cdc.gov/physicalactivity>).

### References

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- National Institutes of Health National Health, Lung, and Blood Institute. (1998). *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. Retrieved from, [http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_gdlns.pdf](http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf)
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