

# How to be more active

**Presented by:**

**Matthew A. Ladwig, PhD**

**Assistant Professor of Integrative Human Health**



# Our team

**John Durocher, PhD**  
Principal Investigator



**Ezra Mutai, PhD**  
Co-Investigator



**Matthew Ladwig, PhD**  
Co-Investigator



**Grant Thivierge, MS**  
Project Coordinator



**Reagan Bishop**  
Research Assistant



## Evaluation and Implementation of Lifestyle Changes and Life's Simple 7 in Northwest Indiana



American Heart Association.



Indiana  
Department  
of  
Health

Exercise  
is Medicine®  
On Campus

Purdue University Northwest

## The American Heart Association's "Life's Simple 7"



✓  
Stop  
Smoking



Get  
Active



✓  
Control  
Your  
Cholesterol



✓  
Manage  
Blood  
Pressure



✓  
Eat  
Healthy



✓  
Lose  
Weight



✓  
Reduce  
Blood  
Sugar

# What's new?

**Sleep** added as component of heart health.

- Accounts for vaping and secondhand smoke.
- Creates a new guide to assess diet.
- Adjusts cholesterol and blood sugar measures.

**Circulation**  
Volume 146, Issue 5, 2 August 2022; Pages e18-e43  
<https://doi.org/10.1161/CIR.0000000000001078>



**AHA PRESIDENTIAL ADVISORY**

**Life's Essential 8: Updating and Enhancing the American Heart Association's Construct of Cardiovascular Health: A Presidential Advisory From the American Heart Association**





**Why should you be physically active?**

## REVIEWS

PHYSIOLOGY 28: 330–358, 2013; doi:10.1152/physiol.00019.2013

### Exercise is the Real Polypill

The concept of a “polypill” is receiving growing attention to prevent cardiovascular disease. Yet similar if not overall higher benefits are achievable with

Carmen Fiuza-Luces,<sup>1,2</sup>  
Nuria Garatachea,<sup>3</sup>  
Nathan A. Berger,<sup>4</sup> and  
Alejandro Lucia<sup>1,2</sup>

<sup>1</sup>Universidad Europea Madrid, Madrid, Spain; <sup>2</sup>Instituto de

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American Journal of Lifestyle Medicine

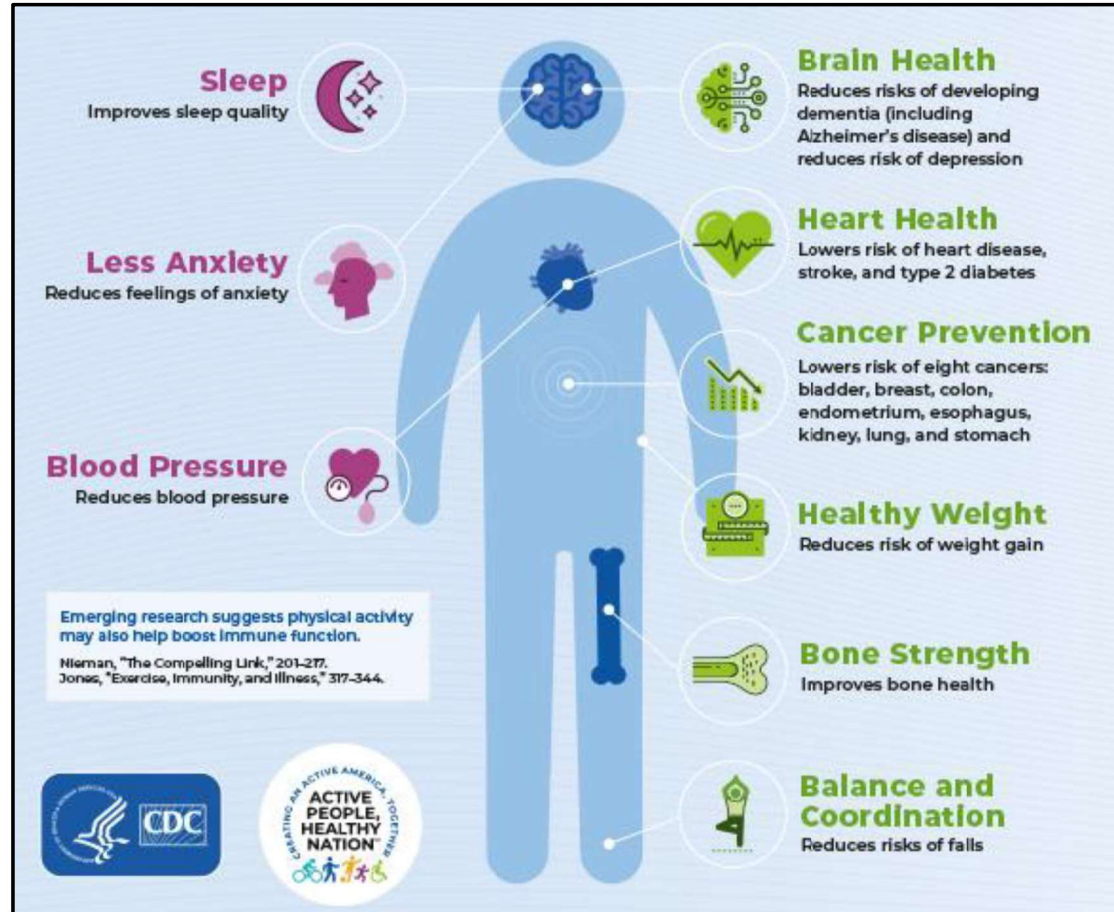
ANALYTIC  
REVIEW

Walter R. Thompson, PhD, FACSM, Robert Sallis, MD, FACSM,  
Elizabeth Joy, MD, MPH, FACSM,  
Carrie A. Jaworski, MD, FAAFP, FACSM,  
Robyn M. Stuhr, MA, ACSM-CEP, RCEP,  
and Jennifer L. Triak, PhD, FACSM, DipACLM

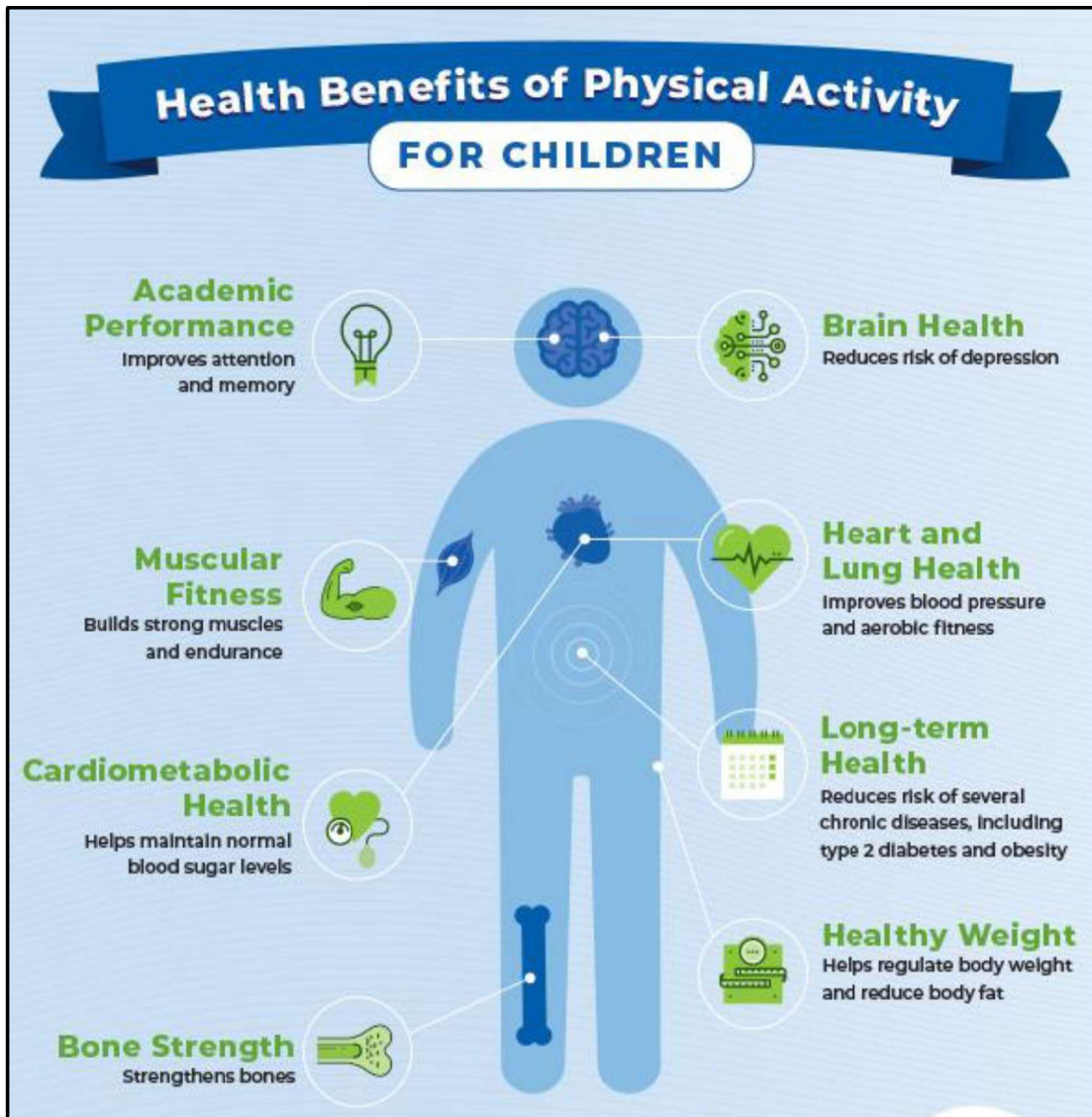
## Exercise Is Medicine



... take one daily

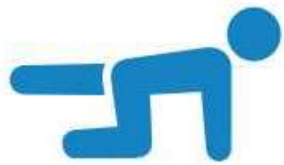


Source: Centers for Disease Control and Prevention. (2018). Physical Activity Guidelines for Americans, 2<sup>nd</sup> ed.



Source: Centers for Disease Control and Prevention. (2018). Physical Activity Guidelines for Americans, 2<sup>nd</sup> ed.

# How much physical activity should I be doing?



**150**

**MINUTES**

of moderate aerobic activity  
*(water aerobics, social dancing,  
gardening)*

**OR**



**75**

**MINUTES**

of vigorous aerobic activity  
*(running, swimming laps,  
jumping rope)*

*Or a combination of both, spread throughout the week.*

**Source: Centers for Disease Control and Prevention. (2018).  
Physical Activity Guidelines for Americans, 2<sup>nd</sup> ed.**

# How much physical activity should I be doing?

## **BE STRONG**

Include muscle-strengthening activity (like resistance or weight training) at least twice a week.

## **ADD INTENSITY**

Increase time, distance, amount or effort for more benefits.

## **SIT LESS**

Get up and move throughout the day.

Source: Centers for Disease Control and Prevention. (2018).  
Physical Activity Guidelines for Americans, 2<sup>nd</sup> ed.



# How much physical activity should I be doing?

## KIDS & TEENS

should get at least 60 minutes of physical activity every day, including play and structured activities.



Source: Centers for Disease Control and Prevention. (2018).  
Physical Activity Guidelines for Americans, 2<sup>nd</sup> ed.



**How to become more physically active?**

**Step #1:**

**Are you healthy enough for physical activity?**

### The Physical Activity Readiness Questionnaire for Everyone

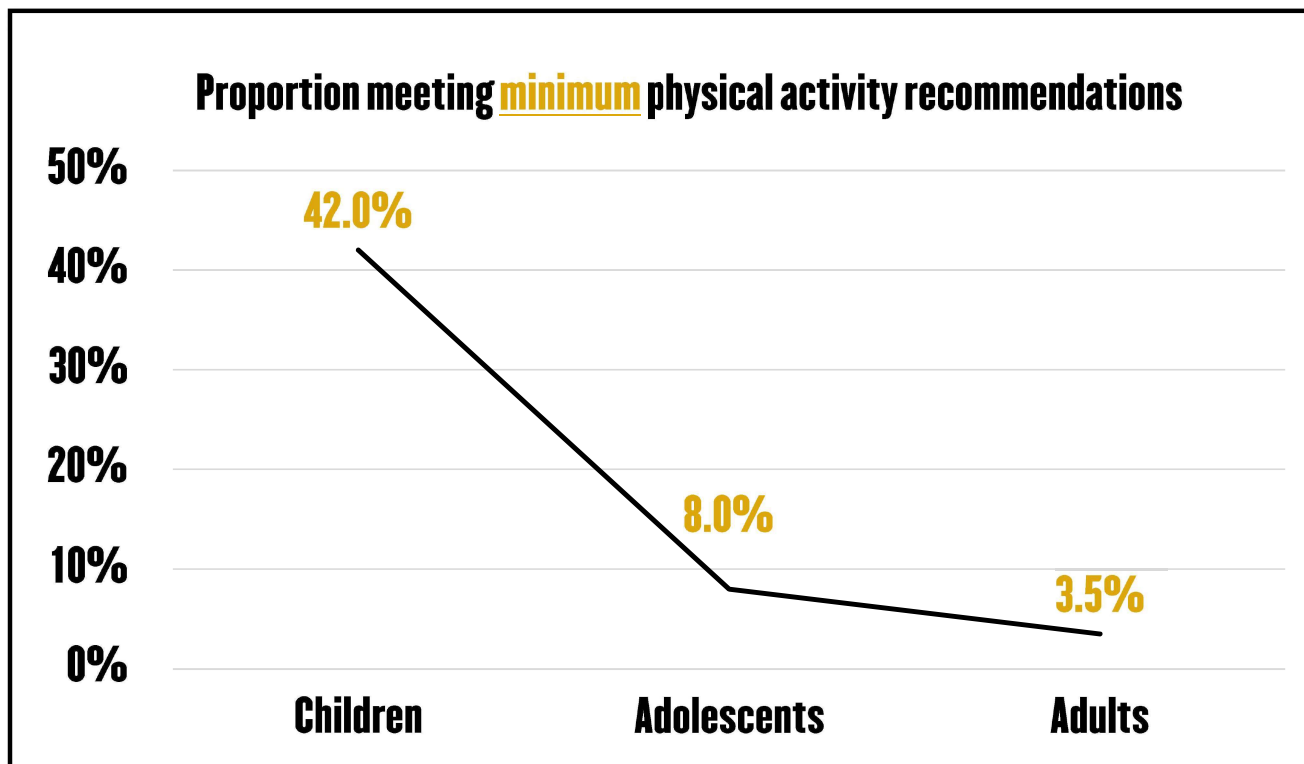
The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

#### GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

**Step #2:**

**Discover enjoyable physical activities**



(Du et al., 2019; Guthold et al., 2018; Troiano et al., 2008; Tucker et al., 2011)

**What percentage of Britons would NOT exercise even if their life depended on it?**

**62%**

**What percentage of Britons find exercise fun?**

**4%**



**British Heart  
Foundation**

**Data: British Heart Foundation survey (2007, Sep),  $n = 2,180$**



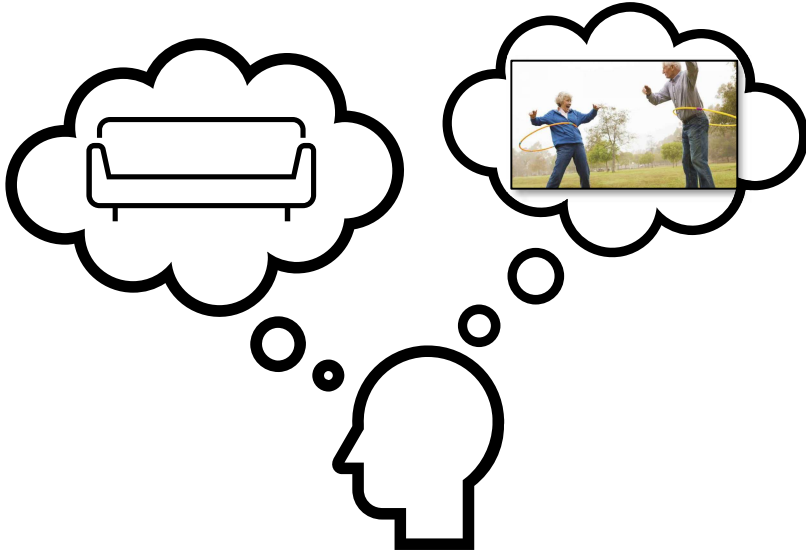
**Experiences of enjoyment during physical activity**



**More positive automatic evaluation of physical activity**

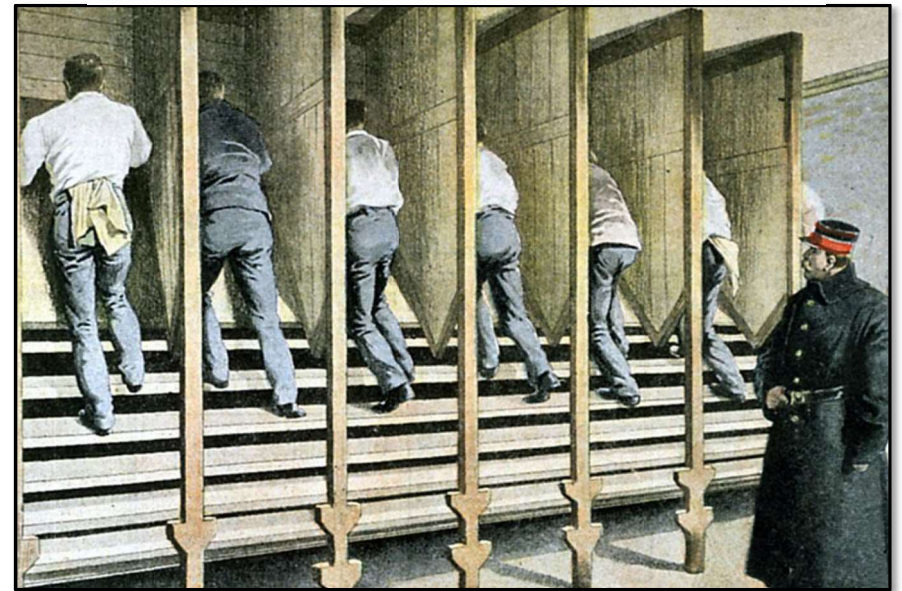
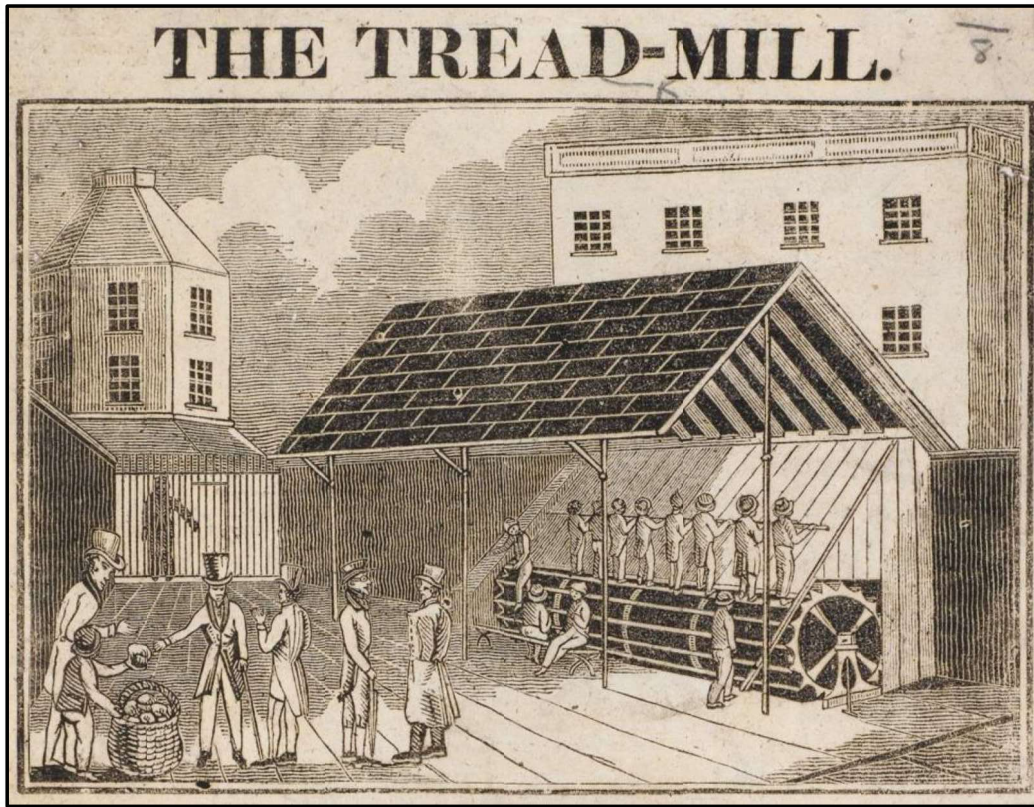


**Increased likelihood of physical activity**



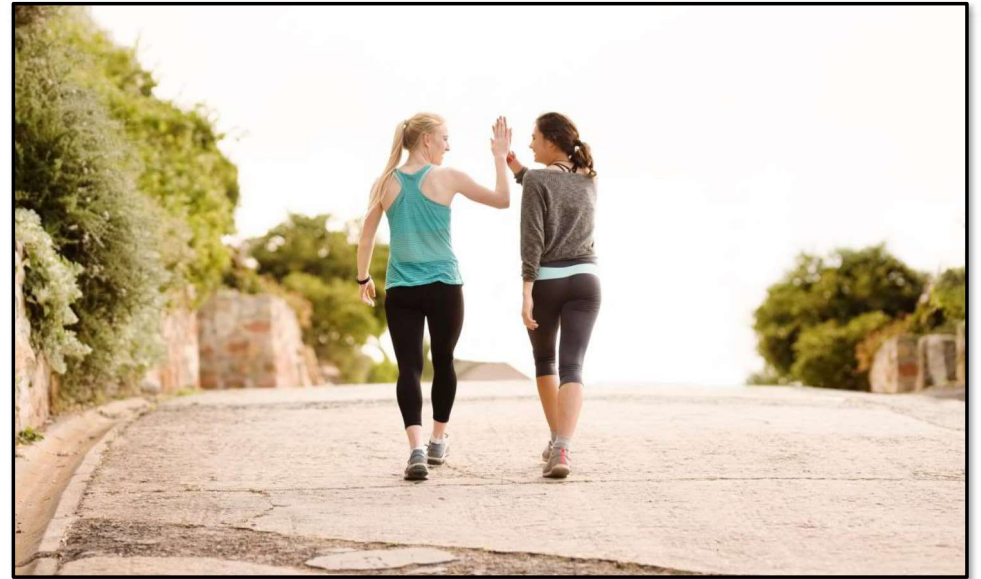
**(Brand & Ekkekakis, 2018)**

# What do **you** enjoy?





# What do **you** enjoy?



# What do **you** enjoy?











# What do **you** enjoy?



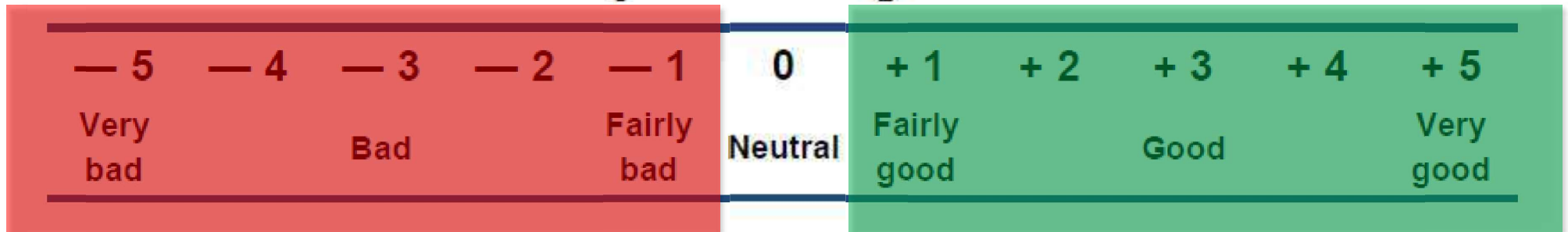
# Mind your intensity using the “Talk Test” and “Feeling Scale”

Exercise Intensity	Talk Level	Examples	
<b>Light</b> 	Normal breathing rate - can sing or talk	<ul style="list-style-type: none"><li>• Slow Walking</li><li>• Stretching</li><li>• Light Housework</li></ul>	
<b>Moderate</b> 	Breathing getting faster- can carry on a conversation but not sing	<ul style="list-style-type: none"><li>• Brisk Walk</li><li>• Cricket</li><li>• Leisurely Swimming</li></ul>	
<b>Vigorous</b> 	Gasping for breath - cant's hold a conversation	<ul style="list-style-type: none"><li>• Jogging</li><li>• Soccer</li><li>• Dancing</li></ul>	



# Mind your intensity using the “Talk Test” and “Feeling Scale”

How do you feel right now?



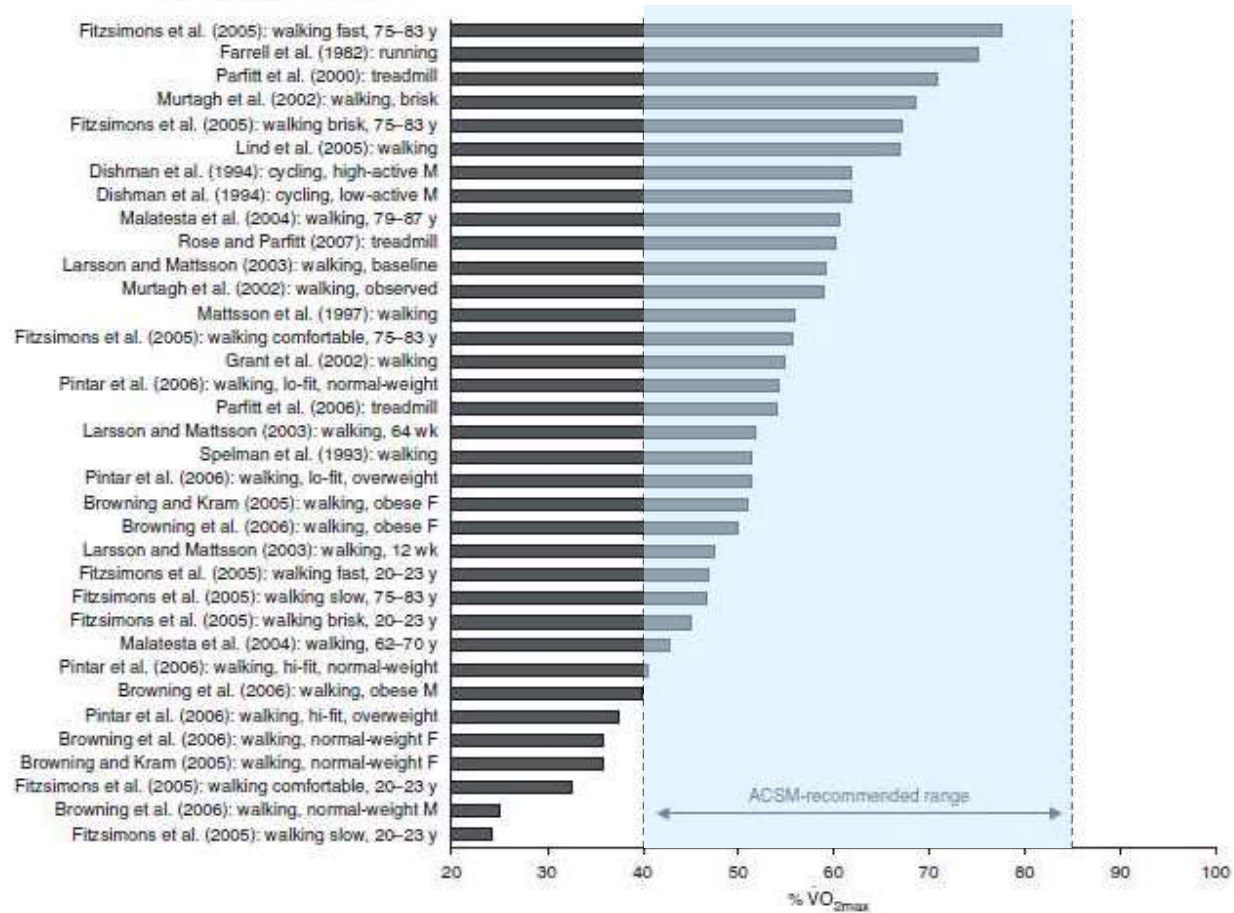
Feel like this? **Ease up a bit!**

Feel like this? **Keep going!**

# Let Them Roam Free?

## Physiological and Psychological Evidence for the Potential of Self-Selected Exercise Intensity in Public Health

*Panteleimon Ekkekakis*



# What about **resistance training**?

Feasibility and impact of a 1-minute daily functional exercise regimen prescribed to older adults by their primary care physician

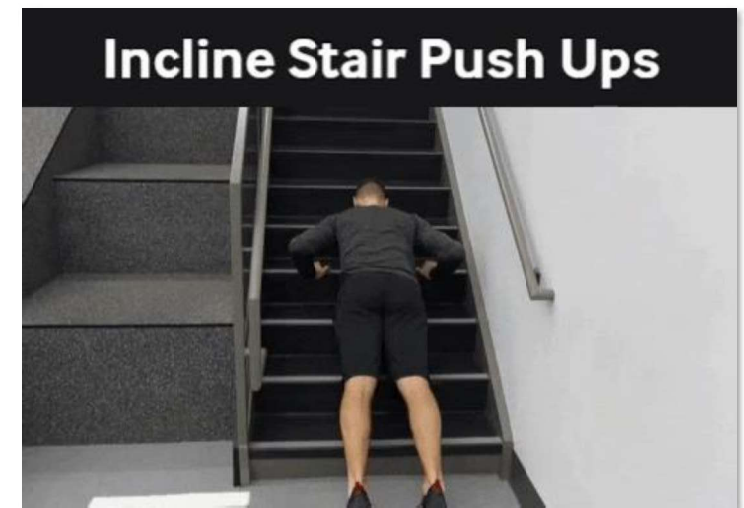
Christopher N. Sciamanna<sup>a</sup>, Matthew A. Ladwig<sup>a,\*</sup>, David E. Conroy<sup>b</sup>, Kathryn H. Schmitz<sup>a</sup>, Matthew L. Silvis<sup>a</sup>, Noel H. Ballentine<sup>a</sup>, Brandon J. Auer<sup>a</sup>, Margaret K. Danilovich<sup>c</sup>

Each day...



Do as many repetitions as you can in **30**  
seconds

+



Do as many repetitions as you can in **30**  
seconds

# What about **resistance training**?

Feasibility and impact of a 1-minute daily functional exercise regimen prescribed to older adults by their primary care physician

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**Each day...**



**Do as many repetitions as you can in 30 seconds**

**+**



**Do as many repetitions as you can in 30 seconds**

**Step #3:**

**Make physical activity a habit**

**“Move more, sit less”**

**Every minute counts!**

**and/or**

**Specific, Measurable, Achievable,  
Relevant, Time-bound (SMART)**



# “Move more, sit less”

## Every minute counts!

- Try to move for **at least 10 minutes** at a time **several times** throughout the day
- Park further away
- Use the stairs instead of elevator
- Walk your dog
- Walk while on the phone
- Clean your house

# Specific, Measurable, Achievable, Relevant, Time-bound (SMART)

<b>Specific</b>	<b>What will be accomplished?</b>
<b>Measurable</b>	<b>What data will measure the goal?</b>
<b>Achievable</b>	<b>Is the goal doable? Do you have the needed resources?</b>
<b>Relevant</b>	<b>Why is the result important?</b>
<b>Time-bound</b>	<b>What is the time frame for accomplishing the goal?</b>

# Specific, Measurable, Achievable, Relevant, Time-bound (SMART)

<b>Specific</b>	<b>“I will walk at least 10,000 steps per day.”</b>
<b>Measurable</b>	<b>“My pedometer/fitness tracker will record my steps.”</b>
<b>Achievable</b>	<b>“I can achieve this by parking further from my office and walking around inside the building for 10 minutes every hour.”</b>
<b>Relevant</b>	<b>“This is important because I would like maintain my physical function as I age.”</b>
<b>Time-bound</b>	<b>“I will walk 10,000 steps per day every weekday for the next 4 weeks.”</b>





**Take home message**

**“Move more, sit less”**

**Every minute counts!**

**Do what makes you feel good and is  
enjoyable**