

exercise now!
get active for your health





“If exercise could be packed in a pill, it would be the single most widely prescribed and beneficial medication in the nation.”

- ROBERT BUTLER, MD

Increasing your physical activity is one of the most important things you can do for yourself. Exercising has many benefits, including lowering your risk of heart disease, some cancers, diabetes, and dementia. It also helps your mood, energy level, and overall well-being. Your body needs a combination of aerobic exercise, strength training, and stretching for optimal health. No matter what your age, size, or level of fitness, there is an exercise that can help you. The time to get active is now!

The Centers for Disease Control and Prevention recommend that adults do moderate-intensity physical activities for at least 30 minutes on five or more days of the week. Kaiser Permanente would like to support you in doing this. You have taken the first step toward increasing your physical activity by reading this booklet. Assessing your readiness to start an exercise program is an important step in the process. Ask yourself these questions:

- Am I ready to start an exercise program?
- Is it worth the effort?
- Can I really do it?



On a scale of 0 to 10, how ready are you to increase your physical activity?



0 to 3:
Not ready

4 to 6:
Unsure

7 to 10:
I am ready!

Not ready (score 0 to 3)

What needs to happen to make you more ready in the future?

Even if you don't feel ready right now, it is important to keep reading this booklet so you can learn more about how exercise can help you. Also read the Barrier Busting section on page 6.

Unsure (score 4 to 6)

Think about whether increasing physical activity is important to you by answering the following questions:

What are the advantages?

What are the disadvantages?

How would physical activity benefit you?

What might happen if you did not do some form of physical activity?

I am ready (score 7 to 10)

Congratulations! You are ready to take action. This booklet will help you get started. Setting a personal action plan will also help you take action. Read on for more information.

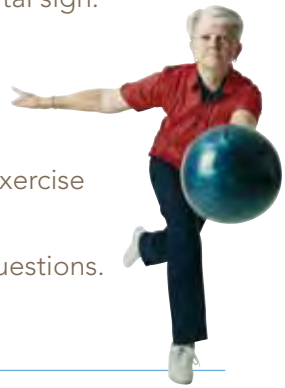
EXERCISE VITALS

When you visit your Kaiser Permanente physician, the medical assistant may record your level of physical activity as a vital sign.

We call this Exercise Vitals. You may be asked:

- How many days a week of moderate to strenuous exercise are you doing?
- On average, how many minutes do you exercise at this level?

Use these guidelines to help you answer the questions.



| Activity level | What is it? |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Light <ul style="list-style-type: none">• Not sweating• Not breathing hard | Slow walking or dancing, yoga, ping pong, bowling |
| Moderate <ul style="list-style-type: none">• A light sweat• Can talk, but can't sing | Dancing, swimming, walking fast, biking, mowing the lawn |
| Strenuous <ul style="list-style-type: none">• Sweating• Breathing hard• Can't talk or sing | Jogging, high-impact aerobic dancing, biking uphill, swimming laps |

WHAT IS AEROBIC EXERCISE?

Aerobic exercise uses large muscle groups such as your arms and legs, and it burns fat and sugar for energy. It increases your heart and breathing rate. Examples:

- Brisk walking
- Hiking
- Basketball
- Jogging
- Biking
- Tennis
- Swimming
- Dancing
- Rollerblading or roller skating

Benefits of Aerobic Exercise

- Decreases depression as much as medication.
- May decrease the risk of some cancers, such as colon and breast.
- Helps prevent diabetes.
- Decreases blood pressure by 5 to 10 mm of mercury.
- Decreases the risk of heart disease.
- Decreases the risk of Alzheimer's and dementia.
- Increases your energy.
- Helps control weight.
- Improves sleep.

Getting Started

If you are not currently exercising, start at a low level and work up to more strenuous exercise. For the first 5 minutes of your exercise routine, start out slowly to give your muscles a chance to warm up. End with a 5- to 10-minute cooldown by gradually slowing your pace.

Use the **FIT** guidelines below as a goal and to get the most out of your aerobic workout.

| | |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| F | Frequency: Exercise at least 5 days a week. |
| I | Intensity: Aim for a moderate level of intensity. You are exercising at the right intensity if it is hard enough to make you breathe deeply and sweat a little, but easy enough to carry on a conversation. |
| T | Time: Exercise for at least 30 minutes. You can also do two 15-minute or three 10-minute sessions in a day. |

For more information on exercise, go to the Kaiser Permanente Web site's featured health topic on fitness at [kp.org/fitness](https://www.kp.org/fitness).

OTHER PARTS OF A FITNESS PROGRAM

There is emerging evidence that weight lifting has many of the same benefits as aerobic exercise. Strength and flexibility exercises are also important to balance some of the changes that occur with aging, such as loss of muscle mass and decreased flexibility.

Strength Training

Strength training builds muscle tone and strength. It improves posture and helps you avoid injury to your bones and muscles. Aim for 20 minutes at least two days a week of strength training exercises such as weight lifting. Work all the major muscle groups. Wait 48 hours before you work a muscle group again. For more information on strength training, go to kp.org/fitness.



Flexibility

Stretching every day helps decrease the risk of muscle strain and injury. Spend 5 to 10 minutes each day stretching the major muscle groups. Move slowly as you stretch each muscle. Stretch until you feel a slight pulling sensation, but not pain. Breathe as you stretch and hold the stretch for at least 20 seconds. For more information on flexibility, go to kp.org/fitness.

BARRIER BUSTING

So Why Don't You Do It?

We all have reasons why we don't exercise. Look at this list to find typical barriers and the strategies to help you overcome them.

"I'm too tired to exercise."

- Regular exercise actually increases energy.
- Exercise improves sleep.
- If you feel tired, start with just 5 minutes, and then see if you have the energy to do more.

"I don't have time to exercise."

- Do three 10-minute bouts of exercise instead of one 30-minute bout.
- Park your car farther away and walk.
- Take the stairs.
- Schedule time into your planner.
- Take a walk break at work.
- Walk, dance, stretch, or lift weights while watching TV.
- Incorporate physical activity into social events, such as a picnic that includes a hike.

"I have a bad back, knee, etc."

- Do other forms of exercise, such as water aerobics, swimming, or chair dancing. You can buy a chair dancing video or DVD at your local Kaiser Permanente Health Store.

"I just don't like to exercise."

- Think of exercise as play. Think back to when you were a child and do something you enjoy.

“The weather is bad; it’s too hot, too cold, or too rainy.”

- Walk in a mall or go up and down stairs.
- Jump on a trampoline.
- Dance or walk briskly in your home.
- Use a bike or treadmill at home.
- Join a gym.



“The neighborhood where I live is not safe to walk or exercise outside.”

- Walk in a mall or go up and down stairs.
- Jump on a trampoline.
- Dance or walk briskly in your home.
- Use a bike or treadmill at home.
- Join a gym.

“I don’t have the money to join a gym.”

- Walk in a mall or go up and down stairs.
- Jump on a trampoline.
- Dance or walk briskly in your home.
- Use a bike or treadmill at home.
- Buy weights or use common household objects, such as cans, and do it at home.



ADDITIONAL TIPS

- If you have an ongoing health condition, talk to your physician before starting an exercise program.
- **If you have continuous pain or pressure in your chest, neck, arm, or jaw during exercise, stop and call 911.**
- If you don’t feel well, slow or stop exercise. If you feel very short of breath or very tired, stop and call KP on Call at 1-888-KPONCALL (1-888-576-6225) to speak to a health care professional about your symptoms.
- Drink plenty of water when you exercise in hot weather.
- Wear supportive, comfortable shoes when you exercise.
- If you use a pedometer, work up to 10,000 steps a day.
- Make an effort to move more each day:
 - Take the stairs instead of the elevator.
 - Park your car farther away and walk.
 - Walk to do errands.
 - Add 10-minute bouts of exercise throughout the day.

KAISER PERMANENTE PROGRAMS AND SERVICES

Kaiser Permanente has many resources to help you increase your physical activity.

- Healthy Living Helpline

→ For help increasing your physical activity, call us toll free at 1-866-402-4320. *This service is available to Kaiser Permanente members only.*

- The Kaiser Permanente Web site at **kp.org**:

→ 10,000 Steps® Program*. Enjoy a healthy discount on this easy-to-use walking program. Use a pedometer to count your steps each day and track your progress online. Find the program at **kp.org/10000steps**.

→ Fitness featured health topic. Learn about fitness and physical activity at **kp.org/fitness**.

→ Fitness audio programs. Go to **kp.org/listen**.



*10,000 Steps® is a registered trademark of HealthPartners, Inc.

- Get discounted rates on fitness club memberships and fitness books, videos, and DVDs through ChooseHealthy™, a product of American Specialty Health Networks, Inc. and Healthyroads, Inc. Visit kp.org/choosehealthy for more information.
- Health Stores in your local Health Education Department:
 - We sell a number of products to help you get more physical activity:
 - Pedometers to help you count your steps.
 - Chair dancing videos or DVDs to let you exercise while sitting in a chair. This is great for people with physical limitations.
 - Cultivating Health®: Everyday Fitness Kit. This kit includes information to help you get started on an exercise program.
- Your local Health Education Department may offer yoga or tai chi classes:
 - Call your Health Education Department for more information or check kp.org/classes.
- Pharmacies:
 - Kaiser Permanente pharmacies sell pedometers to help you count your steps.

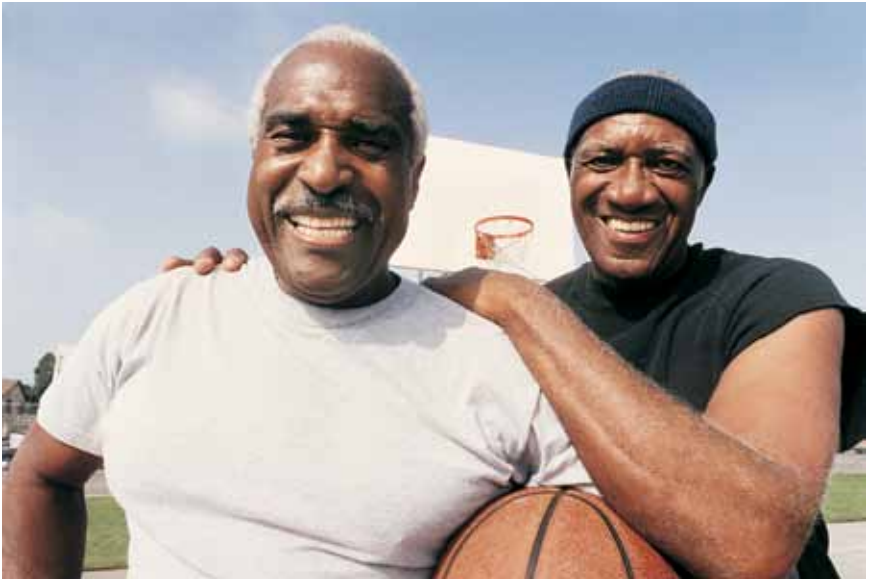


“Just getting going—
getting off the couch—is the biggest step.”

- ROBERT SALLIS, MD, Kaiser Permanente family physician,
and past president, American College of Sports Medicine

COMMUNITY RESOURCES

- Check out the community resources in your area, such as your local YMCA, park, or senior center.



WEB SITES

- Centers for Disease Control and Prevention:
[cdc.gov/nccdcphp/dnppa/physical/index.htm](https://www.cdc.gov/nccdcphp/dnppa/physical/index.htm)
- Governor's Council on Physical Fitness and Sports:
[calgovcouncil.org](https://www.calgovcouncil.org)
- Healthier US.gov:
[healthierus.gov/exercise.html](https://www.healthierus.gov/exercise.html)
- National Association for Health and Fitness:
[physicalfitness.org](https://www.physicalfitness.org)

MY PERSONAL ACTION PLAN

Action plans are short-term plans that help you reach your goal of increased physical activity. They can greatly improve your chances of success. They must include a specific action or behavior that you want to do and know that you will be able to accomplish. Your plan must answer the questions *What?*, *How much?*, *When?*, and *How many?*

Example:

This week I will walk (*what*) for 20 minutes (*how much*) before lunch (*when*) three times on Monday, Wednesday, and Friday (*how many*).

This week I will:

(*What*) _____

(*How much*) _____

(*When*) _____

(*How many*) _____

How confident are you that you will
succeed with your plan?



0 = not confident at all

10 = totally confident

Your confidence level should be 7 or higher.

Did you complete your action plan? Yes No

Name: _____ Date: _____

Congratulations on taking this important step to improve your health and wellness!



“If there were one single thing you could do to dramatically improve your health, there is no doubt it would be exercise.”

- ROBERT SALLIS, MD, Kaiser Permanente family physician, and past president, American College of Sports Medicine.

