



# Move More Physical Activity in Practice

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**UC San Diego**  
SCHOOL OF MEDICINE

**Name**

**Organization**

**Favorite way to be active**



# Today's Training Objectives

- 1. Review physical activity (PA) basics.**
- 2. Access and become familiar with existing approved PA tools and resources.**
- 3. Learn how to implement physical activity tools and train others.**
- 4. Identify ways to integrate PA efforts into policy, systems, and environmental change work.**



# Physical Activity Basics

# Why be physically active?

- Gives you more energy.
- Lowers stress and helps you relax.
- Helps you get to and keep a healthy body weight.
- Lowers the risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer.
- Helps build and keep healthy bones, muscles, and joints.
- Helps you concentrate better at work/school.

# PA recommendations

- **Physical activity:** movement of the body that uses energy.
- For health benefits, physical activity should be moderate or vigorous intensity
- **Moderate Physical Activity:** Raises heart rate and causes you to sweat.
  - Walking fast, pushing a lawn mower
- **Vigorous Physical Activity:** Breathing hard and fast, and heart rate has risen quite a bit
  - Jogging/running, playing basketball

Sources: <http://www.choosemyplate.gov/physical-activity.html>

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html#Aerobic>

# PA recommendations



- **Physical activity and nutrition work together for better health**
- **Being active increases the amount of calories burned**

# Children

## Preschoolers (3-5 yrs.)

**60 min structured PA**

- At least 60 minutes of unstructured physical activity each day (and up to several hours)
- Should not be sedentary for more than 60 minutes at a time, except when sleeping

## Children (6-17 yrs.)

**60+ min/day**

- Aerobic: 60+ min of MVPA 3+ days/wk
- Muscle strengthening: 3+ days/wk
- Bone Strengthening: 3+ days/wk

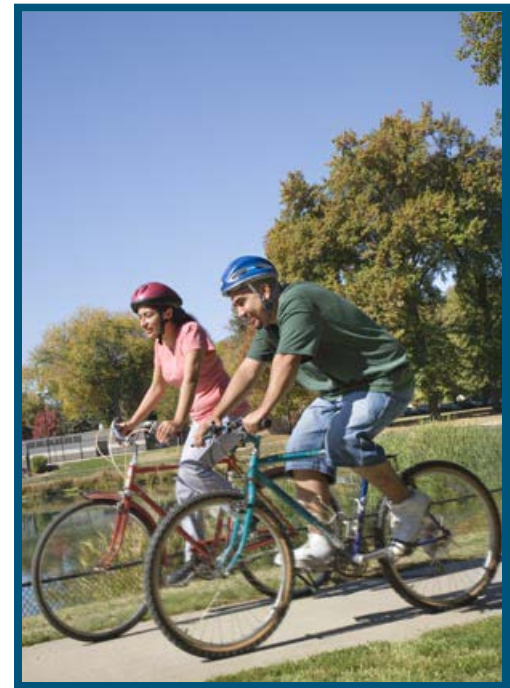


# Adults (18+)

- **150+ minutes/week of moderate-intensity, or 75+ minutes/a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate and vigorous activity**
  - 10+ minutes at a time spread across week
- **Moderate or high intensity muscle-strengthening activities for all major muscle groups on 2+ days/week**

# Key Safety Precautions

- Understand the risks but remain confident
- Choose appropriate types and amounts of activity
- Increase activity over time
- Use protective gear and appropriate equipment
- Warm up and cool down
- Be active in safe environments
- Make sensible choices about how, when, and where to be active



Sources: <http://www.health.gov/paguidelines/guidelines/chapter6.aspx>,  
<http://www.network-toolbox.cdph.ca.gov/en/HandPASafety.asp>

# Appropriate Types and Amounts of Activity

| <b>Injury Risk Level</b> | <b>Activity Type</b>                     | <b>Examples</b>  |
|--------------------------|--|--|
| Lowest Risk              | Commuting                                | Walking, bicycling   |
| Lower Risk               | Lifestyle                                | Home repair, gardening/ yard work                              |
| Medium Risk              | Recreation/ sports<br>No contact         | Walking for exercise, golf, dancing, swimming, running, tennis |
| Higher Risk              | Recreation/sports<br>Limited contact     | Bicycling, aerobics, skiing, volleyball, baseball, softball    |
| Highest Risk             | Recreation/ sports<br>Collision/ contact | Football, hockey, soccer, basketball                           |

# Warm Up and Cool Down

- **Warm Up:**
  - 3-5 minutes of aerobic activity
- **Cool Down:**
  - Decrease activity over 3-5 minutes
  - Finish with stretching



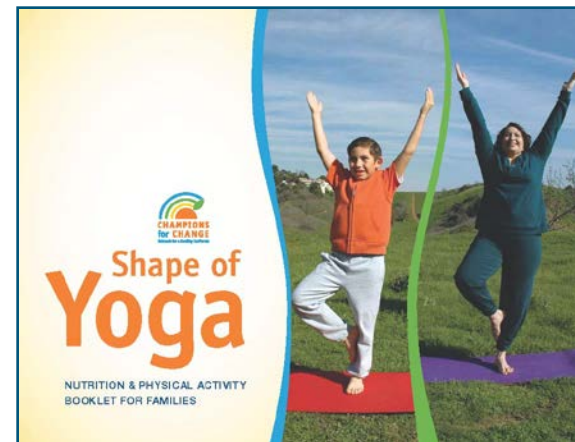
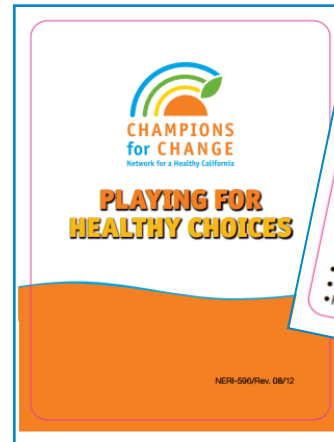
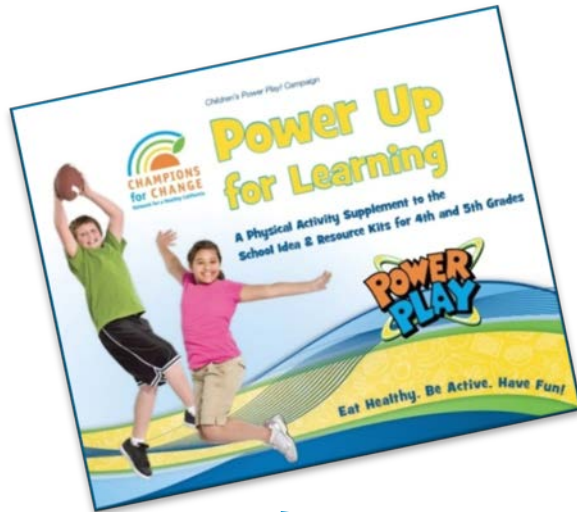


# Tools & Resources

# Approved PA resources

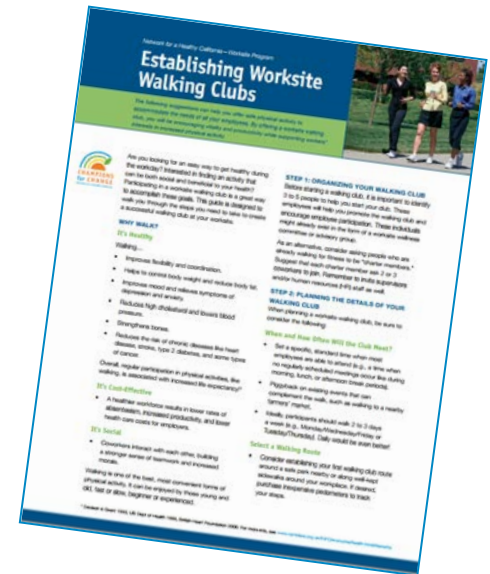
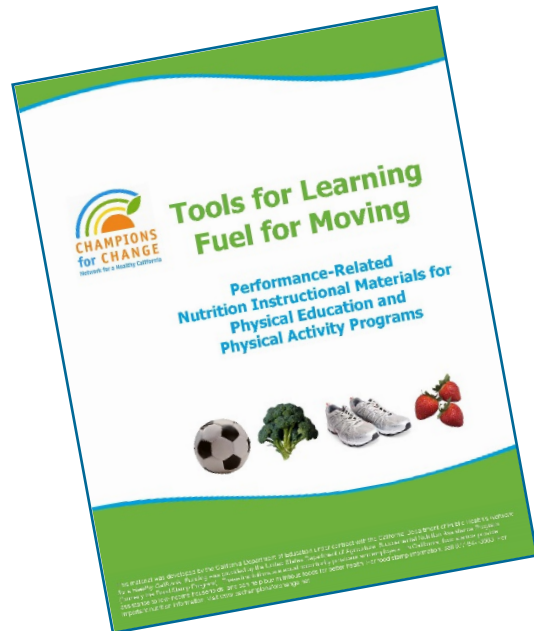
- **Power Up For Learning**
- **Shape of Yoga**
- **Playing for Healthy Choices**
- **Power Up in 10**
- **Instant Recess DVDs**
- **Power Cards**
- **Community Toolbox – PA handouts**
- **California Fit Business Kit**
- **Tools for Learning, Fuel for Moving**
- **Grocery Cart Workout**
- **And More...**

# Example Resources & Tools





# Example Resources & Tools





# Find resources here...



California Department of  
**Public Health**



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## Nutrition Education and Obesity Prevention Branch - *Physical Activity Program*

The Nutrition Education and Obesity Prevention Branch - *Physical Activity Program* is under the California Department of Public Health. Specifically, our mission is to increase eligible Californians who meet the national Physical Activity guidelines.

### Our team can help you with the following:

- » Guidance on culturally appropriate Physical Activity resources, messaging and trainings
- » Expertise regarding policy, systems, and environmental change strategies
- » Identifying best practices and evidence-based Physical Activity promotion and interventions
- » Guidance on forming Physical Activity partnerships to build capacity and sustainability
- » Identification of Physical Activity evaluation tools

## Resources

Materials are available for purchase on the [Online Catalog](#), or qualifying organizations can get free materials through Local Health Departments.

[Playing for Choices \(PDF\)](#)

[Tools for Learning Fuel For Moving \(PDF\)](#)


All of the items below also have a DVD version available through the Local Health Departments or the [Online Catalog](#).

[Instant Recess \(Flash video\)](#) a 10-minute physical activity video that you can play anytime, anywhere to get you moving.

[Shape of Yoga booklet \(PDF, 2MB, Eng | Spn\)](#)

[Power Up in 10 booklet \(PDF, 2.5MB, Eng | Spn\)](#)

# And more located here...

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Fruit, Vegetable, and Physical Activity Online Guide  
**Toolbox for Community Educators**

LESSONS ▶ HANDOUTS ▼ EVALUATION ▶



CHAMPIONS  
for CHANGE  
Resources for a Healthy Lifestyle

HANDOUTS

[Handouts](#)  
**Physical Activity Handouts**

These handouts will provide practical information and physical activity suggestions that encourage behavior change.

[Recommended Minutes of Physical Activity for Adults](#)

This handout provides information on the recommended level of physical activity an adult needs every day for good health.  
[Go to this handout ...](#)

[Physical Activity Community Assessment](#)

Here you will find a tool that will help you determine what is available in your community and what is required to access safe physical activity.  
[Go to this handout ...](#)

[Health Benefits of Physical Activity](#)

This handout provides valuable information on the health benefits of moderate-intensity physical activity and strength training.  
[Go to this handout ...](#)

[Keeping FITT](#)

This handout is a tool to help you achieve greater health benefits and enjoyment by increasing the Frequency, Intensity, Time, and Type of physical activities.  
[Go to this handout ...](#)

[Walkability Checklist](#)

This checklist will help participants determine if their neighborhood is a friendly and safe place to walk.  
[Go to this handout ...](#)

**Download Materials** 

**Complete Handouts**

- [All Handouts](#) (PDF 2MB)

**Complete Toolbox Program**

- [All Program Materials](#) (ZIP 5.3MB)

**Adobe PDF Reader**

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# **Get Moving: Working in the Community & Training Others**

# Direct Education vs Train-the-Trainer

| Direct Education  | Train-the-Trainer   |
|---|---|
| Engaging community members directly   | Building capacity in partners   |
| Know needs of audience  | Know needs of audience  |
| Skill-focused   | Skill-focused   |
| Examples:<br><ol style="list-style-type: none"><li>1. Toolbox classes</li><li>2. Store tours</li><li>3. Food demonstrations</li><li>4. Shape of Yoga demonstrations at health fair/festival event</li></ol> | Examples:<br><ol style="list-style-type: none"><li>1. Train parks and rec staff on Shape of Yoga for free parent classes at their sites.</li><li>2. Train afterschool site leaders on Power Up for Learning to use with elementary school students at their sites.</li><li>3. Train Champion Moms to implement Playing for Healthy Choices at PTA meetings for other parents.</li></ol> |
| Funding/staff dependent   | Greater potential for sustainability  |

# Effective trainers are...

- An **expert** on the training topic
- A **facilitator** of the learning process
- A **coordinator** of activities

# Customize Your Trainings

- **Audience**
- **Format**
- **Space**
- **Active learning**
- **Resource/tool selection**
- **Be inclusive**
- **Be flexible**

# Training & Facilitation Resource



*Network for a Healthy California*

## Regional Training Manual

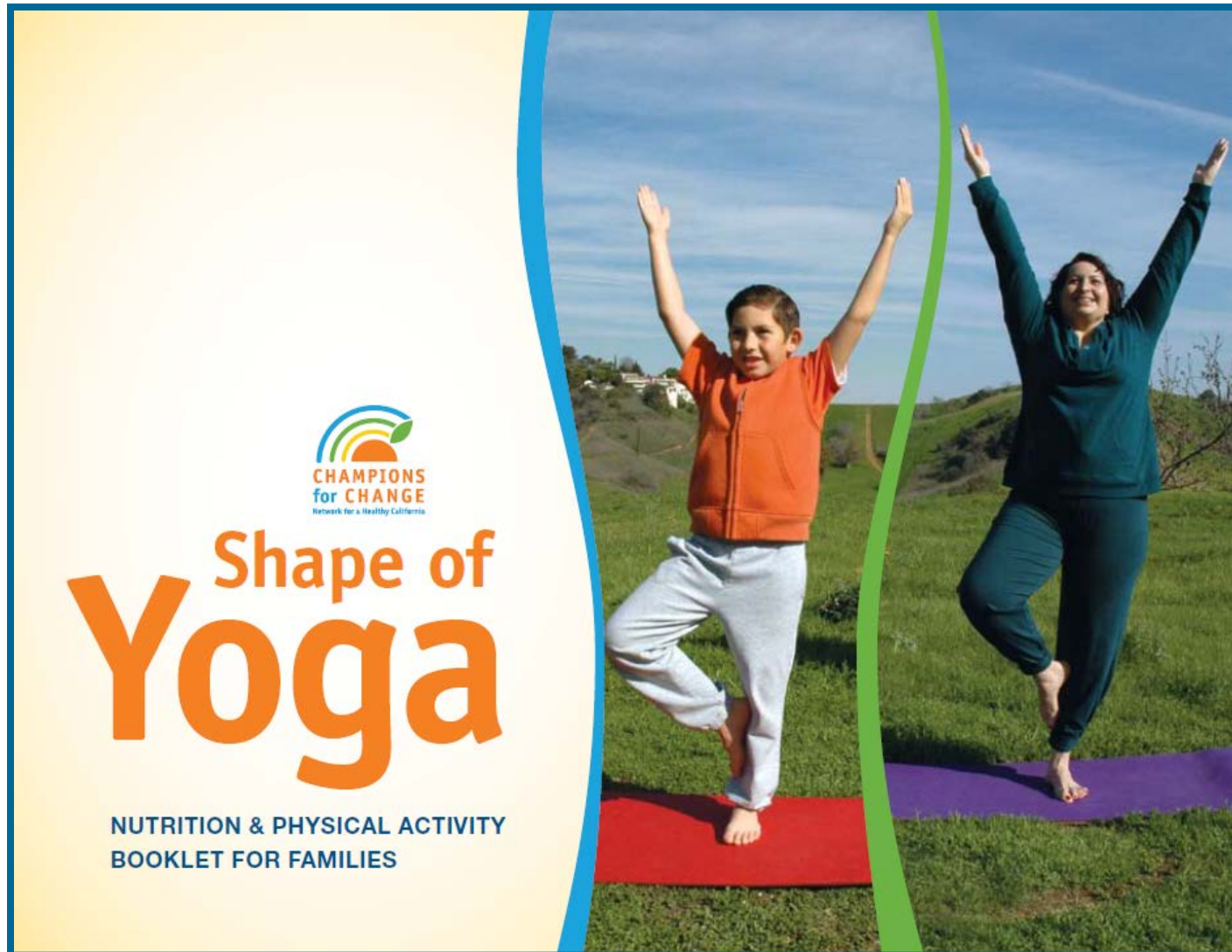




**Practice**



# Shape of Yoga



# Train-the-Trainer Activity

## Scenario:

You are training Parks and Rec staff on Shape of Yoga. They will incorporate Shape of Yoga into a series of free Saturday morning fitness classes for adults at their sites.

*What do we know?*

*What do we need to know?*

*What do they need to know? What do we want them to be able to do?*

*Demonstration: Standing Forward Fold then Warrior 2*

# Playing for Healthy Choices



## PLAYING FOR HEALTHY CHOICES

NERI-596/Rev. 08/12

### Information Card

## Playing for Healthy Choices Categories

*Playing for Healthy Choices* are color-coded by body area:

**Upper Body** (12 Cards)

**Middle Body** (10 Cards)

**Lower Body** (11 Cards)

**Full Body** (12 Cards)

**Wild Cards** (4 Cards)

Use colors as a quick guide to make lots of different workouts.

**Shuffle** cards to mix up the order of the exercises.

**Group** cards to focus on one area of the body.

*See other side*

# Train-the-Trainer Activity

## Scenario:

You are training Champion Moms to implement Playing for Healthy Choices at PTA meetings for other parents.


*What do we know?*

*What do we need to know?*


*What do they need to know? What do we want them to be able to do?*

*Demonstration: Choose a card, lead activity and demonstrate.*

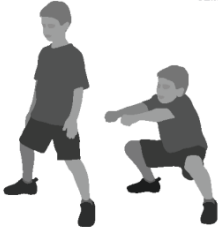
# Adaptation



## Strawberry Squat



**Fun Fact:**  
Strawberries are a heart shaped fruit that is important for keep your heart strong!



**Follow Me!**


- Stand with a wide stance
- Bend knees and squat down

**Harvest of the Month**  
Network for a Healthy California

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Eat, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. -California Department of Public Health

BEG 8  
INT 10  
ADV 16

## Harvest of the Month Get Fit toolkit



## Strawberries

| Nutrition Facts                                |                     |
|--|---------------------|
| Serving Size: ½ cup strawberries, sliced (83g) |                     |
| Calories 27                                    | Calories from Fat 0 |
| % Daily Value                                  |                     |
| Total Fat 0g                                   | 0%                  |
| Saturated Fat 0g                               | 0%                  |
| Trans Fat 0g                                   |                     |
| Cholesterol 0mg                                | 0%                  |
| Sodium 1mg                                     | 0%                  |
| Total Carbohydrate 6g                          | 2%                  |
| Dietary Fiber 2g                               | 7%                  |
| Sugars 4g                                      |                     |
| Protein 1g                                     |                     |
| Vitamin A 0%                                   | Calcium 1%          |
| Vitamin C 81%                                  | Iron 2%             |

### BERRY BANANA SPLIT

**Makes 1 serving.**  
**Prep time: 5 minutes**

**Ingredients:**

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Places banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.



*Nutrition information per serving:*  
Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: Kids...Get Cookin', Network for a Healthy California, 2009.

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Eat, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. -California Department of Public Health


# Power Up for Learning

Children's Power Play! Campaign



## Power Up for Learning

**A Physical Activity Supplement to the  
School Idea & Resource Kits for 4th and 5th Grades**



**Eat Healthy. Be Active. Have Fun!**



# Train-the-Trainer Activity

## Scenario:

You are training afterschool site leaders on Power Up for Learning to use with elementary school students at their program sites.

*What do we know?*

*What do we need to know?*

*What do they need to know? What do we want them to be able to do?*

*Demonstration: As If! (Energizer 9)*



# **Discussion:**

## **Building Momentum for Change**



## 5 SOLUTIONS FOR CHANGING OUR COMMUNITIES

INTEGRATE PHYSICAL ACTIVITY  
EVERY DAY IN EVERY WAY.

STRENGTHEN SCHOOLS AS  
THE HEART OF HEALTH.

MARKET WHAT MATTERS  
FOR A HEALTHY LIFE.

EAT WELL!

ON THEIR OWN, ANY ONE OF THESE FIVE  
SOLUTIONS MIGHT HELP SPEED UP PROGRESS  
IN PREVENTING OBESITY, BUT TOGETHER, THEIR  
EFFECT WOULD BE REINFORCED, AMPLIFIED,  
AND MAXIMIZED.

ACTIVATE EMPLOYERS AND  
HEALTH CARE PROFESSIONALS.

MAKE HEALTHY FOODS  
AVAILABLE EVERYWHERE.





# Success story



## PA at community food distributions

- Partnered with local food bank
- Led 45 min. classes
- Paired with cooking demonstration



# Success story



## Safe Routes to Healthy Places

- Power Card Fitness Stations
- Highlighted child-friendly exercises and incorporated nutrition education
- Partnered with school's Safety Patrol

# Physical Activity PSE Guide



## PSE RESOURCE GUIDE



7

### Structured Physical Activity

- Assessment Instruments
- General Resources

#### PSE: Structured Physical Activity

Physical activities that are intentionally directed. These are planned, organized, sustainable physical activity programs or classes that are designed to improve health. These activities contribute to a child's basic motor development and they improve fitness and health for people of all ages.

Examples of structured physical activities for children are:

- Musical games
- Guided play with homemade props (yarn balls, simple bean bags, paper plate paddles, scoops made from milk cartons)
- Games such as "Simon Says" or "Follow the Leader"

Examples of structured physical activities for adults are:

- Low or no cost physical activity classes such as dance, yoga or other classes
- Organizing a walking, running or biking program

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

# Questions?

## Get in touch:

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