

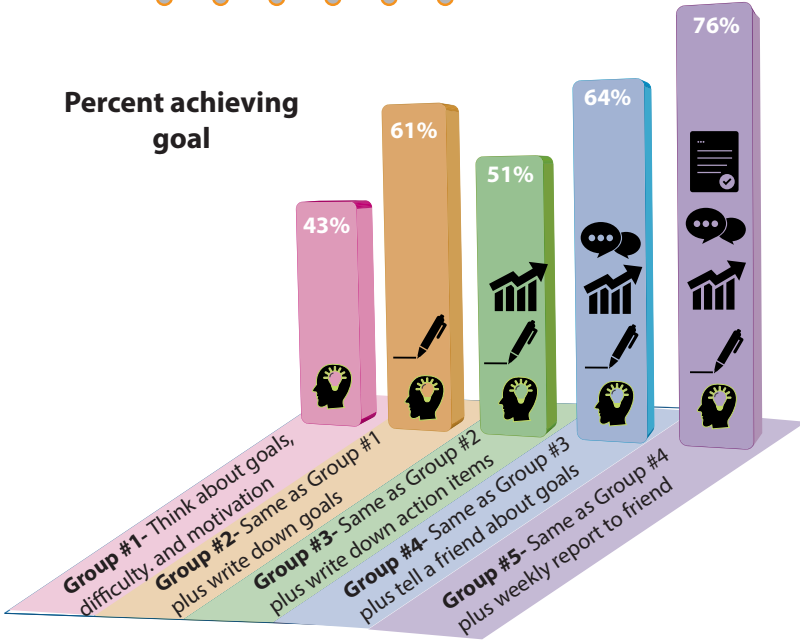


Moving for the Master

Exercise for a Lifetime of Productivity and Service

Tips for establishing a positive habit

- Decide to move
- Get a partner
- Make a plan
- Write it down
- Submit a report
- Activity tracker



Without continual improvement and progress, such words as improvement, achievement, and success have no meaning. Benjamin Franklin

Activity trackers

- Start with an inexpensive model
- Find one that is easy to use
- Get in the habit of tracking your steps and sleep
- Adjust behavior based on feedback from tracker



Days to establish positive habit

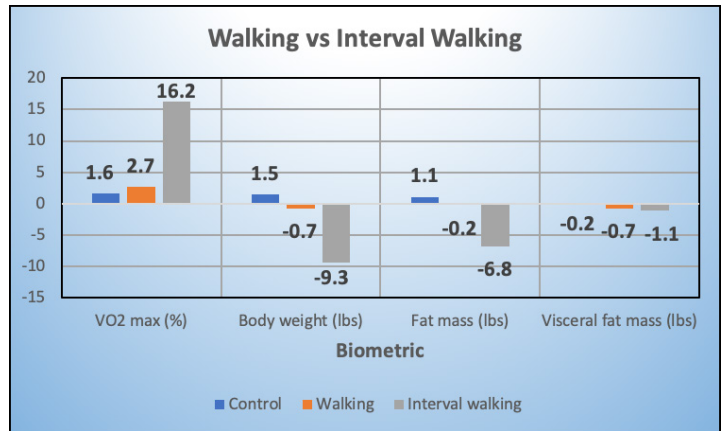
- 96 individuals making dietary and physical activity changes
- Range for establishing good habit = _____ days
- Avg = _____ days

What exercises could I do?

- 1) _____
- 2) _____
- 3) _____

Exercise for weight loss

- When not combined with diet
 - Requires 7+ hours of exercise per week for weight loss
- Exercise and diet combined
 - Better than either exercise or diet alone



Weight loss and resistance to type 2 diabetes

- Maintaining 5% loss in body weight from year to year drastically reduces risk of type 2 diabetes



Dangers of excess sitting

- 8 hours of sitting similar in health impact to smoking and obesity
- Elevates cholesterol
- Increases risk of
 - Diabetes
 - Heart disease

Obesity in the USA

- 42% of adults are obese
- From 1999 to 2020
 - Grew from 31% to 42%
- Some forecasts had 42% by year 2030
 - USA reached 42% ten years early



What is the best form of exercise for achieving weight loss?