

Fun and Functional

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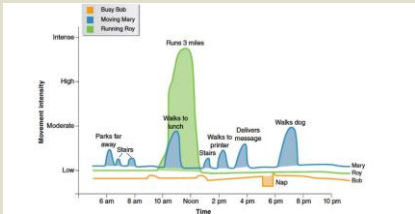
Movement is King!



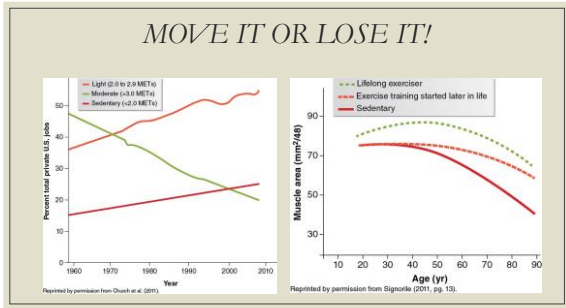
• The 2008 Physical Activity Guidelines for Americans recommended accumulating moderate-to-vigorous physical activity in bouts of 10 minutes or more. Research now shows that **any amount** of moderate-to-vigorous physical activity counts toward meeting the target range. Previously, insufficient evidence was available to support the value of bouts less than 10 minutes in duration. *The 2018 Committee was able to conclude that bouts of any length contribute to the health benefits associated with the accumulated volume of physical activity.*

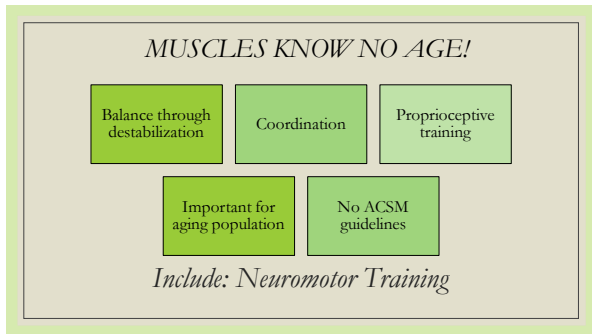
https://health.gov/paguidelines/second-edition/report/pdf/02_A_Executive_Summary.pdf

Intentional Exercise vs. Lifestyle Movement



Taken From Fitness/Wellness A Way of Life book: Human Kinetics 2019





ILLNESS BEGINS WITH "I"
WELLNESS BEGINS WITH "WE"
LET'S MOVE!

Band and Back Movements for weak muscles Lats/Rhomboids!

Upper Back

- Wrap band around hands leaving 4-6 inches
- Palms down
- Pull elbows back and squeeze shoulder blades together like squeezing a pencil



Upper Back

- Wrap band around hands leaving 4-6 inches
- Palms down
- Pull elbows back and squeeze shoulder blades together like squeezing a pencil



Hip circles *FEEL GOOD* and increase blood flow whether you are standing or sitting!

Inner/Outer Thigh

- Stand w/feet hip distance apart
- Place foot in the middle of plate
- Slightly bend other leg
- Circle front to back; reverse
- Switch legs



Want to walk more? Strengthen those shins!

Shins

- Sit with shoulders over hips
- Heels on floor, lift toes

Add Neuomotor: alternate lifting toes, move toes in different directions



Sit to Stand-Check out your Balance!

Sit to Stand

- Sit to Stand with Balance: stand & hold one leg
- Add Neuromotor: stand & close eyes, stand & turn head side to side



Feel Good – Stretches!

Abdominals/Torso

- Feet flat on floor; sit in middle of chair
- Shoulders over hips
- Gently lean toward the right, breathe deeply for 3 breaths
- Return to center, then repeat on left
- 5-8 times throughout the day



More Feel Good Stretches!

Chest

- Gently place hands behind head
- Maintain good posture, feet flat on floor
- Slowly push elbows back until you feel a stretch in chest – Breathe deeply!



Wrist

- Take one arm straight out
- Place the palm up
- Grab onto fingers with the other hand and gently pull fingers back





Thank you
RDNs for
all that you
do!!!

Suggested Readings

Get Up!

By: James A. Levine, MD

No Sweat

By: Michelle Segar, Ph.D

