

PHYSICAL WELLNESS

(Well-being of Body)



Total Wellness

Achieving Well-being of Body:

- **Body Movement** - moving the body by stretching, walking, dancing, exercising, and engaging in physical activity
- **Healthy Eating** - eating vegetables, fruits, lean meat, less fat, less salt, less sugar, and smaller portions
- Have doctor visits, health assessments and evaluations when needed.

Body Movement



Total Wellness

Body Movement = Exercise

Improve your health and manage stress with body movement and physical activity.

Several ways you can become more active in your daily life:

- Walk more
- Use the stairs more often
- Do yard work , gardening, and other physical chores that require you to spend more energy
- Be more active at work
- Reduce time sitting, watching television and working on computer
- Do something active with a friend
 - Dancing
 - Walking/ Hiking
 - Jogging/Running
 - Cycling
 - Lifting Weights



Total Wellness

Benefits of Body Movement

- Improves sleeping habits
- Better psychological outlook
- Reduces stress and tension
- Increases energy
- Helps protect body against injury and disease
- Fewer GI disorders
- Promotes better posture

Physical Benefits of Body Movement

Nervous System

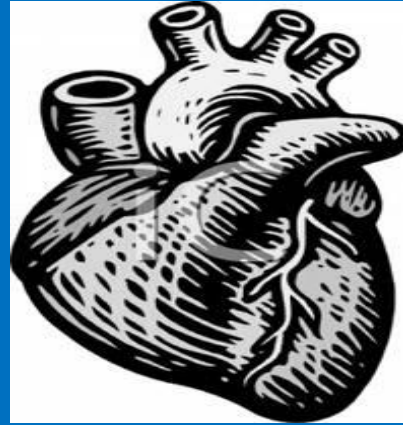


**Increases oxygen and hormones in the blood for more
“brain power”**



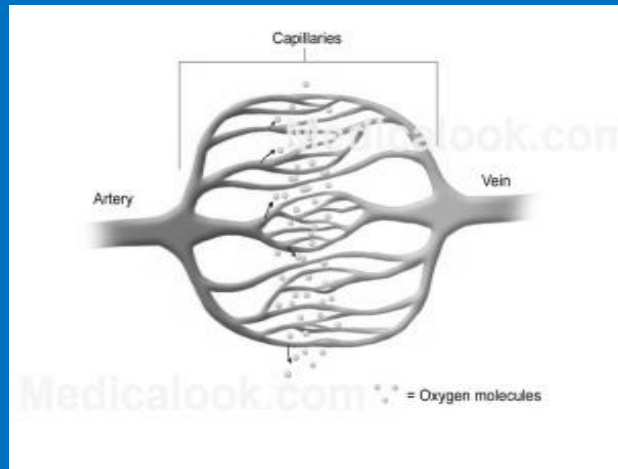
Total Wellness

Cardiac System



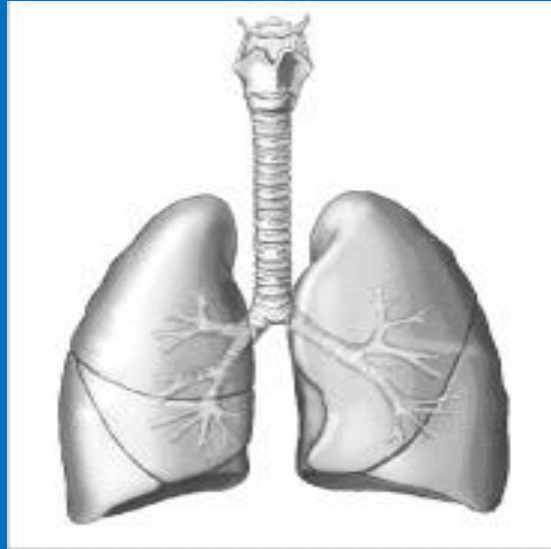
Heart muscle grows stronger and pumps a greater volume of blood

Circulation



**Increases elasticity of the arteries and blood capillaries
in muscles**

Respiratory System

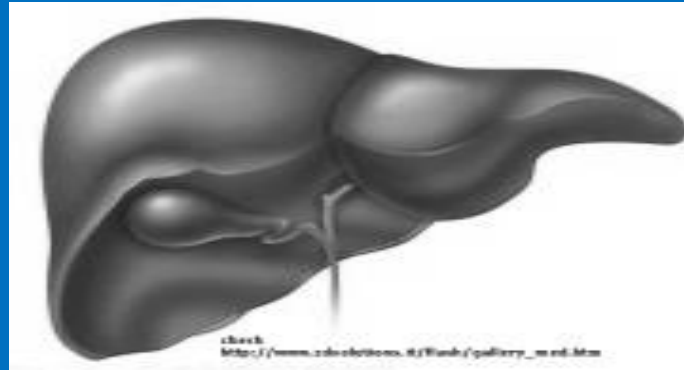


Increases depth of breathing and vital capacity



Total Wellness

Liver

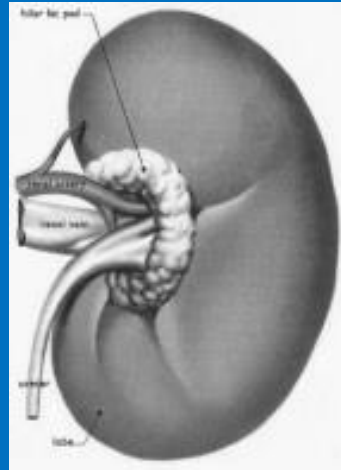


Lowers triglycerides
Raises the level of high density lipoproteins
(HDL Cholesterol)



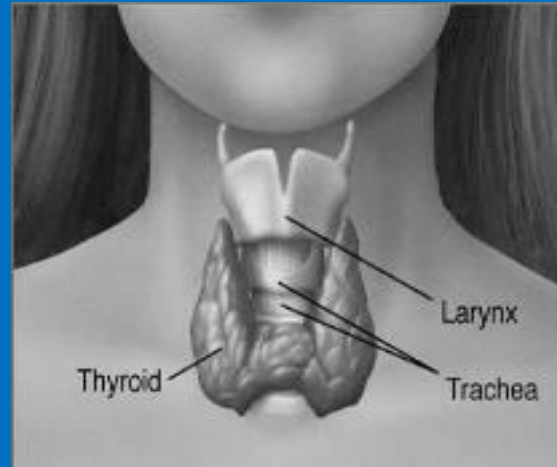
Randolph Consulting Services

Kidney



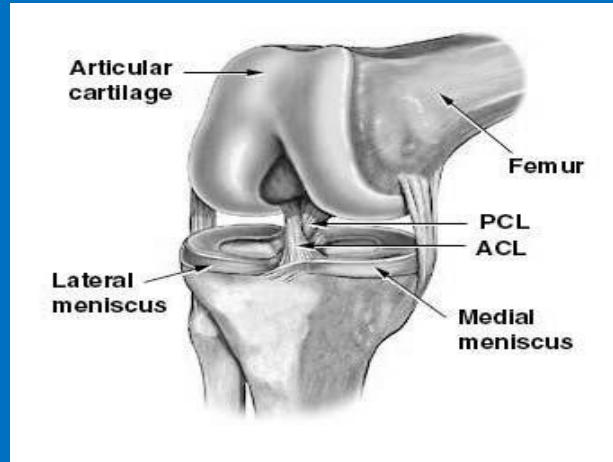
Promotes output of hormones
Lowers Blood Pressure
Improves kidney function

Thyroid Gland



Improves thyroid function and increases metabolism

Muscles, Tendons, Joints, and Bones



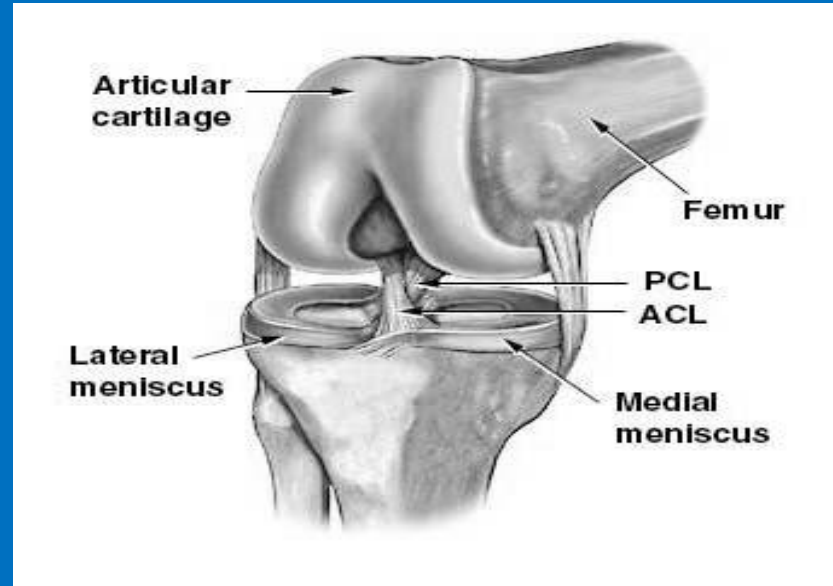
Increase elasticity

Improve joint motion

Increase muscle efficiency

Increase blood circulation

Muscles, Tendons, Joints, and Bones



Decrease likelihood of developing osteoporosis
Increase strength, balance, coordination, flexibility,
speed, and endurance

General Exercise Instructions

- Start slow, work up to a 30-minute workout
- Stop exercising if pain or severe shortness of breath occurs
- Perform exercises that you enjoy and can consistently do
- Workout at a pace that is enjoyable and comfortable to you
- As your conditioning improves, increase the intensity and duration of the exercise

Target Heart Rate for Exercising

- Target Heart Rate for Exercising = 70% of Estimated Maximum Heart Rate
- Estimated Maximum Heart Rate = $220 - \text{Your Age}$
- Target Heart Rate = $220 - \text{Age} \times 0.70$
- Strive to reach and maintain Target Heart Rate while exercising

Determining Target Heart Rate

- Estimated Maximum Heart Rate = $220 - \text{Your Age}$
- Target Heart Rate = $220 - \text{Your Age} \times 0.7$
- Age 60 years: Estimated Maximum Heart Rate = $220 - 60 = 160$
- Target Heart Rate = $160 \times 0.7 = 112$ heart beats per minute (Pulse Rate)

Determining Pulse Rate

- Feel pulse at wrist
- Count the number of pulsations for 15 seconds
- Multiply the number of pulsations X 4 = pulse rate per minute
- Example: Number of pulsations for 15 seconds = 28

$$28 \times 4 = 112 \text{ pulsations per minute} = \text{Pulse Rate}$$

Muscles to Exercise

Neck

Shoulders

Chest

Arms

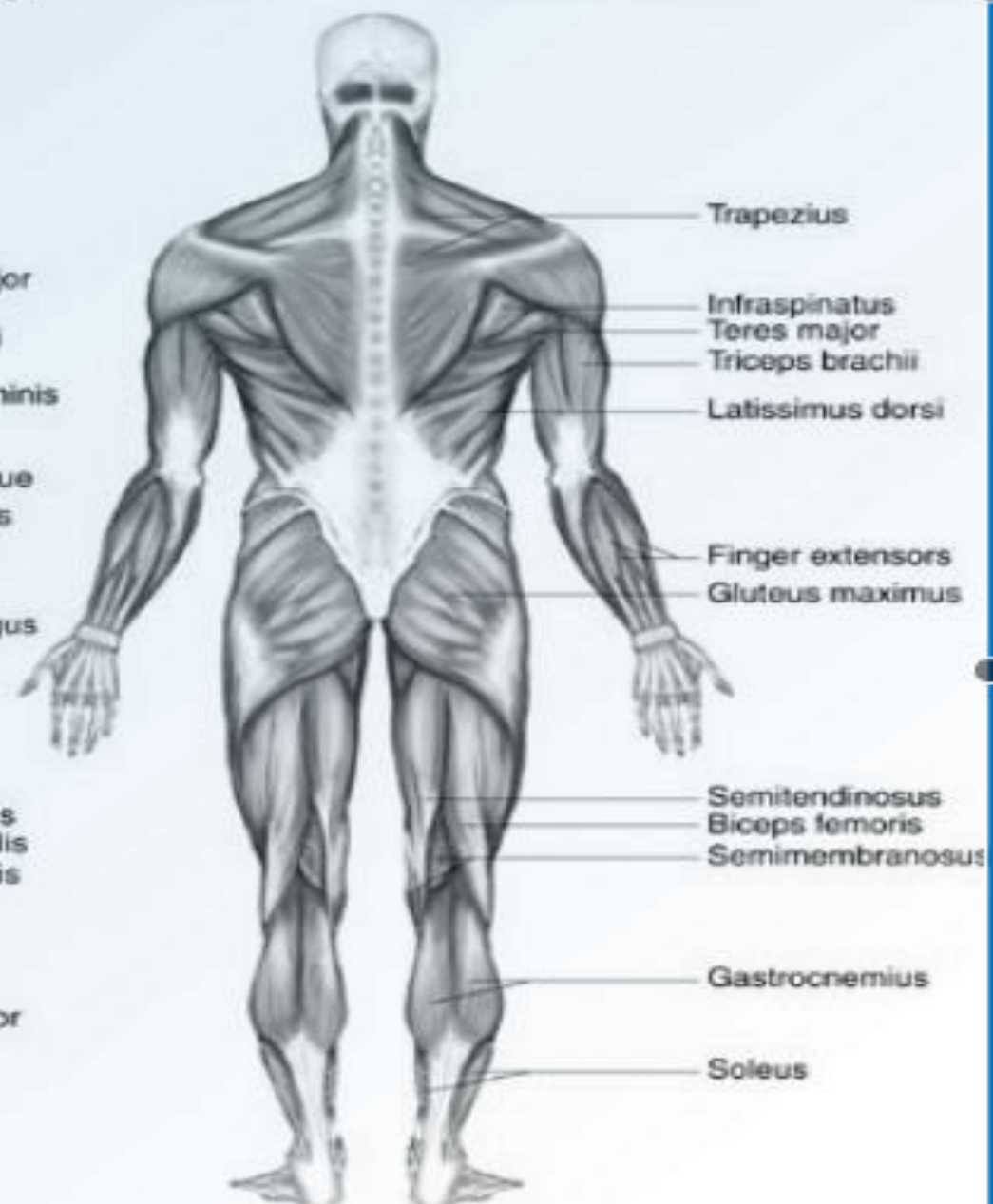
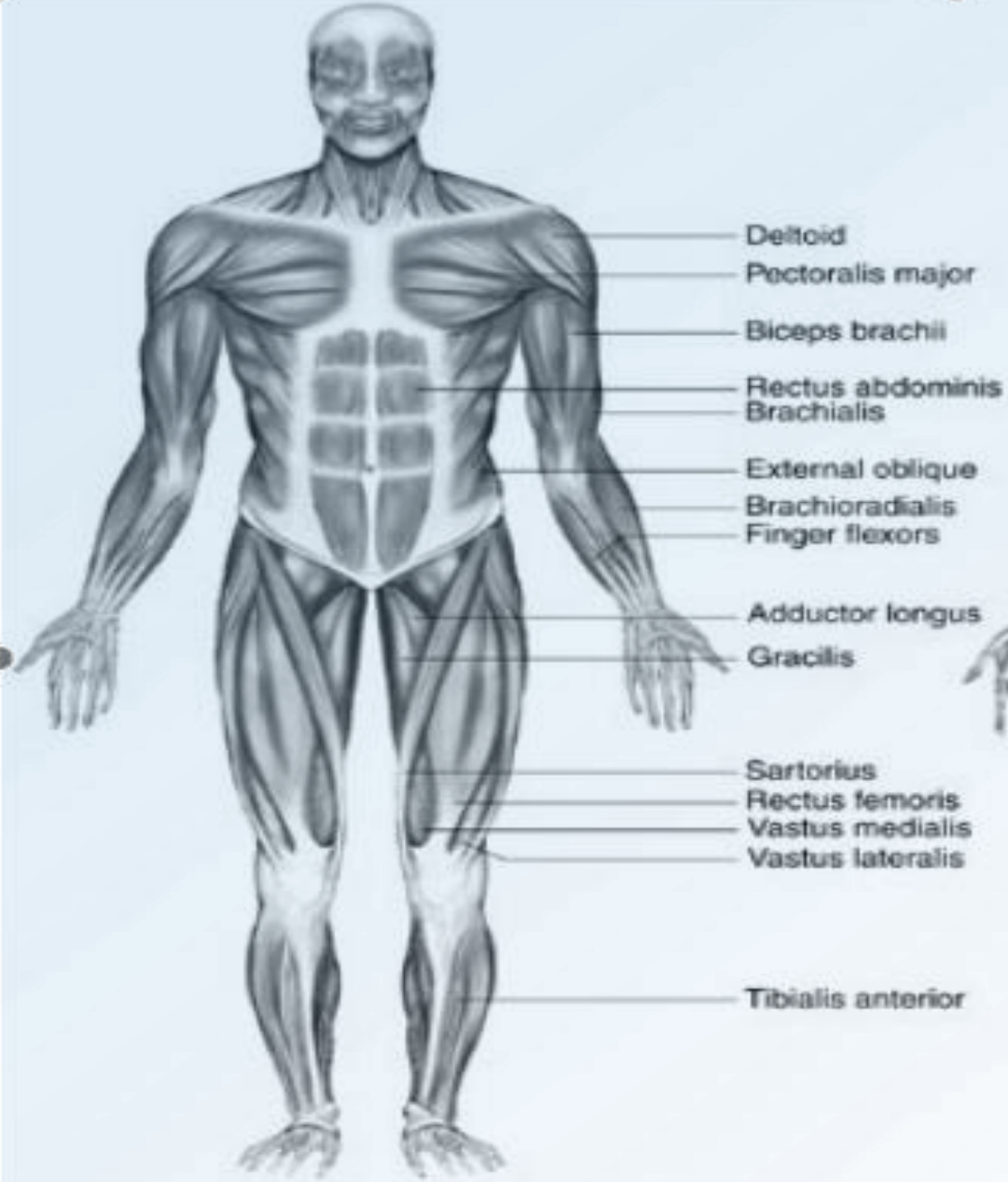
Abdomen

Back

Buttock

Thighs

Calves



Mindful Body Movement

“Easy Exercises for Everyone”

- “*Easy Exercises for Everyone*” is a body movement program designed to **help relieve muscle tension and tightness** due to stress or inactivity.
- People can perform these exercises in their homes or anywhere.
- The program involves performing three (3) basic types of exercises — **stretching, isometric, and isotonic**.

Mindful Body Movement

“Easy Exercises for Everyone”

- **Stretching exercise** occurs by moving each part of your body through normal range of motion and holding each position for a count of 10.
- **Isometric exercising** occurs by tensing (tightening) your muscles while holding your body part in fixed position for a count of 10.
- **Isotonic exercising** occurs by repetitively moving each part of your body through normal range of motion for 10 repetitions
- **“Mindfulness”** occurs by focusing on the body part that you are moving when performing the exercises (body movements).

“Easy Exercises for Everyone”

- As your conditioning improves, you can increase the intensity of each exercise by increasing the length of time you hold each position, the number of repetitions or lifting weights (dumbbells and leg weights) when performing the exercises.
- These exercises should be performed at least once a day.
- The exercises are designed for people who are not accustomed to doing strenuous exercises.

Goals:

- increased flexibility and strength
- improve range of motion and balance
- decreased tension and stress
- enhanced “Total Wellness”

Neck Exercises



Total Wellness

Shoulder, Arms, and Chest Exercises



Back and Hip Exercises



Hip, Thigh, Balance Exercises



Hip, Thigh, Balance Exercises



Hip, Thigh, and Balance Exercises



Shoulder, Chest, and Back Exercises



Total Wellness

Shoulder, Chest, and Back Exercises



Back and Trunk Exercises



Back Stretching Exercises



Total Wellness

Trunk, Abdomen and Leg Exercises



Trunk, Abdomen and Leg Exercises



Total Wellness

Hip, Knee and Thigh Exercises



WALK YOUR WAY TO HEALTH AND WELLNESS



Walk for 30 minutes daily at least five (5) days a week

Benefits of Walking

You can control diabetes, high blood pressure, arthritis, depression, and stress by walking.

Walking is good for all ages, sizes, and shapes.



Total Wellness

Benefits of Walking

- Needs no lessons
- Adapts anywhere, anytime, or anyplace
- Rates highest safety marks
- Costs nothing
- Low dropout rate
- Requires less strength than other sports
- Easiest Exercise

Benefits of Walking

- Strengthens heart, lungs, and bones
- Aids in circulation
- Reduces Stress
- Builds strength and endurance
- Increases Energy
- Tones muscles
- Improves sleep

Benefits of Walking

- Enhances sense of well-being
- Aids in circulation
- Helps lower and control blood sugar (glucose)
- Helps lose and control weight
- Lower blood pressure
- Reduces blood-cholesterol

Safe Walking

- Never walk barefoot
- Wear proper fitted shoes designed for walking
- Wear cotton socks
- Wear loose fitting clothing
- Dress for the weather
- Take extra fluid
- Check feet for injuries
- Notify doctor if blisters or pain develop after walking

Walking Program

Instructions:

- Keep back straight, head erect
- Take long, easy strides
- Swing arm loosely at sides
- Breathe deeply
- Warm-up and cool-down
- Always begin at a slow pace, slow down again during the last five minutes of walk



Walking Program

Instructions continued:

- Start a walking program at comfortable pace
- Slowly increase pace and distance
- Aim for thirty (30) minutes or more at least 5 days a week
- Target Heart Rate (Pulse Rate) = $(220 - \text{Age}) \times 0.7$
- Strive to walk one (1) mile in 20 minutes or less

Calories Burned

Miles (Level Walking) Per Hour	Calories Burned Per Hour
2	150-240
3	240-360
4	360-420
5	420-480
6	480-540

HEALTHY EATING

HEALTHY EATING

“Please test your servants for ten days: Give us nothing but **vegetables to eat and water to drink** . . . At the end of the ten days, they looked **healthier and better** nourished than any of the young men who ate the royal food.” Daniel 1: 12-15

HEALTHY EATING

Healthy eating involves drinking water and eating a lot of vegetables, and less meat, fat, sugar, and salt.

WATER



Water is your body's **principal chemical component** and makes up about **50% to 70%** of your body weight.

Your body depends on water to survive.

HEALTH BENEFITS OF WATER

Every cell, tissue and organ in your body needs water to work properly.

Water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues
- Lack of water can lead to dehydration

HOW MUCH WATER DO YOU NEED?

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men = 124 ounces
- About 11.5 cups (2.7 liters) of fluids a day for women = 92 ounces

These recommendations cover fluids from water, other beverages and food.

About 20% of daily fluid intake usually comes from food and the rest from drinks.

HOW MUCH WATER DO YOU NEED?

- You've probably heard the advice to drink **eight** glasses of water a day. That's easy to remember, and it's a reasonable goal.
- Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses a day might be enough. But other people might need more.
- Many fruits and vegetables, such as watermelon and spinach, are almost 100% water by weight.
- Beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake.
- But go easy on sugar-sweetened drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which may provide more calories than needed

VEGETABLES & FRUITS



Benefits of Eating Vegetables and Fruits

- They are packed with essential vitamins, minerals, and antioxidants that boost the immune system and support overall body functions.
- They help you feel fuller for longer, aid digestion, and promote gut health because they are loaded with dietary fiber.
- Studies suggest that a diet rich in fruits and vegetables can reduce the risk of chronic diseases such as heart disease, stroke, type 2 diabetes, and certain cancers.
- They are ideal for weight management because of their low-calorie and low-fat content
- They help keep the body hydrated because of their high water content

COMPLEX CARBOHYDRATE FOODS



Benefits of Eating Complex Carbohydrates

- They are rich in dietary fiber, vitamins, and minerals.
- They aid in digestion.
- They regulate cholesterol levels.
- They promote satiety, assisting in weight management.
- They are less likely to cause spikes in blood sugar.
- They contain vitamins, minerals and fiber that your body needs.
- They help to achieve more balanced blood sugar levels.
- They offer more vitamins and minerals than simple carbs.
- They give you fiber, which can lower cholesterol and stabilize blood sugar.
- They can help you maintain a healthy weight

HIGH FIBER FOODS

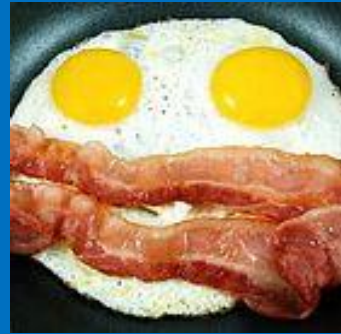


Benefits of Eating High Fiber Foods

- Improved gut motility
- Reduced gut inflammation
- Feeling full for longer, aiding in weight control
- Lowered LDL (bad) cholesterol levels
- Reduced risk for heart disease and diabetes
- Improved digestion and support for the immune system
- Protection against inflammation
- Linked to a longer life

HEALTHY EATING

Healthy Eating includes avoiding too much:



Sugar



Use less sugar and eat fewer candies, cakes, etc.

Try fresh or canned (no syrup) fruits for desserts.

Read labels for sugar content: Sucrose, glucose, fructose, honey, and syrups are kinds of sugar

Salt (Sodium)



Avoid adding salt in cooking and at the table.

Try seasoning foods with herbs, lemon juice, etc.

Limit salty snacks like chips, pretzels, etc.

Check labels for sodium amounts— no more than 240 milligrams (mg)
per day is enough for adults.

Fat and Cholesterol



Choose lean meats and trim fat.

Remove skin from poultry.

Use skim or low-fat dairy products.

Broil, bake, or boil instead of frying.

Limit your intake of butter, cream, lard, palm oils, coconut oils, deep-fried foods, egg yolks, and organ meats

Alcohol



If you choose to drink, do so in moderation— no more than 2 drinks a day for men and (one)1 drink a day for women.

To help control weight, cut down on alcohol.

It is best for pregnant women not to drink at all.

What Is A Drink of Alcohol ?

In the US:

- 12 ounces of Beer (5%)
- 8 ounces of Malt Liquor (8%)
- 5 ounces of Wine (12%)
- 1.5 ounces of Distilled Spirits (40% 80 proof)



Foods To Eat

Fruit/Vegetables



Complex Carbohydrate Foods



Meat/Protein



High Fiber Foods



Foods to Eat

Fresh foods instead of processed foods

Fresh vegetables and fruit

High fiber and high complex carbohydrate foods

Whole grain foods

Lean non-fried meats

Foods to Avoid or Limit

Fried and greasy foods

High fat foods (e.g., oils, creams, and cheese)

High caloric foods

Processed foods (e.g., chips and nuts)

Fast food

Foods to Avoid or Limit

Snacks & “junk foods” (e.g., chips and nuts)

Sweets (e.g., candies, cookies, and cakes)

Salty foods

Sweetened soft drinks, tea, coffee, or juice

Healthy Eating Instructions

Eat a variety of foods in moderation.

Eat several small meals instead of one large meal.

Chew food slowly and enjoy the taste and texture of food.

Drink lots of water.

Do not eat in a hurry.

Healthy Eating Instructions

Do not skip meals; eat at least 3 small balanced meals daily.

Do not eat more than one serving.

Avoid feeling “stuffed and full”.

Eat the least amount possible to satisfy your hunger and desire.

Healthy Eating Plan



Breakfast

- 1 cup (8oz) of water
- ½ cup (4oz) whole wheat cereal and ½ cup (4oz) 2% milk
- 1 fresh fruit (apple, orange, banana, grapefruit, etc.)
- 1 cup (8oz) of green tea or coffee (add only 2 tsp. of sugar or substitute sweetener) or water



Total Wellness

Healthy Eating Plan



Lunch

- 1 cup (8oz) of water
- ½ cup (4oz) lean skinless meat—baked or broiled (turkey, chicken, or fish)
- ½ cup (4oz) of yellow vegetable (corn, carrots, squash, or sweet potato)
- ½ cup (4oz) of green vegetable (broccoli, green beans, peas, greens, or cabbage)
- 1 fresh fruit (apple, orange, banana, grapes, or grapefruit)
- 1 cup (8oz) of water

Healthy Eating Plan



Dinner

- 1 cup (8oz) of water
- ½ cup (4oz) of yellow vegetable (corn, carrots, squash, or sweet potato)
- ½ cup (4oz) of green vegetable (broccoli, green beans, peas, greens, cabbage, etc.)
- ½ cup (4oz) of rice, spaghetti, beans or baked potato (plain)
- 1 fresh fruit (apple, orange, or grapefruit)
- 1 cup (8oz) of water



Total Wellness

Healthy Eating Plan



Snacking

- Try to avoid snacking between meals
- If you snack, eat only fresh fruit and vegetables
- Eat 3 balanced meals daily
- You can eat less than what is allowed for each meal
- Do not skip meals

People Who Successfully Maintain Weight Loss

- Adopt a diet that is balance, low in fat, and contains maintenance calories
- Exercise regularly (at least three times a week for 40 minutes)
- Self-monitor at least one weight management behavior
- Use effective problem-solving skills to prevent relapse
- Use alternative mechanisms rather than temporary comfort of food to cope with stress



People Who Successfully Maintain Weight Loss

- View themselves as thin
- Focus on health rather than a scale weight
- Have adequate support systems
- Believe they can do what is needed to maintain their weight
- Continue contact with health-care provider for at least 6 months after reaching their weight-loss goal

