

# Body Movement



Randolph Consulting Services

# 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



Randolph Consulting Services

# 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



Randolph Consulting Services

# Nervous System

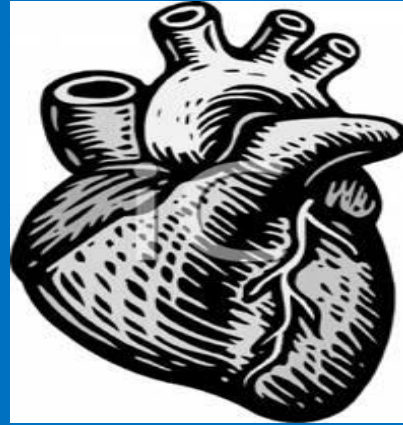


**Increases oxygen and hormones in the blood for more  
“brain power”**



**Randolph Consulting Services**

# Cardiac System

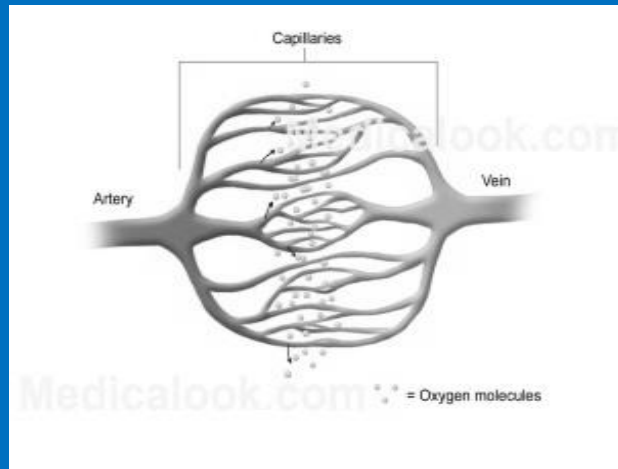


**Heart muscle grows stronger and pumps a greater volume of blood**



Randolph Consulting Services

# Circulation

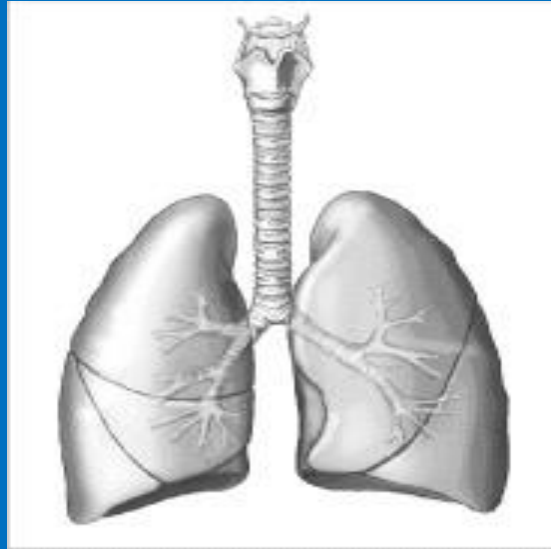


**Increases elasticity of the arteries and blood capillaries  
in muscles**



**Randolph Consulting Services**

# Respiratory System



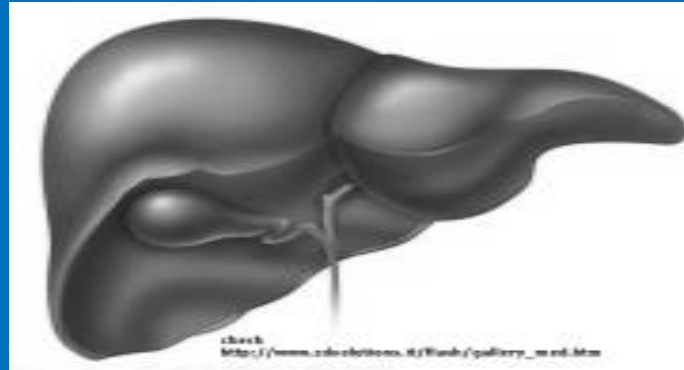
**Increases depth of breathing and vital capacity**



Randolph Consulting Services



# Liver

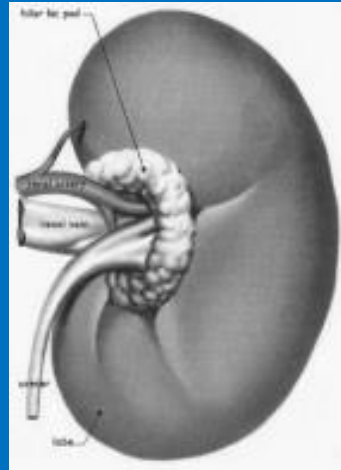


**Lowers triglycerides**  
**Raises the level of high density lipoproteins**  
**(HDL Cholesterol)**



Randolph Consulting Services

# Kidney

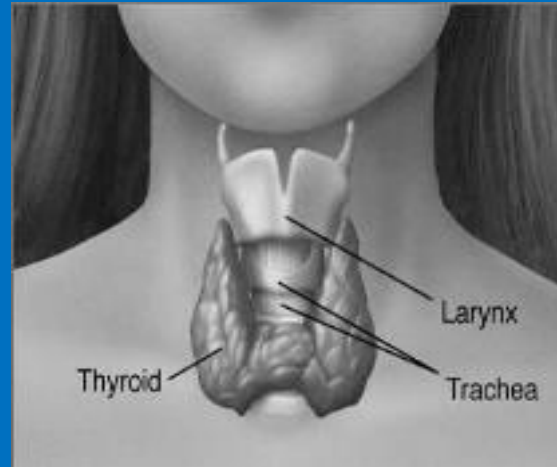


**Promotes output of hormones**  
**Lowers Blood Pressure**  
**Improves kidney function (filtration rate)**



**Randolph Consulting Services**

# Thyroid Gland

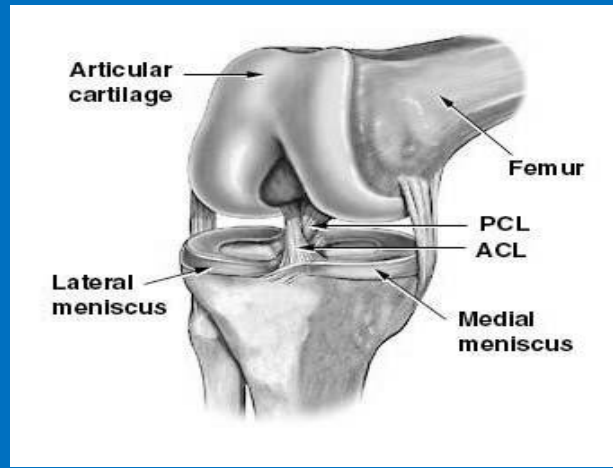


**Improves thyroid function and increases metabolism**



**Randolph Consulting Services**

# Muscles, Tendons, Joints, and Bones



Increase elasticity

Improve joint motion

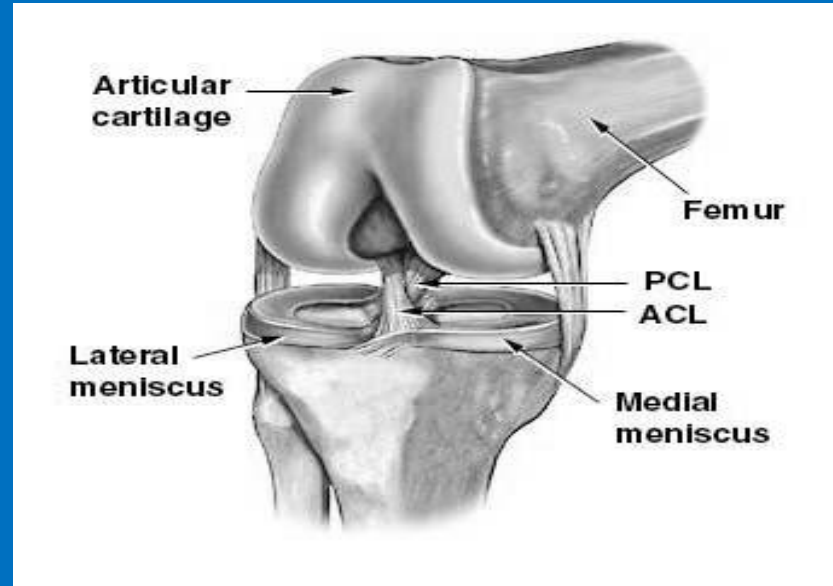
Increase muscle efficiency

Increase blood circulation



Randolph Consulting Services

# Muscles, Tendons, Joints, and Bones



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



Randolph Consulting Services

# 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)



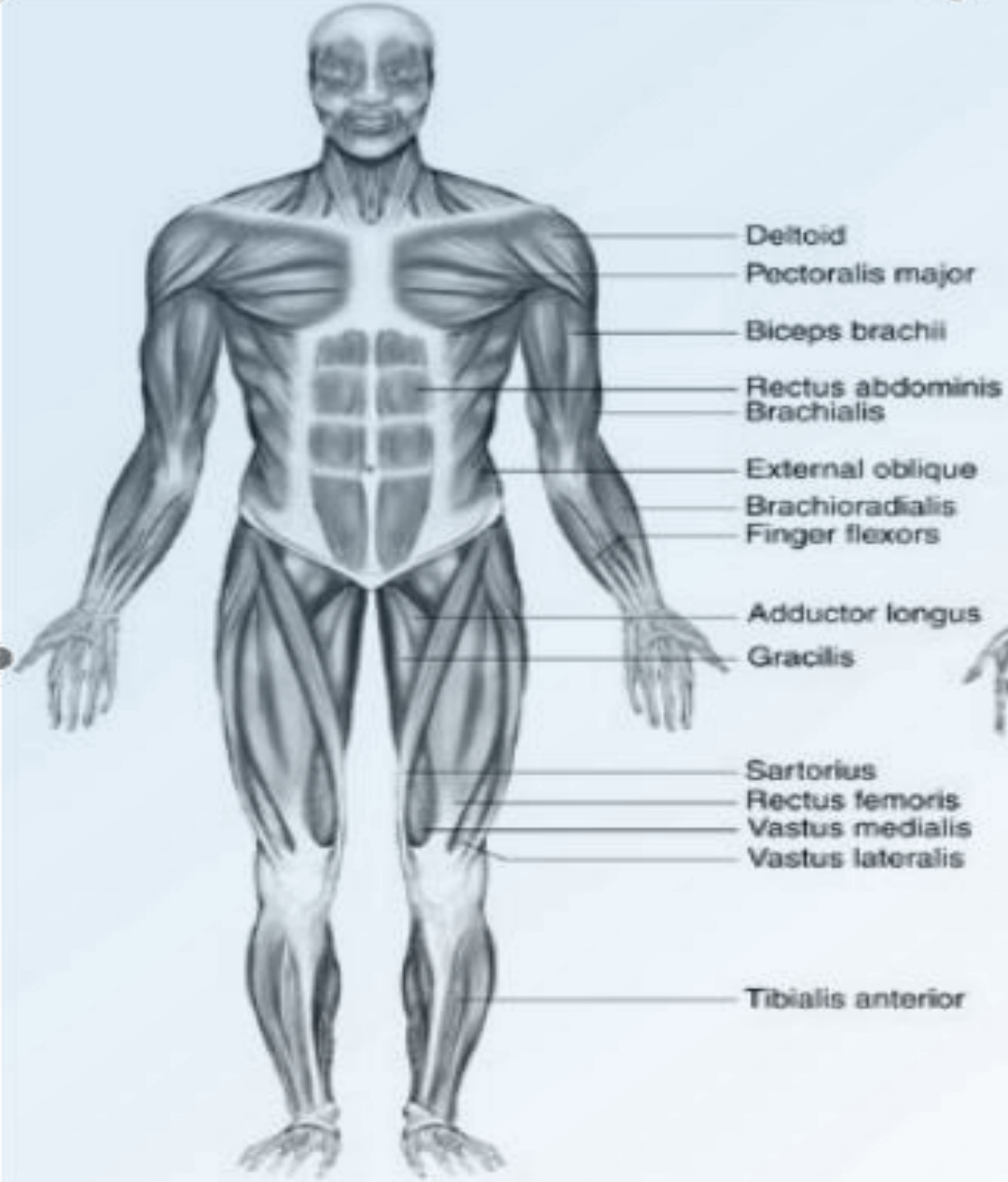
# Determining Pulse Rate

- Feel pulse at wrist
- Count the number of pulsations for 15 seconds
- Multiple 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 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



Randolph Consulting Services

# Shoulder, Arms, and Chest Exercises



Randolph Consulting Services



# Back and Hip Exercises



Randolph Consulting Services

# Hip, Thigh, Balance Exercises



Randolph Consulting Services

# Hip, Thigh, Balance Exercises



Randolph Consulting Services

# Hip, Thigh, and Balance Exercises



Randolph Consulting Services

# Shoulder, Chest, and Back Exercises



Randolph Consulting Services

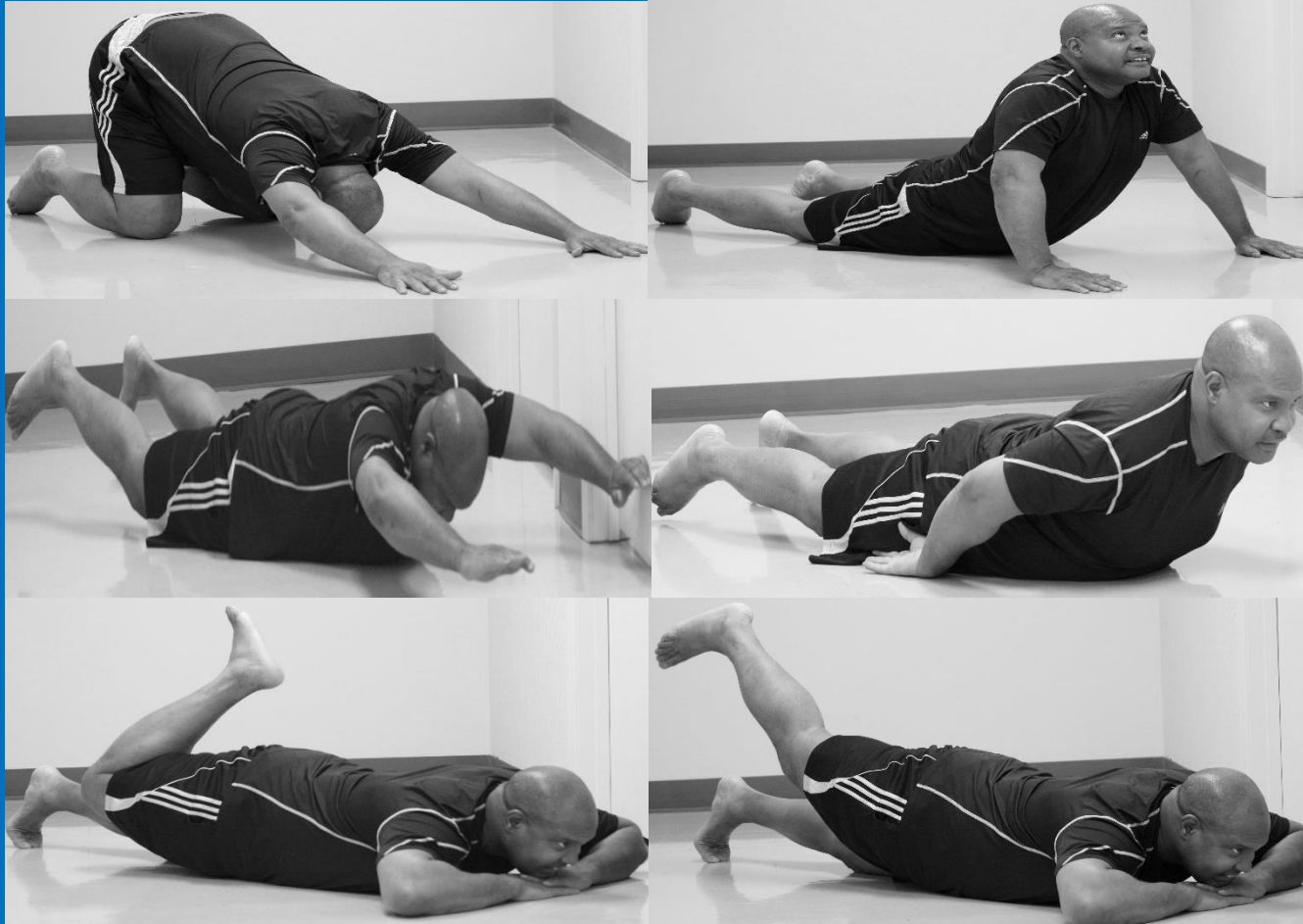
# Shoulder, Chest, and Back Exercises



Randolph Consulting Services



# Back and Trunk Exercises



Randolph Consulting Services

# Back Stretching Exercises



Randolph Consulting Services



# Trunk, Abdomen and Leg Exercises



Randolph Consulting Services

# Hip, Knee and Thigh Exercises



Randolph Consulting Services

# WALK YOUR WAY TO HEALTH AND WELLNESS



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



**Randolph Consulting Services**

# 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.



Randolph Consulting Services

# 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 and firms 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