

Increasing Your Movement for Better Emotional and Physical Health



Objectives

Discuss how to change your perspective about exercise

List the benefits of movement on our mental and physical health

Learn how to make exercise something to look forward to

Discuss how to get started

What does Increasing Movement and Exercise Actually Mean

American College of Sports Medicine exercise guidelines for adults

Aerobic physical activity

2.5 – 5 hours/week of moderate-intensity, or

1.25 – 2.5 hours/week of vigorous-intensity, or

An equivalent combination of moderate and vigorous-intensity aerobic activity

Muscle-strengthening activities

Moderate or greater intensity that involve all major muscle groups on 2 or more days a week

Always consult with your doctor before starting an exercise regimen

How do YOU view exercise and physical activity

What are the challenges to getting the recommended amount of exercise

Why is it so hard

What is your internal dialogue when someone mentions getting more exercise

What is your own personal perspective

It must be personal

Consider this

Exercise is medicine

If it was a pill, exercise would be a trillion-dollar money-maker prescribed to everyone.

There's not a single organ system in the body that isn't affected by exercise

Regular exercise may be the most powerful medicine we have — more powerful in most cases than any pill or procedure

Exercise is Medicine

Mental Health Benefits of exercise

Releases feel-good endorphins

Helps relieve symptoms of depression and anxiety

Takes your mind off worries

Challenges with COVID

Inactivity the new pandemic

Increase your energy level—feel more productive—confident

Improves sleep

Improves mental alertness

ADHD

Can Improve Learning

Exercise is Medicine

Physical Health benefits of exercise

Lowers risk of

cardiovascular disease

Hypertension

type 2 diabetes

adverse blood lipid profile

some cancers

dementia (including Alzheimer's disease).

falls and fall-related injuries (elderly)

Improved cognition

Weight Loss/prevent weight regain

Improved bone health

Improve overall immunity

Your Wellness Vision

What is your wellness vision of yourself three years from now

Who do you want to be and how do you want to feel

How does physical activity fit in to that

What motivates you to obtain your vision

What obstacles do you anticipate

How will you address those obstacles

Change your mindset/reframe

Make it non-negotiable

Change your internal dialogue (read that again)

Make Exercise something to look forward to

Reward

Bundle it with something you love to do

How you feel afterwards

Just get started (baby steps)

Getting started

Make a commitment

Three-month goal

Example: I will be walking two miles per day on Monday, Wednesday and Friday

One-week goal

Example: I will walk for 15 minutes per day on Monday, Wednesday and Friday

Tips to stay motivated

Keep your reframe statement where you can see it

Take Action

15-min rule

Competition

Are you a data driven person

Get a partner

Accountability

Reduce your need to use “will power” - your environment

1% improvement

Take away

What is one thing you will take away today and utilize in your own life?

Resources

- <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
- [https://health.gov/sites/default/files/2019-09/Physical Activity Guidelines 2nd edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)
- <https://www.acsm.org/read-research/trending-topics-resource-pages/physical-activity-guidelines>

Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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