

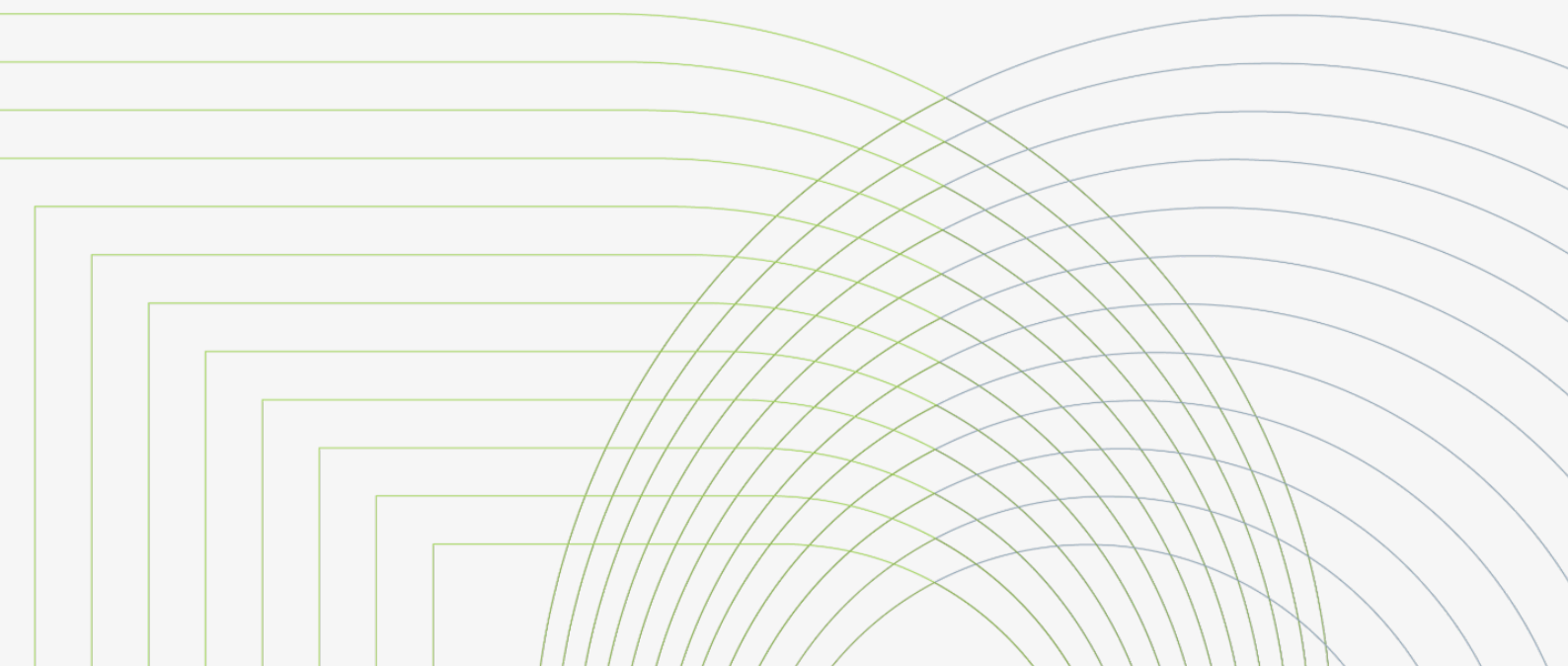
# Module 3.1

# Physical Activity:

# Activity Basics

Keeping the Body in Mind – Resources

Consumer Learning Module



# Module 3.1: Activity Basics

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# Activity Basics

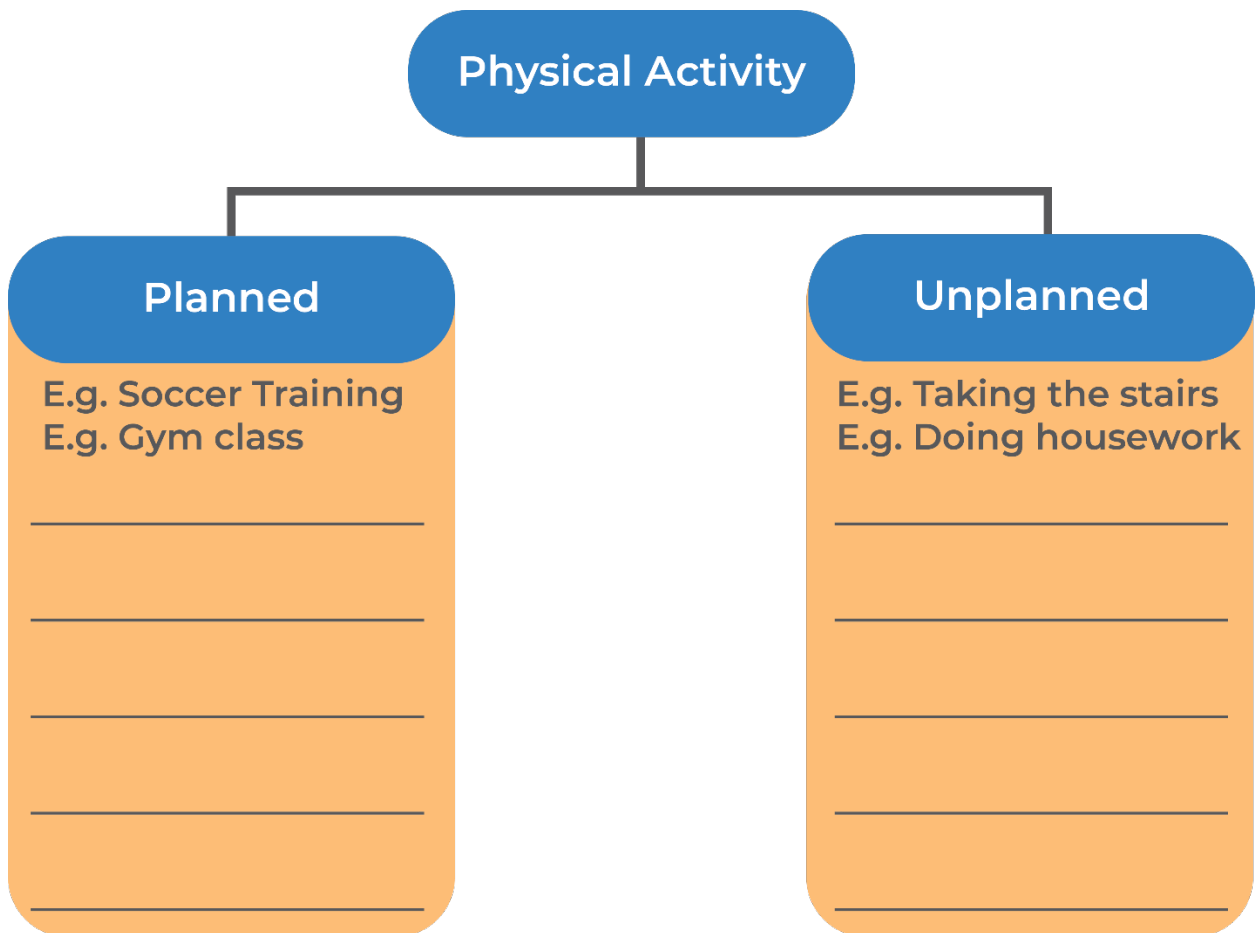
## What is physical activity?

Physical activity is any movement of the body that uses energy.

## Is it the same thing as exercise?

Exercise is one part of physical activity. Exercise is often planned and structured.

**Below are examples of physical activity. Try filling in the blanks.**





**Circle the correct answer. Are the following examples of planned or unplanned physical activity?**

1. Sally was running late for an appointment, so she had to run to catch the bus.



**Planned**

**Unplanned**



2. Jarred has been trying to lose weight he put on since starting his medication. He has been attending the gym three times a week, where he jogs on the treadmill for 30 minutes, then uses some of the weight equipment.

**Planned**

**Unplanned**

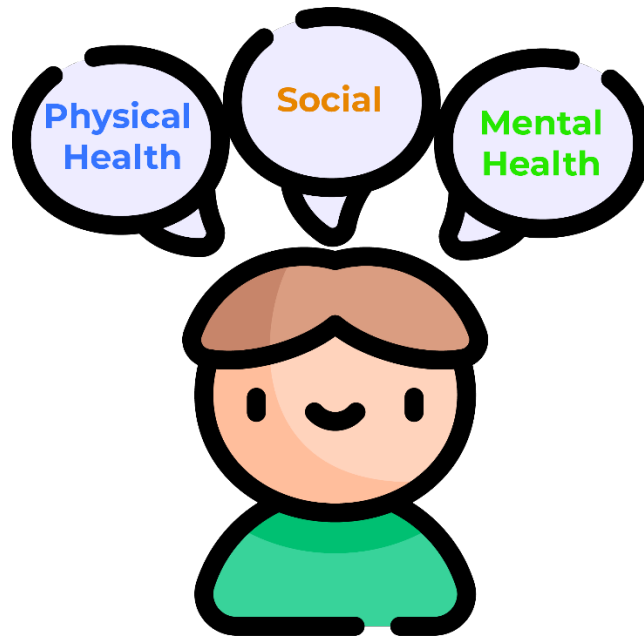
3. Angela goes down to the park every Wednesday to play soccer with some friends.



**Planned**

**Unplanned**

## Why do I want to do physical activity?

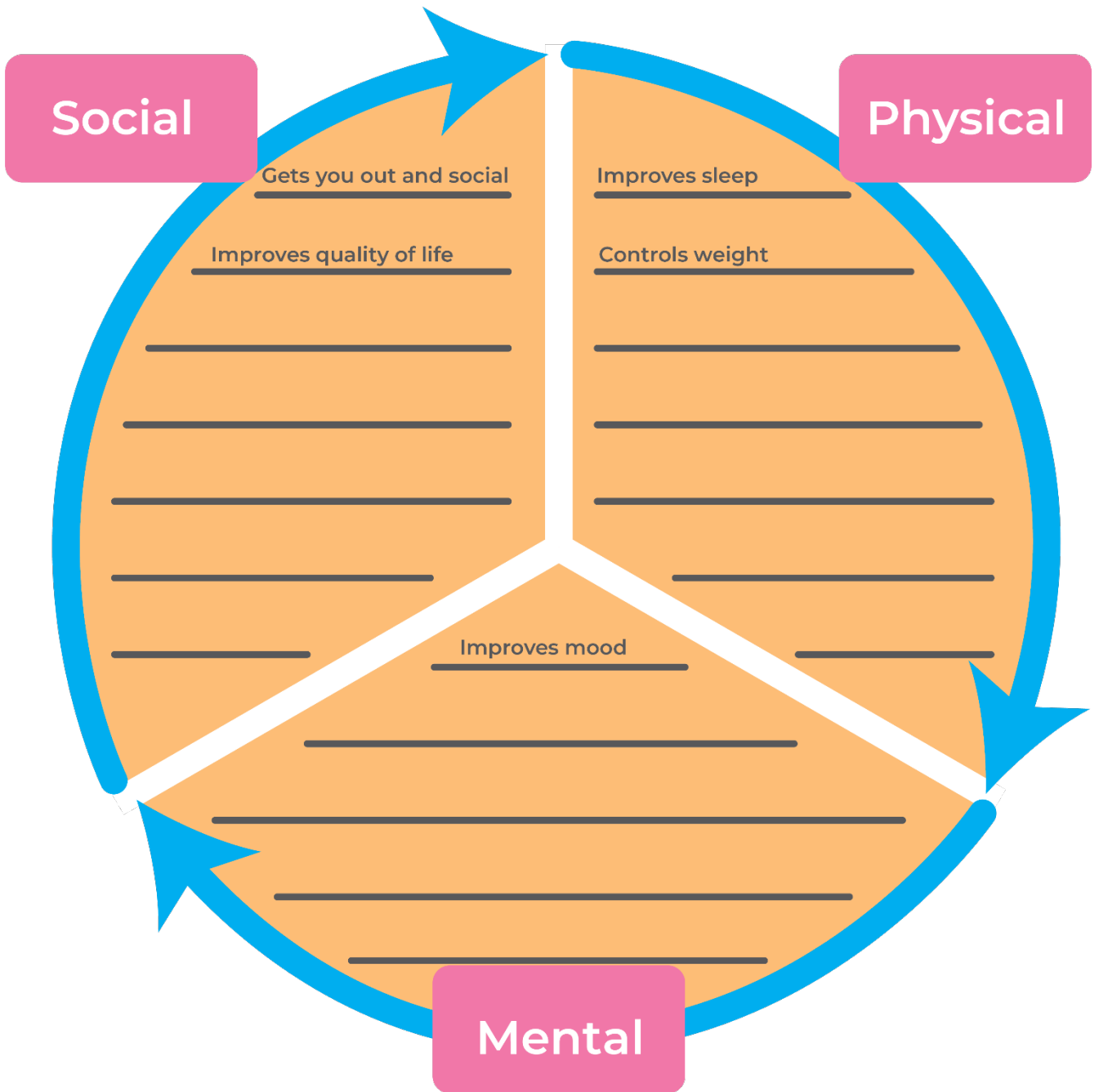


All elements of your health are linked! Physical activity is central to your physical health, which directly influences your mental health and social wellbeing.

Motivations behind improving and increasing your levels of physical activity are varied and personal to everyone.



Below are some benefits of physical activity that you can experience. Fill in the gaps with some benefits that you can think of:



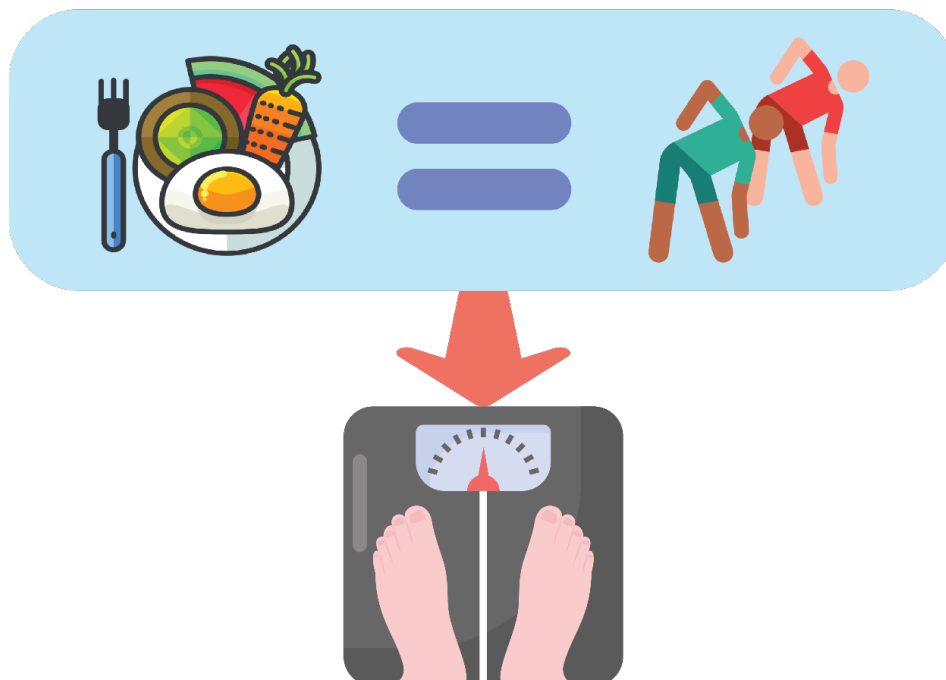
## Lifestyle and Weight Control

By making small changes to your lifestyle - including physical activity levels and food choices - you may experience more control in maintaining a healthy weight.

You take in energy through food and drink, and you expend energy via resting metabolic rate (the energy your body uses when you rest) and physical activity.

If the energy you take in equals the energy you use, then your weight will stay stable.

**If your energy intake equals your energy used  
then your weight will stay the same**



To get this balance right you may need to change something.

People can certainly make changes to what they eat and drink (see the nutrition modules).

### But what about resting metabolic rate and physical activity?

Resting metabolic rate is how much energy your body uses when you are not moving. Your body needs energy to keep your heart beating, your lungs breathing, and your brain thinking. Your resting metabolic rate can change depending on your age, weight, and activity level.



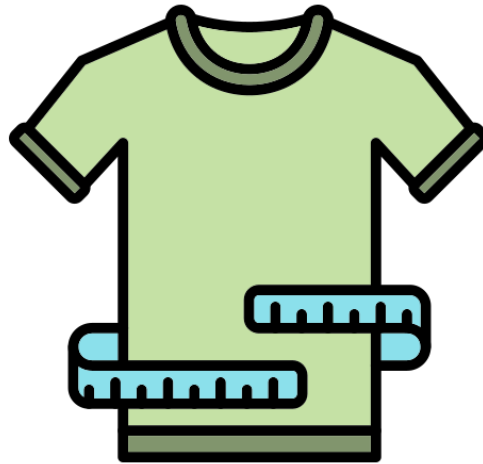
While it is important to monitor your weight so you can be healthier and feel good, it's not always essential to lose weight to make yourself healthier and feel better (although it can help). Think about this if you are setting a goal for yourself.

Along with your weight, it is important to monitor your waist circumference, which is the distance around your body at the level of your belly button. If your waist circumference gets too big you may be at risk of developing other health problems such as heart disease.





**If you would like to measure & record your waist circumference follow *Appendix 1: How to take your waist circumference* or ask your health professional to complete this for you.**

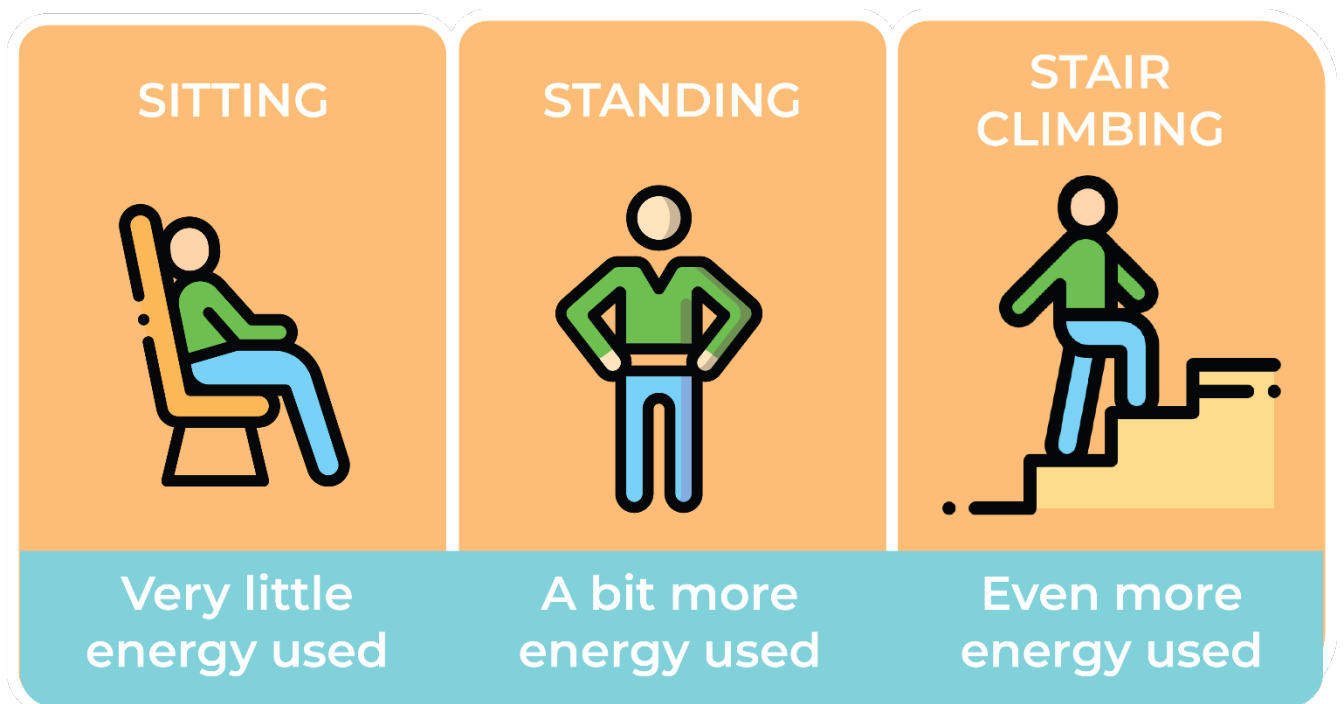


Some people use exercise as a way to “reverse” what they are eating. It is important to know that what you are eating has the biggest impact on weight control and no amount of exercise can make up for a poor diet.

## Energy expenditure

Our body requires energy to get us through the day. Some activities require more energy than others.

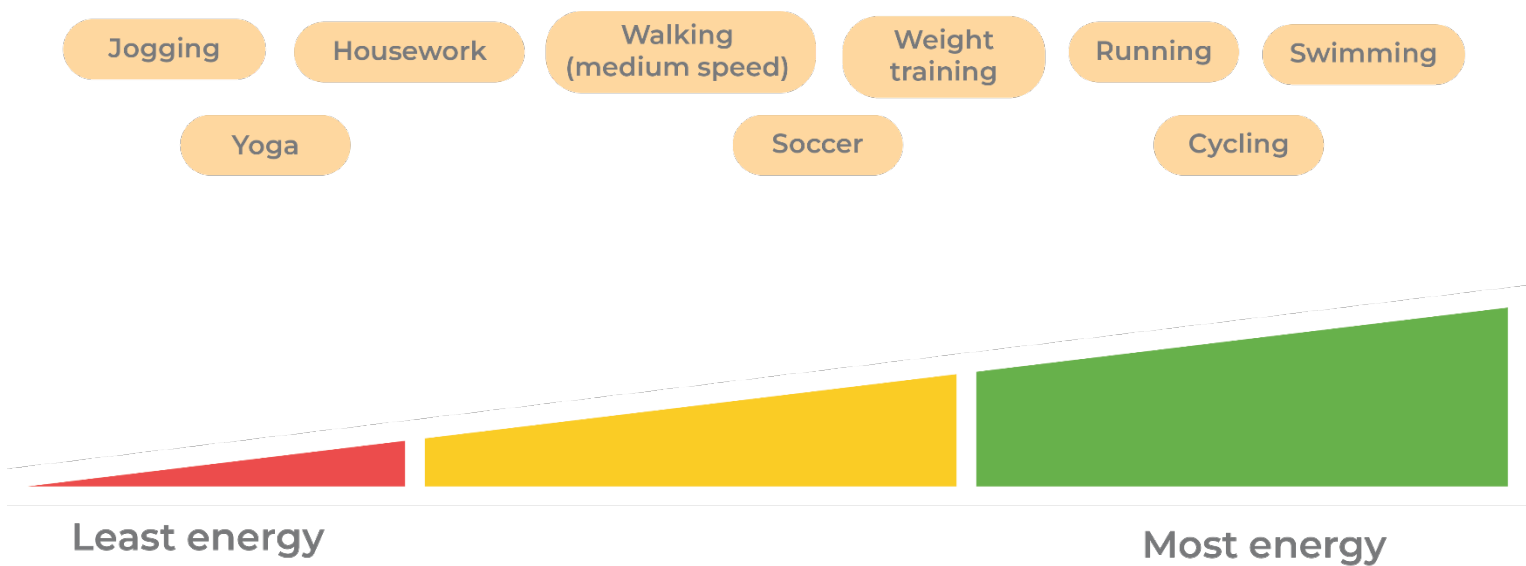
**For example:**





### Activity: Energy Use

Below are some examples of physical activity. Place them on the continuum below to show how much energy you think each one uses, from least energy to most:



## Sedentary Time

Sedentary time is any time spent sitting or lying down, even if you are doing a task such as eating a meal. It is in these positions that you use the least amount of energy.

### Does it include sleep?

No. Uninterrupted, long sleep is important to recharge your body and mind and essential for overall good health.

*“If we were meant to stay still, we would have roots instead of feet.”*



### Why is it so important to be active?

Being sedentary can have negative impacts on health, including those listed here:

- Low energy expenditure
- Poor posture
- Greater risk of diabetes, obesity, heart disease
- Reduced productivity
- Increased tiredness

**So, what should I do?**

It is recommended that you reduce your sedentary time as much as we can and replace it with more active tasks.

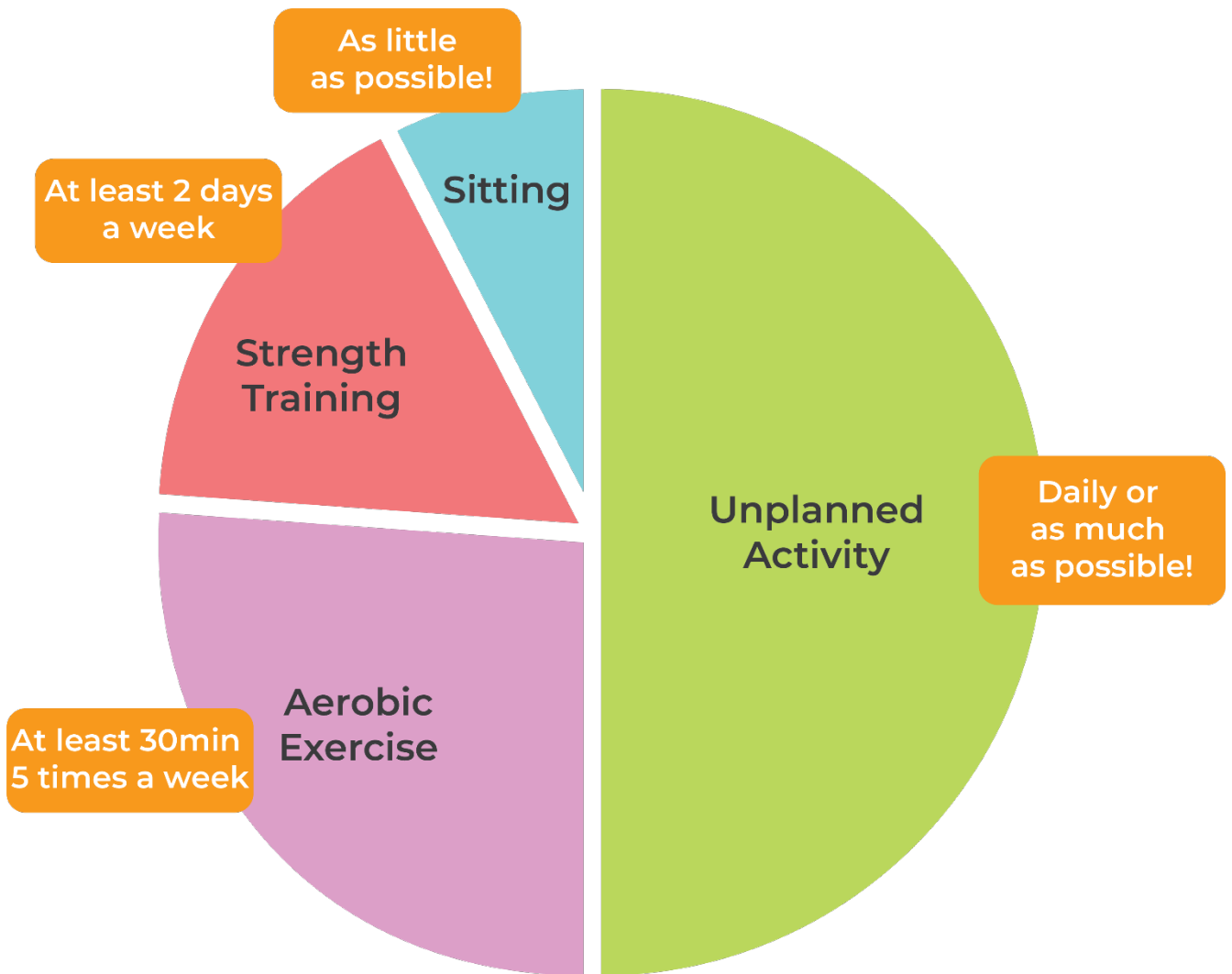
**How much time do you spend sedentary?**



In timetable below, identify how much time you spend doing the listed sedentary activities. Then add them all together and below is your total time spent sedentary a day.

Activity	Time
Driving or catching public transport	
Working or sitting at school	
Watching T.V or using electronic devices	
Using electronic devices	
Napping	
Total time spent sitting or lying down:	

**How much exercise is recommended?**



### **How can I include more exercise?**

Start small and work up from there. If you haven't been doing much physical activity, begin by choosing something you enjoy, do it for as long as you can (even if it's only 5 minutes) and work from there.

### **Do I have to do physical activity all in one go?**

If you don't feel like you can do 30 minutes of physical activity (for example), then you can do it in smaller blocks throughout the day, e.g. 10-minute blocks of walking or short bursts of jogging. It is important that all activity you do suits your daily schedule and is something you ENJOY, otherwise it will become too hard to maintain!



### Activity: Increasing your amount of physical activity

Can you think of some swaps you can incorporate in your daily life that can increase your amount of physical activity?

<p><b>Swap This:</b> Taking the lift to the upper level at the shopping centre</p>		<p><b>For this:</b> Taking the stairs</p>
<p><b>Swap This:</b></p>		<p><b>For this:</b></p>
<p><b>Swap This:</b></p>		<p><b>For this:</b></p>
<p><b>Swap This:</b></p>		<p><b>For this:</b></p>
<p><b>Swap This:</b></p>		<p><b>For this:</b></p>
<p><b>Swap This:</b></p>		<p><b>For this:</b></p>



## Barriers to Exercise

Barrier	How can I overcome this?
<p><i>I am not interested in exercise</i></p>	<p>Find a type of physical activity that suits you e.g. walking with family or friends or joining a sports team.</p>
<p><i>I am overweight and feel like people judge me</i></p>	<p>This is a common barrier to exercise.</p> <p>Speak with someone such as an Exercise Physiologist or GP to work out a program that you feel comfortable with.</p> <p>Exercise at home and around local parks until you feel more confident to go to more public places.</p> <p>Train with people who you feel comfortable with.</p>
<p><i>It hurts after exercise</i></p>	<p>Muscle soreness a day or 2 after exercising is normal, especially if you haven't exercised in a while.</p> <p>If pain persists or gets worse, chat to your GP.</p> <p>Doing some lighter exercise and stretching may also help manage this.</p>

Barrier	How can I overcome this?
<p><i>My medication</i></p>	<p>Medications used to treat mental health concerns can make you feel tired or unwell.</p> <p>It's important to take your medications as prescribed; if you're concerned about any side effects (e.g. energy levels, weight gain) please discuss this with your treating doctor.</p>
<p><i>I don't have any equipment to exercise at home</i></p>	<p>There are plenty of exercises you can do at home that use your own body weight as the resistance.</p> <p>Chat to your Exercise Physiologist about some options that may suit you the best.</p>



**Activity: Overcoming barriers**

Do you have any barriers to exercise? Can you think of some ways to overcome these barriers? Fill in the table below:

Barrier	How can I overcome this?

## Getting Started

Now you know that physical activity is good for you and how much you should be aiming to do. So how can you get started?

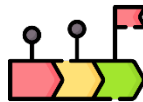
### 1. Create your physical activity goals



### 2. Start small and gradually increase



### 3. Review your progress



### 4. Prepare yourself for setbacks and plan ahead



### 5. Ask for help!





**Activity: Benefits of physical activity**

Write down 3 of the benefits of physical activity that you feel you would like to achieve. (If you can't think of three, try to write as many as you can.)

**1**

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**2**

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**3**

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Are these benefits achievable? If no, have a think about the ways this can be overcome.



## Goal Setting

You are more likely to achieve individual goals that are relevant to your own health. Below is a goal setting template that you can use to identify and help reach your goals:



### Activity: Setting Goals

Can you make these goals more specific to you and your level of physical activity? Write your physical activity goals below.

### My Physical Activity Goals

Goal start date	To be completed by	Goal	Steps to reach my goal
<i>E.g. 1/4/2021</i>	<i>1/7/2021</i>	<i>I will improve my cardio fitness by being able to run 20 minutes without stopping.</i>	<ol style="list-style-type: none"><li><i>1. I will run 5 minutes without stopping 3 times a week for 3 weeks</i></li><li><i>2. I will increase to 10 minutes in weeks 4 to 8, and 15mins in weeks 9 to 12.</i></li></ol>

Module 3.1 Physical Activity: Activity Basics

Goal start date	To be completed by	Goal	Steps to reach my goal

## Sam's Story

Sam is a 50-year-old man who lives with post-traumatic stress disorder. He wants to be more physically active and improve his health. He decides to try some physical activity basics and see how they work for him. Here is his journey:

- He discovers the benefits of physical activity. He feels better physically and mentally after doing some physical activity. He notices that his mood, energy, sleep, memory, and concentration improve. He also notices that his stress, anxiety, depression, and pain decrease. He also learns that physical activity can prevent or manage diseases, such as heart disease, diabetes, or obesity.
- He explores the types of physical activity. He tries different types of physical activity that he can do, such as aerobic, strength, flexibility, and balance. He enjoys walking, jogging, cycling, swimming, lifting weights, doing yoga, stretching, or doing tai chi. He finds out what each type does for his body and mind.
- He follows the guidelines of physical activity. He aims to do at least 150 minutes of moderate to vigorous physical activity per week. He also does some strength training at least twice a week. He also does some flexibility and balance exercises at least three times a week. He makes a schedule and sticks to it.
- He starts and maintains physical activity. He starts slowly and gradually increases his intensity and duration. He chooses activities that he enjoys and that suit his abilities and preferences. He sets realistic and specific goals and tracks his progress. He rewards himself and celebrates his achievements.

Sam feels happier and healthier after trying these tips. He becomes more physically active and improves his health. He enjoys the physical activity and feels more confident and motivated.



## Appendix 1

### How to take your waist circumference

If you would like to complete or record your waist circumference measure, following the instructions below or ask your health professional to complete this for you.

#### You will need:

- A tape measure that is not old or stretched
- A pen or device to record result

#### How to take your waist measurement:

- Take off your jacket, coat or other bulky clothing
- Stand with your feet shoulder-width apart
- Wrap the tape around your belly, directly against your skin if you can, and breathe out normally
- The tape measure should be placed roughly in line with your belly button. Do not pull it too tight
- Record your waist measurement in centimetres (cm)

Date	Waist circumference (cm)

**Congratulations! You've now completed Module 3.2 Physical Activity –  
Active Training**



Scan the QR code or visit the link for  
online access to all of the modules and a  
complete list of references or visit the link  
below:

[mindgardens.org.au/KBIMResources](https://mindgardens.org.au/KBIMResources)



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