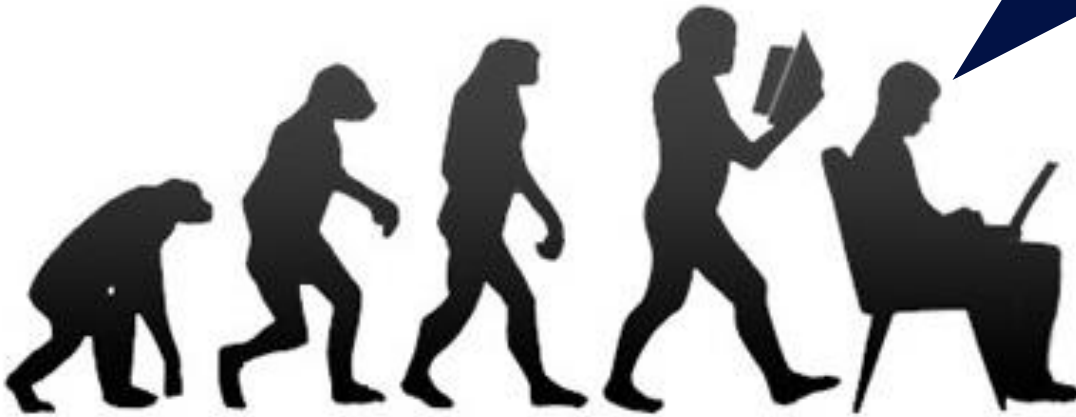


Health and wellness initiatives - Lunch and Learn

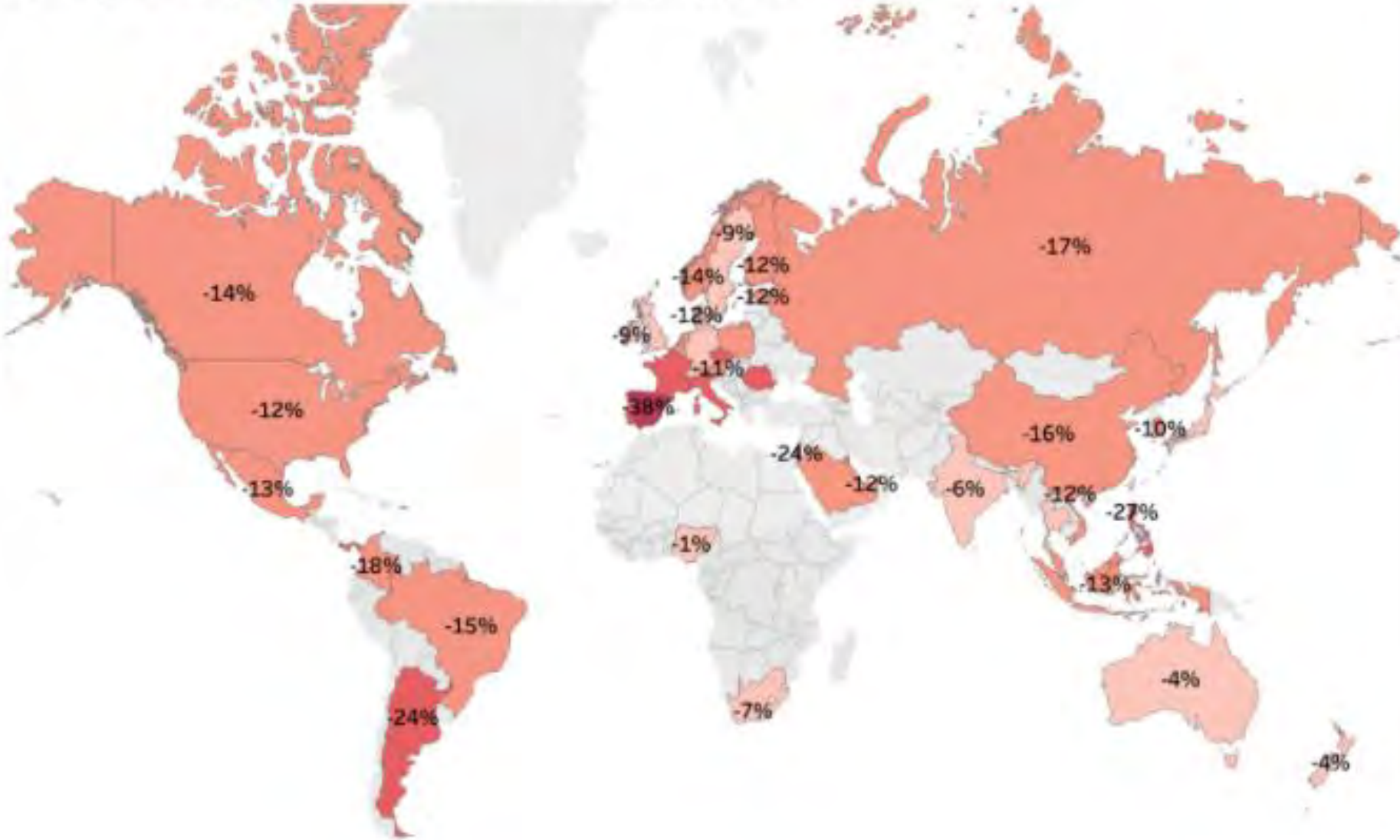
Keeping Fit in Isolation - What we know and what we can do!

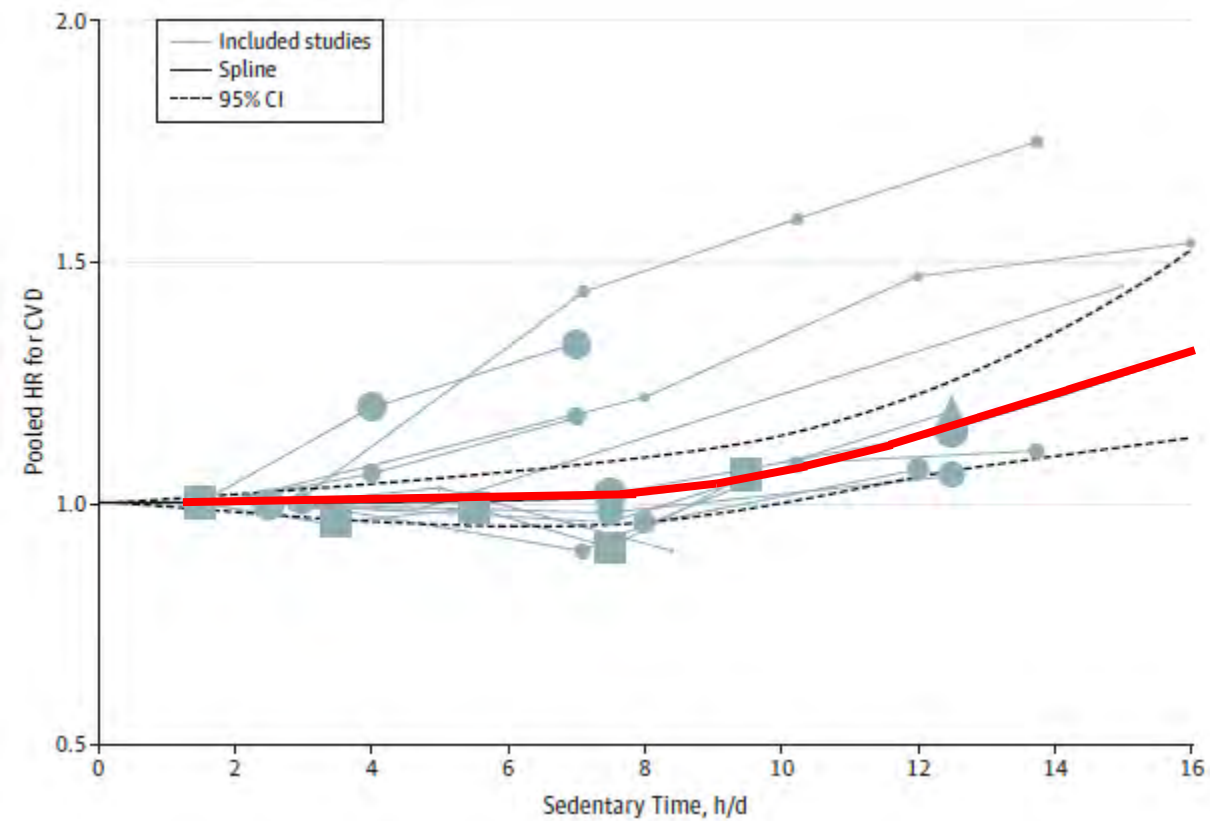
Dr Matthew Wallen, Lecturer, Exercise and Sports Science

19 August 2020



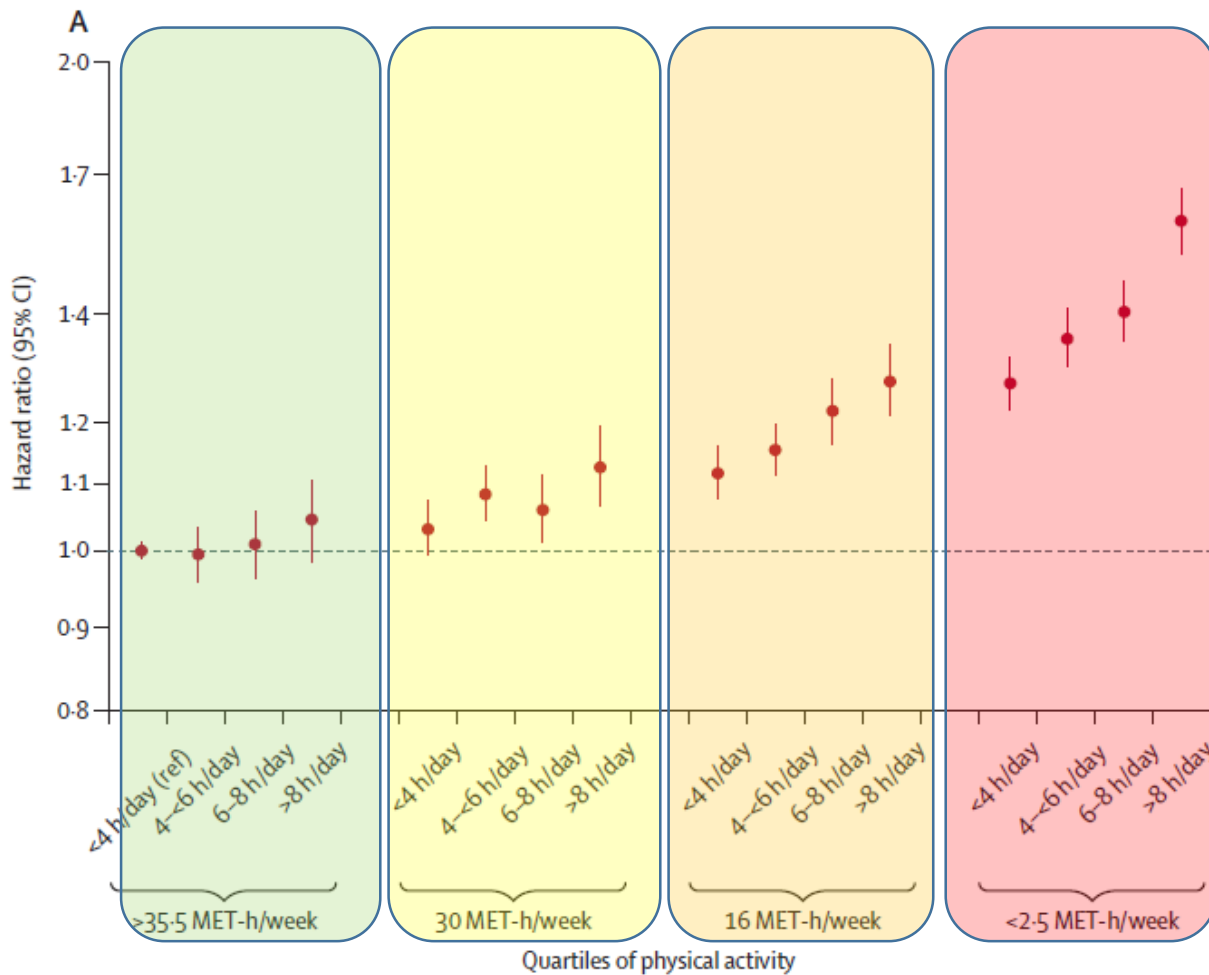
Change in Step Activity in Week Ending 3/22/2020





> 10 hr/day sedentary time = ↑ risk





↑ PA (even in presence of prolonged sitting) can attenuate risks

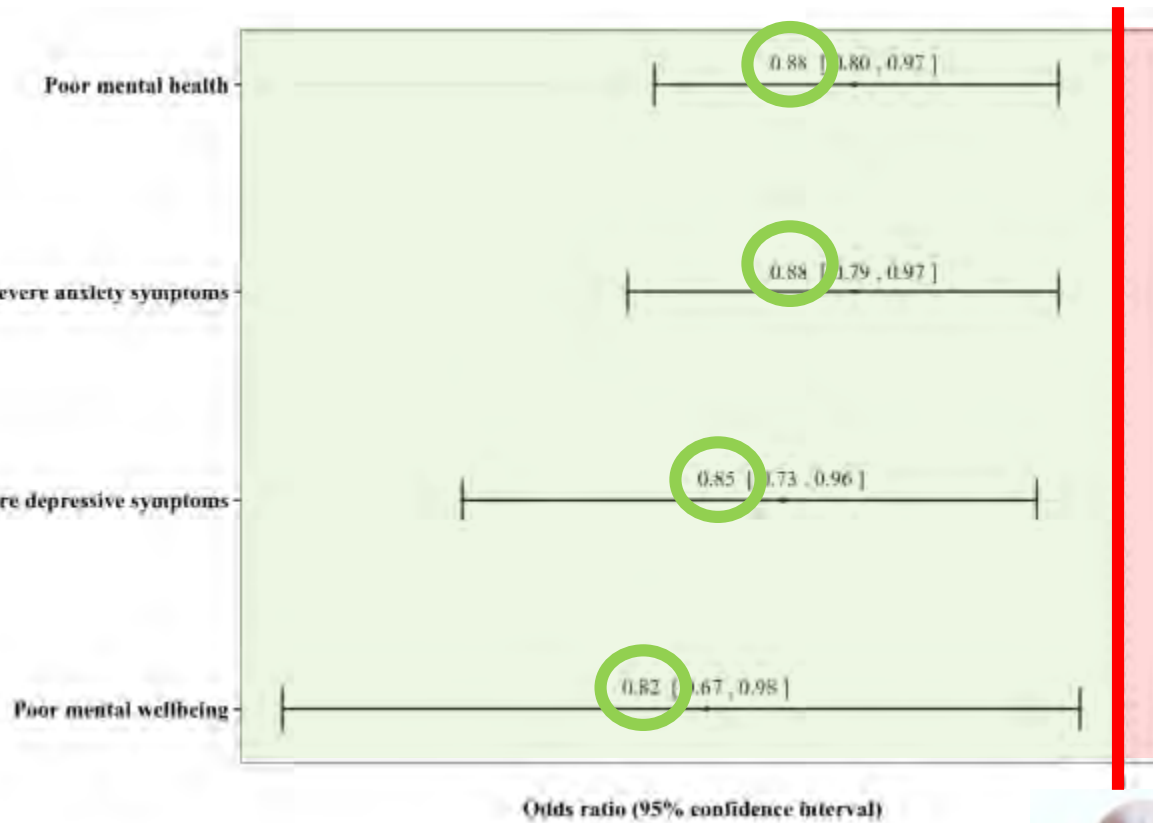


Benefits of Physical Activity

- ↑ fitness and overall physical function
- ↑ muscle size and strength
- Improved bone health
- ↑ immune defence
- Assist with weight loss and maintenance
- ↑ balance and coordination
- ↓ blood pressure and blood sugar
- Improved mental health



Benefits of Physical Activity



Doing some physical activity is better than doing no physical activity!

The best physical activity is one that you will engage with and make it part of your day-to-day life!



General Physical Activity Guidelines

≥ 150 minutes/week of moderate-intensity physical activity

OR

75 minutes/week of vigorous-intensity physical activity

AND

An equivalent combination of moderate- and vigorous-intensity physical activity

OR

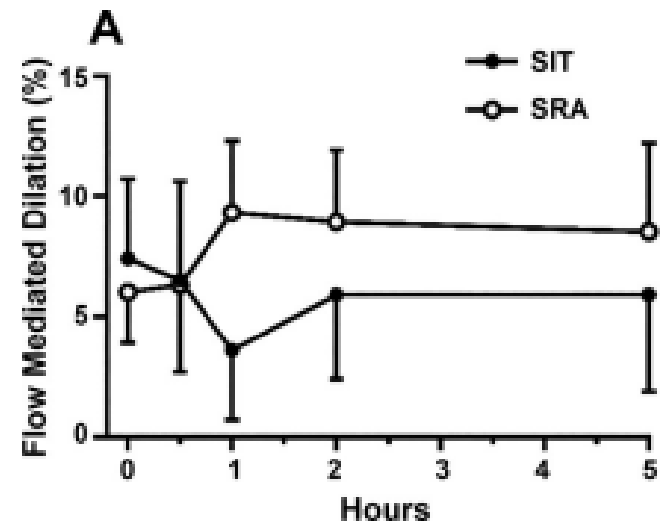
Muscle strengthening exercises of all major muscle groups on ≥ 2 days/week

Simple intermittent resistance activity mitigates the detrimental effect of prolonged unbroken sitting on arterial function in overweight and obese adults

Rachel E. Climie,^{1,2*} Michael J. Wheeler,^{1,3*} Megan Grace,¹ Elisabeth A. Lambert,^{1,4} Neale Cohen,¹ Neville Owen,^{1,4} Bronwyn A. Kingwell,^{1,5} David W. Dunstan,^{1,3,6,7,8,9} and Daniel J. Green³

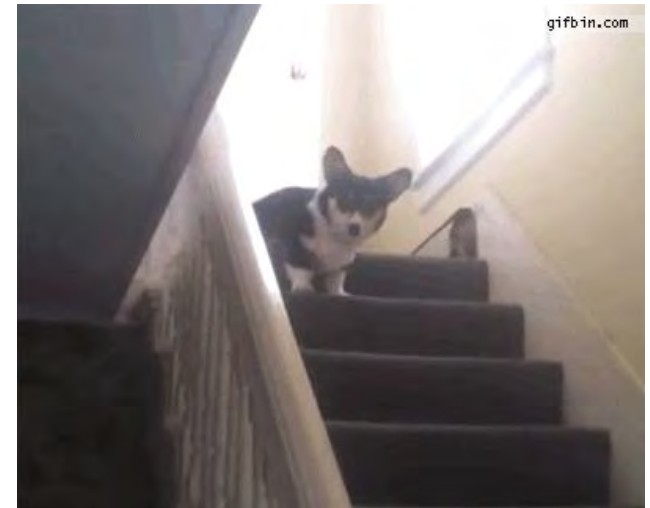
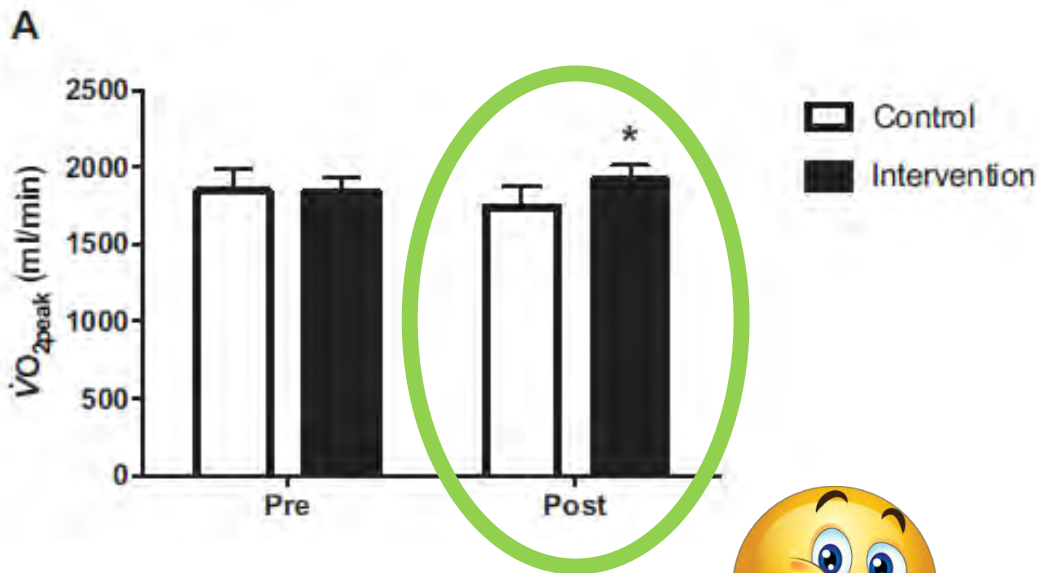


3 minutes of exercise
every 30 minutes
improves artery health



Do stair climbing exercise “snacks” improve cardiorespiratory fitness?

E. Madison Jenkins, Leah N. Nairn, Lauren E. Skelly, Jonathan P. Little, and Martin J. Gibala

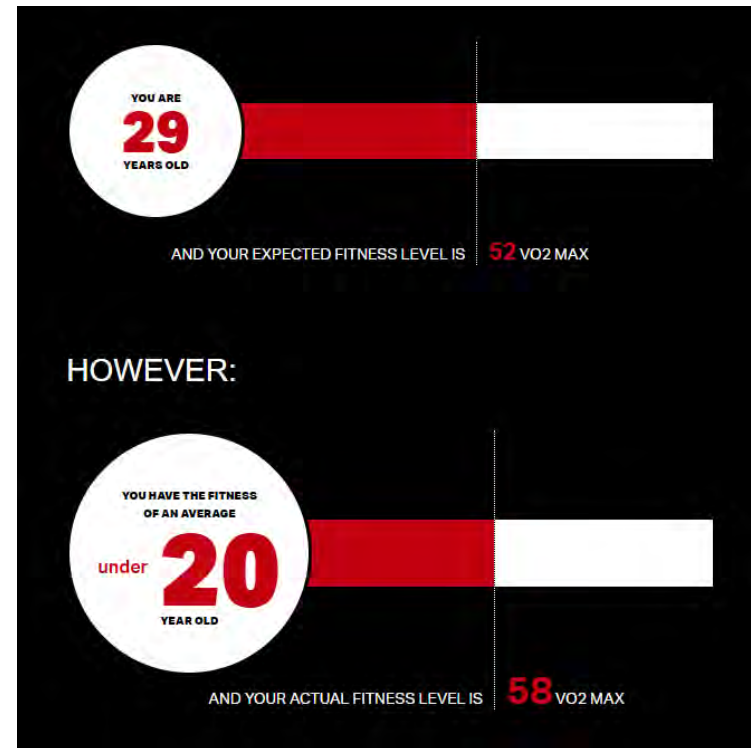


HOW FIT ARE YOU, REALLY?

Physical fitness is key to a long life and good health. Your body's capacity to transport and use oxygen during exercise (VO2 max) is the most precise measure of overall cardiovascular fitness. Based on the extensive research of The K. G. Jebsen Center of Exercise in Medicine at the Norwegian University of Science and Technology, you can easily estimate your fitness level by answering a few questions.

🚩 Language

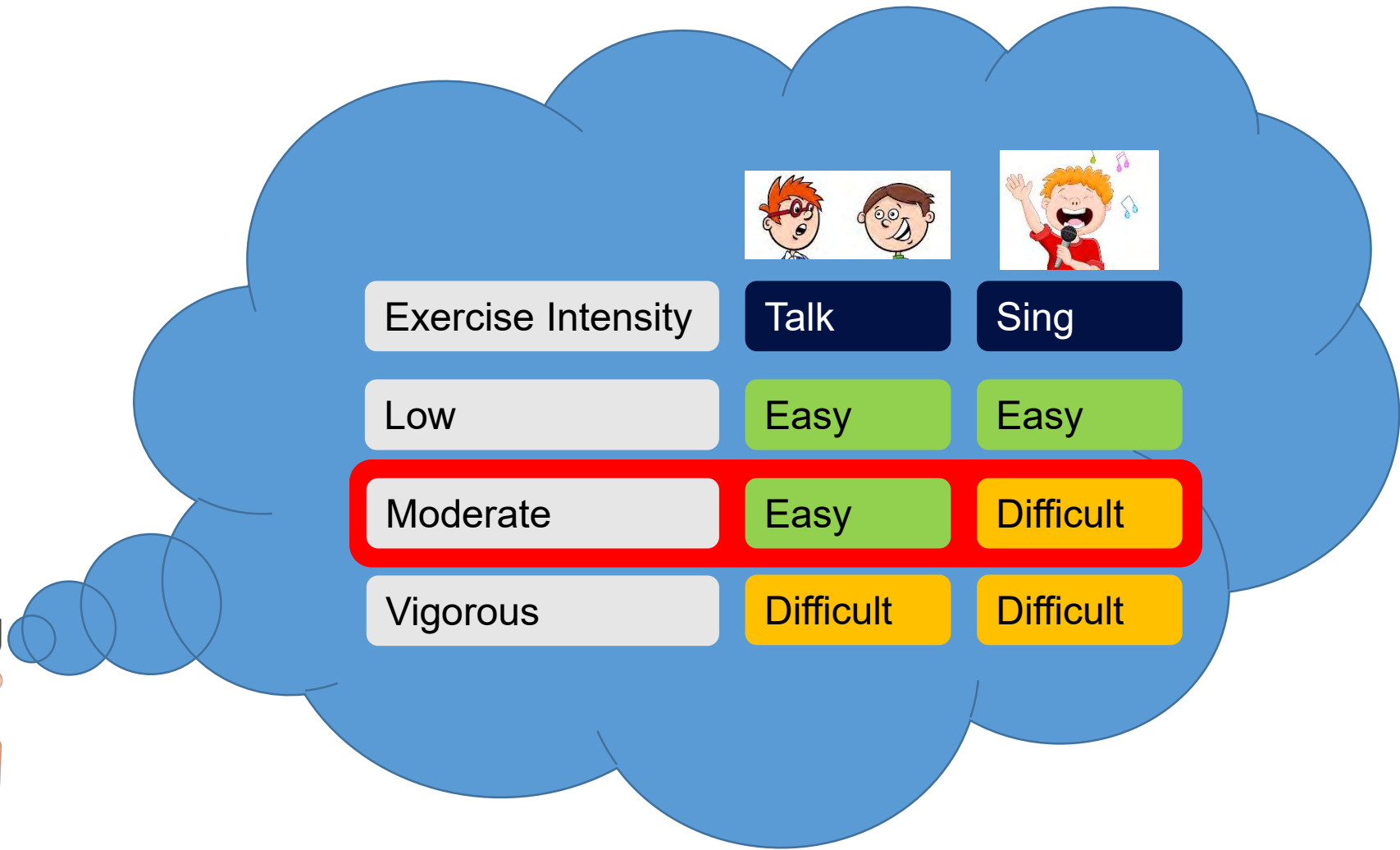
TEST YOURSELF NOW



<https://www.worldfitnesslevel.org/#/>

**How hard should I
push myself
during exercise?**





Use the 'talk test' for exercise intensity



0	No difficulty	
0.5	Very, very slight	😊
1	Very slight	😄
2	Slight difficulty	😏
3	Moderate	😓
4	Somewhat difficult	😓
5	Difficult	😓
6		😓
7	Very difficult	😓
8		😓
9	Very, very difficult	😓
10	Extremely difficult	😓

Use 'perceived exertion' for exercise intensity



Aim to be active in as many ways as possible!



Free online home-based workouts at
exerciseright.com.au



The screenshot shows the Exerciseright website interface. At the top, there are navigation links for 'ABOUT US', 'EXERCISE RIGHT AT HOME', 'ACTIVE AGEING', and 'RESOURCES'. Below this, there are category tabs for 'STRENGTH & FITNESS', 'ACTIVE AGEING', 'PREGNANCY', and 'STRETCH & MOBILITY'. The main content area displays a grid of workout video thumbnails. Each thumbnail includes a play button icon, a title, and the name of the instructor along with their credentials. A large red callout box is overlaid on the center of the page, containing the text: 'You don't need expensive equipment to have a good workout!'. To the right of the callout box, there is a circular logo with the text 'EXERCISE RIGHT' and a stylized heartbeat line.

You don't need expensive equipment to have a good workout!

EXERCISE RIGHT

Preventing Knee Pain
Workout by Katherine Smith, Accredited Exercise Physiologist at The Pilates Refinery

Strength Circuit
Workout by Robyn Yin, Accredited Exercise Physiologist at BJC Health

Workout by Archie, Accredited Exercise Physiologist at Rehoboth Health

10 Minute Pumpkin Workout!
Workout by Robyn Yin, Accredited Exercise Physiologist at BJC Health

Couch Workout
Workout by Robyn Yin, Accredited Exercise Physiologist at BJC Health

Core Exercises
Workout by Lauren Sexton, Accredited Exercise Physiologist at Sports and Spinal

No equipment in isolation? No worries!

Tinned food, 1-2L milk containers, laundry detergent containers, rice/flour packets



Great home-made dumbbells

Backpack filled with items



Use to add weight to squats and lunges

One or multiple stairs



Use for step-ups for strength (i.e. with a weight) or cardio (i.e. no weight repeated for longer)

No equipment in isolation? No worries!

Laundry basket filled with clothes



Alternative to a barbell for deadlifts

Couch in the living room



Use as a bench/support for body weight exercises (e.g. incline/decline push-ups, box/single leg squats, dips, etc.)

Going up and down hills



Great to perform interval-based exercise

Physical Activity Considerations

Before exercise...

- ***Your safety is the priority!***

- Diagnosed medical conditions, medications, pre-existing injuries, exercise-induced concerns
- Minimal physical activity

- Pre-exercise screening recommended for everyone
- Consult an exercise professional or your GP if you have any concerns

Do not exercise if you have a current diagnosis of COVID-19, or similar symptoms

ADULT PRE-EXERCISE SCREENING SYSTEM (APSS)

This screening tool is part of the **Adult Pre-Exercise Screening System (APSS)** that also includes guidelines (see **User Guide**) on how to use the information collected and to address the aims of each stage. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Exercise & Sport Science Australia, Fitness Australia, Sports Medicine Australia or Exercise is Medicine for any loss, damage, or injury that may arise from any person acting on any statement or information contained in this system.

Full Name: _____
 Date of Birth: _____ Male: Female: Other:

STAGE 1 (COMPULSORY)

AIM: To identify individuals with known disease, and/or signs or symptoms of disease, who may be at a higher risk of an adverse event due to exercise. An adverse event refers to an unexpected event that occurs as a consequence of an exercise session, resulting in ill health, physical harm or death to an individual.

This stage may be self-administered and self-evaluated by the client. Please complete the questions below and refer to the figures on page 2. Should you have any questions about the screening form please contact your exercise professional.

Please tick your response	YES	NO
1. Has your medical practitioner ever told you that you have a heart condition or have you ever suffered a stroke?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever experience unexplained pains or discomfort in your chest at rest or during physical activity/exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever feel faint, dizzy or lose balance during physical activity/exercise?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
5. If you have diabetes (type 1 or 2) have you had trouble controlling your blood sugar (glucose) in the last 3 months?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have any other conditions that may require special consideration for you to exercise?	<input type="checkbox"/>	<input type="checkbox"/>

Consult an allied health professional or medical practitioner prior to undertaking exercise.

IF YOU ANSWERED 'NO' to all of the 6 questions, please proceed to question 7 and calculate your typical weighted physical activity/exercise per week.

	Weighted physical activity/exercise per week														
7. Describe your current physical activity/exercise levels in a typical week by stating the frequency and duration at the different intensities. For intensity guidelines consult figure 2.															
<table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">Intensity</td> <td style="width: 20%;">Light</td> <td style="width: 20%;">Moderate</td> <td style="width: 20%;">Vigorous/High</td> <td></td> </tr> <tr> <td>Frequency (number of sessions per week)</td> <td><input type="text"/></td> <td><input type="text"/></td> <td><input type="text"/></td> <td rowspan="2" style="vertical-align: top;"> Total minutes = (minutes of light + moderate) + (2 x minutes of vigorous/high) </td> </tr> <tr> <td>Duration (total minutes per week)</td> <td><input type="text"/></td> <td><input type="text"/></td> <td><input type="text"/></td> </tr> </table>	Intensity	Light	Moderate	Vigorous/High		Frequency (number of sessions per week)	<input type="text"/>	<input type="text"/>	<input type="text"/>	Total minutes = (minutes of light + moderate) + (2 x minutes of vigorous/high)	Duration (total minutes per week)	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Intensity	Light	Moderate	Vigorous/High												
Frequency (number of sessions per week)	<input type="text"/>	<input type="text"/>	<input type="text"/>	Total minutes = (minutes of light + moderate) + (2 x minutes of vigorous/high)											
Duration (total minutes per week)	<input type="text"/>	<input type="text"/>	<input type="text"/>												
	TOTAL = _____ minutes per week														

- if your total is less than 150 minutes per week then light to moderate intensity exercise is recommended. Increase your volume and intensity slowly.
- if your total is more than or equal to 150 minutes per week then continue with your current physical activity/exercise intensity levels.
- It is advised that you discuss any progression (volume, intensity, duration, modality) with an exercise professional to optimise your results.

I believe that to the best of my knowledge, all of the information I have supplied within this screening tool is correct.

Client signature: _____ Date: _____

ADULT PRE-EXERCISE SCREENING SYSTEM (APSS) V2 (2019) | Exercise is Medicine Australia | Fitness Australia | SPORTS MEDICINE AUSTRALIA | ESSA: AUSTRALIAN EXERCISE SCIENCE ASSOCIATION

Diagnosed medical conditions, pre-existing injuries, exercise-induced concerns

If YES

If NO

Consult an exercise professional or GP before commencing exercise

Light-moderate intensity activity (or higher if advised)

Physical Activity Considerations

During and after exercise...

- **Your safety is the priority!**

- Abnormal chest pain, excessive shortness of breath, light-headedness and dizziness → ***stop exercise and immediately seek medical care***

- Adhere to social distancing laws for COVID-19 – at home, in gyms, outside (e.g. parks, public exercise equipment)
- Maintain good hand hygiene
- Clean your exercise equipment

Summary

- ***Isolation ≠ inactivity***
- Physical and psychological benefits from engaging in **regular** physical activity
- ***Some physical activity is better than doing none***
- Pick an exercise that is ***safe, enjoyable***, and that you'll ***perform regularly***
- ***If uncertain, contact an exercise professional***



Thank-you! 😊
Any questions?