Active Men. Active Women.
The Active Advantage for Families

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Recent CNN headline

“SITTING WILL KILL YOU”

http://www.cnn.com/2015/01/21/health/sitting-will-kill-you/
“LET’S MOVE”
OVERVIEW

FOCUS: THE FAMILY UNIT

1. Significance of physical inactivity epidemic
2. Power of motion
3. Practical applications
Physical Inactivity causes 6% of all global deaths


Approx. **3.2 million** people die globally each year due to lack of sufficient physical activity

http://www.who.int/mediacentre/factsheets/fs385/en/#
25% of American adults are completely physically inactive.

http://www.americashealthrankings.org/ALL/Sedentary
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According to a study in 2008: physical inactivity costs the US Health Care System $330 per person each year (= $102 billion annually)

40% of US primary care doctors and 36% of US medical students do not meet physical activity guidelines
Consequences of Physical Inactivity

- Overweight/Obesity
- Diabetes
- High Blood Pressure
- High Cholesterol
- Asthma
- Arthritis
- Poor Health Status
- Premature Death
- Heart Disease
- Cancers

Consequences of Physical Inactivity

- Loss of bone density
- Stiffening of joints
- Weakening of muscles
- Weakening of heart & lungs
- Degeneration of cellular energy systems
Environmental factors that discourage participation in physical activity:

- Violence
- High-density traffic
- Low air quality, pollution
- Lack or parks, sidewalks and sports/recreation facilities

http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/
Reasons for Physical Inactivity

- Increase in sedentary behavior during occupational and domestic activities
- Increase in “passive” modes of transport
- Insufficient participation in physical activity during leisure time

http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/
QUESTION #1

How do most children, adolescents and adults spend their leisure time?
QUESTION #2

How many hours per day do children spend in front of a screen (TV, videogames, computer, etc.) (sitting for the majority of this time)?
ANSWER #2

More than 7.5 hours per day

Among all 8-18 year-olds, amount of time spent with each medium in a typical day:

- TV content: 4:39
- Music/audio: 2:31
- Computers: 1:29
- Video games: 1:13
- Print: 0:38
- Movies: 0:25

Source: Generation M²: Media in the Lives of 8- to 18-Year-Olds, 2010
25% people globally sit for 8 or more hours per day

The average American spends 7.7 hours in sedentary behavior such as sitting.

SITTING

- Electrical activity shuts off in leg muscles
- Calorie burning is reduced significantly
- Fat-burning enzymes drop
- HDL levels drop
- Insulin effectiveness decreases
- Increases risk of death

In the United States, on average, how many out of three children are physically inactive each day?
ANSWER #3

Two out of three children are physically inactive every day.

Sedentary Lifestyle: <5000 steps/day

Hypokinetic Disease

A disease or condition that is related to or caused by chronic physical inactivity and poor fitness.

1. Hypo: less, under or below normal
2. Kinetic: movement

Term first originated in the book:
Hypokinetic Disease (Kraus & Raab, 1961)

POWER OF MOTION
POWER OF MOTION

- More energy
- Improved self-image
- Weight control without dieting
- Control over appetite
- Higher endurance and stamina
- Better conditioned heart and lungs
- Less tension
POWER OF MOTION

- Greater management of stress
- Better ability to fall asleep and stay asleep
- Less chance of injury
- Toned muscles
- Healthier cholesterol level
- Quicker healing
POWER OF MOTION

- Lowers risk of stroke by 27%
- Reduces the incidence of heart disease and high blood pressure by approximately 40%
- Reduces the risk of developing Alzheimer’s disease by approximately 40%
- Reduces mortality and the risk of recurrent breast cancer by approximately 50%

Lowers the risk of developing type II diabetes by 58%

Lowers risk of colon cancer by over 60%

Active individuals in their 80s have a lower risk of death than inactive individuals in their 60s

Can decrease risk of death by 40%

POWER OF MOTION

- The human body is designed to work best when it is active
- The more we ask of our bodies, the stronger and more fit they become
- The more fit the body, the more efficient and effective it will be
- Positive impact on all other dimensions of wellness
Lab studies:

Joint exercise assists couples to feel more satisfied with their relationship and more in love with partner

(Aron, Norman, Aron, & Heyman, 2000)
INFLUENCE OF PARENTS

- Children of active mothers were two times as likely to be active as children of inactive mothers
- Children where both parents were active, children were 5.8 times as likely to be active as children of two inactive parents

(Moore et al., 1990)
INFLUENCE OF PARENTS

- Parental physical activity level and support for physical activity influence adolescents’ level of physical activity.

- Parents serve as models and supporters.

(Anderssen & Wold, 1992)
Physical Activity Guidelines: Children & Adolescents

1. Overall physical activity (moderate-intensity): 60 minutes/day or more

2. **Aerobic Activity** (vigorous-intensity): at least 3 days per week

3. **Muscle Strengthening**: at least 3 days per week

4. **Bone Strengthening**: at least 3 days per week

Source: Centers for Disease Control and Prevention
Available at: http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html
Sedentary Activities
Do infrequently
Watching television, surfing the Internet, talking on the telephone

Strength Training
2–3 nonconsecutive days per week (all major muscle groups)
Bicep curls, push-ups, abdominal curls, bench press, calf raises

Flexibility Training
At least 2–3 days per week, ideally 5–7 days per week (all major joints)
Calf stretch, side lunge, step stretch, hurdler stretch

Cardiorespiratory Endurance Exercise
3–5 days per week (20–60 minutes per day)
Walking, jogging, bicycling, swimming, aerobic dancing, in-line skating, cross-country skiing, dancing, basketball

Moderate-Intensity Physical Activity
150 minutes per week; for weight loss or prevention of weight regain following weight loss, 60–90 minutes per day
Walking to the store or bank, washing windows or your car, climbing stairs, working in your yard, walking your dog, cleaning your room

FIGURE 2.3 Physical activity pyramid.
Practical Recommendations

- Schedule family playtime
- Limit media usage
- Plant a garden
- Make chores a fun activity
- Make smart selection regarding toys
- Implement active routines
- Create an in-home active environment
- Learn new activities together
Practical Recommendations

- Involve children in fun, enjoyable activities from an early age
-Expose children to a variety of physical activities
- Create a positive environment around physical activity
- Incorporate physical activity into family time
- Encourage active play outside
Practical Recommendations

http://www.letsmove.gov/make-physical-activity-part-your-familys-routine
Practical Recommendations

- INFLUENCE YOUR CHILDREN AND REAP THE BENEFITS OF PHYSICAL ACTIVITY AND BECOME ACTIVE AND FIT TODAY TOGETHER AS A FAMILY

- LEAD BY EXAMPLE TO END THE PHYSICAL INACTIVITY EPIDEMIC!
THERE IS A GREAT ADVANTAGE IN BEING ACTIVE TOGETHER AS A FAMILY!
THANK YOU!

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