“MAINTAINING YOUR HEALTH: SPIRITUAL, FINANCIAL, AND PHYSICAL”

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EXERCISE IS MEDICINE!!
THE BEST MEDICINE IS PREVENTION!

• EXERCISE IS PREVENTATIVE MEDICINE
• UNLIKE MOST MEDICINES IN THAT IT IS PREVENTATIVE IN NATURE.
• EXERCISE IS EXTREMELY IMPORTANT IN OUR EVERYDAY LIVES!
• NEEDS TO BE DOSED APPROPRIATELY SO AS TO RECEIVE THE MOST BENEFIT.
OBESITY IS AN EPIDEMIC IN THE UNITED STATES

• 1/3 OF ALL AMERICANS ARE OBESE (35.7%)

• ESTIMATED MEDICAL COST=187 BILLION IN 2008

• COST OF HEALTH CARE FOR THOSE WHO ARE OBESE IS ESTIMATED TO BE $1,429 HIGHER THAN THOSE OF NORMAL WEIGHT

• DIRECT AND INDIRECT COSTS ASSOCIATED WITH OBESITY
INCIDENCE OF OBESITY

• STATES IN THE DEEP SOUTH SHOW THE HIGHEST RATES OF OBESITY
  • LOUISIANA IS THE HIGHEST AT (34.7%) AND COLORADO THE LOWEST AT (20.5%) IN 2012
• NON-HISPANIC BLACKS (49.5%)
• MEXICAN AMERICANS (40.4%)
• HISPANICS (39.1%)
• NON-HISPANIC WHITES (34.3%)
BODY MASS INDEX (BMI)

- CDC USES BMI TO DETERMINE OBESITY
- CALCULATED FROM A PERSON’S HEIGHT AND WEIGHT
- FAIRLY ACCURATE FOR MOST PEOPLE (ATHLETES ARE THE EXCEPTION)
- INEXPENSIVE AND EASY TO PERFORM
- ALLOWS COMPARISON TO THE GENERAL POPULATION
CALCULATING BMI

METRIC SYSTEM
WEIGHT=68 KG   HEIGHT=165 CM (1.65 M)
CALCULATION=68/(1.65)^2=24.98 BMI

ENGLISH SYSTEM
WEIGHT=150 LBS   HEIGHT=5’5” OR 65”
CALCULATION=[150/(65)^2] x 703=24.96
• ADULTS WITH A BMI OF BETWEEN 25 AND 29.9 ARE CONSIDERED TO BE OVERWEIGHT

• BMI OF 30 OR HIGHER IS CONSIDERED OBESE
HEALTH CONSEQUENCES FOR THOSE OVERWEIGHT OR OBESE

• CORONARY ARTERY DISEASE
• TYPE II DIABETES
• CANCERS (ENDOMETRIAL, BREAST, COLON)
• HYPERTENSION (HBP)
• ELEVATED CHOLESTEROL/TRIGLYCERIDES (CAD)
• STROKE (TIA’S)
• LIVER AND GALLBLADDER DISEASE
• SLEEP APNEA AND RESPIRATORY PROBLEMS
• OSTEOARTHRITIS
• GYNECOLOGICAL PROBLEMS (INFERTILITY)
EXERCISE (WHAT TYPE AND HOW MUCH???)

ACCORDING TO THE CDC:

ADULTS NEED 2 ½ HOURS OR 150 MINUTES OF MODERATE INTENSITY AEROBIC ACTIVITY (IE. BRISK WALKING) AND MUSCLE STRENGTHENING AT LEAST 2 TIMES PER WEEK THAT WORK ALL THE MAJOR MUSCLE GROUPS

OR

75 MINUTES OR MORE OF VIGOROUS INTENSITY AEROBIC ACTIVITY (IE. JOGGING OR RUNNING) AND 2 OR MORE MUSCLE STRENGTHENING DAYS A WEEK THAT WORK ALL OF THE MAJOR MUSCLE GROUPS

OR

AN EQUIVALENT MIX OF MODERATE AND VIGOROUS INTENSITY AEROBIC ACTIVITY AND 2 OR MORE MUSCLE STRENGTHENING DAYS THAT WORK ALL OF THE MAJOR MUSCLE GROUPS
10 MINUTES AT A TIME IS FINE!!!!!!

IT’S ALL ABOUT WHAT IS BEST FOR YOU! AS LONG AS YOU ARE DOING PHYSICAL ACTIVITY AT A MODERATE TO VIGOROUS EFFORT LEVEL.

150 MINUTES SOUNDS LIKE A LONG TIME BUT IT REALLY ISN’T!

APPROXIMATELY THE SAME TIME YOU WOULD SPEND WATCHING A MOVIE.
REASONS TO BE PHYSICALLY ACTIVE

1. INCREASE YOUR CHANCES OF LIVING LONGER
2. FEEL BETTER ABOUT YOURSELF
3. REDUCE THE CHANCES OF BECOMING DEPRESSED
4. SLEEP BETTER
5. LOOK GOOD!
6. BE IN SHAPE
7. GET AROUND AND MOVE BETTER BETTER
8. HAVE STRONGER MUSCLES AND BONES (VERY IMPORTANT FOR WOMEN)
9. ACHIEVE AND MAINTAIN A HEALTHY WEIGHT
10. BE WITH FRIENDS AND MEET NEW PEOPLE
11. HAVE FUN!!!
THE TIME TO BEGIN IS NOW!!!

• IT’S NEVER TOO LATE TO BEGIN AN EXERCISE PROGRAM

TIPS TO REMEMBER:
- CONSULT WITH YOUR PHYSICIAN FIRST IF FIRST TIME EXERCISING OR AFTER EXTENDED TIME AWAY FROM EXERCISE
- START SLOWLY!!
- TAKE SMALL STEPS WHEN BEGINNING A MORE PHYSICALLY ACTIVE LIFESTYLE SO AS TO NOT BECOME DISCOURAGED
ON CAMPUS FITNESS FACILITY
STATE OF THE ART EQUIPMENT
STAFF AND HOURS OF OPERATION

• ALL STAFF MEMBERS HAVE AT LEAST A BACHELOR’S DEGREE IN EXERCISE SCIENCE
• MANY HAVE OTHER CERTIFICATION SUCH AS: (ATC, C.S.C.S, RECREATIONAL THERAPIST, CES, CERTIFIED TRIATHLON COACH)

HOURS OF OPERATION:  MONDAY-FRIDAY
5:30 AM TO 9:00 PM
SATURDAY
7:00 AM TO 1:00 PM
MEMBERSHIP TYPES AND SERVICES

• REWARDS MEMBERSHIPS
• MEDICAL FITNESS
• PERSONAL TRAINING
• SPORTS PERFORMANCE
• ENDURANCE SERVICES (COMPUTRAINER AND FITNESS TESTING)
QUESTIONS?