



American Heart Association®

EmPOWERED to Serve™

# Get Active!

## #EmPOWERChange

# GET ACTIVE | Lesson Overview

## Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

## Health Lesson

- Understand the Physical Activity Guidelines for Americans
- Identify How to Remove Barriers to Physical Activity
- Establish a Physical Activity Plan

## Closing Thoughts

- Your Voice Matters
- Online Resources





# WHAT IS EMPOWERED TO SERVE?

**EmPOWERED to Serve (ETS) is a movement inspiring those who are passionate about driving change through health justice in their communities.**

We are catalysts for change,  
empowering the equity equation.

**AHA's Mission Statement:**  
To be a relentless force for a  
world of longer, healthier lives.



American Heart Association®

EmPOWERED to Serve™

# WHY PHYSICAL ACTIVITY MATTERS

**Heart disease is the  
No. 1 killer worldwide.**

**Stroke ranks second globally.**  
Even when these conditions don't  
result in death, they can cause  
disability and diminish a person's  
quality of life.





# WHY PHYSICAL ACTIVITY MATTERS

**We want to see a world free of cardiovascular diseases and stroke.**

Heart disease and stroke can be prevented a majority of the time by making healthy choices – such as getting regular physical activity – leading to longer, healthier lives.



# THE SITUATION

**Only about 25% of adults get the recommended amount of physical activity.**

Inactivity increases the risk of death from heart attack, stroke and type 2 diabetes, as well as colon, endometrial and lung cancer.





# THE SITUATION

The 75% of U.S. adults who perform little to no moderate-to-vigorous physical activity can realize valuable benefits by **replacing sitting time with light activity.**



# POINT 1: Physical Activity Recommendations

Adults should get at least:

150 minutes a week of  
moderate-intensity aerobic activity

- OR -

75 minutes a week of  
vigorous aerobic activity

- OR -

A combination of both,  
*and preferably spread throughout the week*

Strength training activities should be  
incorporated at least two days per week.





# POINT 1: Physical Activity Recommendations

## Examples of moderate physical activity:

- Walking briskly  
*(3 miles per hour or faster, but not race-walking)*
- Water aerobics
- Bicycling  
*(less than 10 mph)*
- Tennis *(doubles)*
- Yoga
- Ballroom dancing
- General gardening



# POINT 1: Physical Activity Recommendations

## Examples of vigorous physical activity:

- Race walking, jogging or running
- Swimming laps
- Tennis (*singles*)
- Aerobic dancing
- Bicycling (*10 mph or faster*)
- Jumping rope
- Heavy gardening (*continuous digging or hoeing*)
- Hiking uphill or with a heavy backpack





# POINT 1: Physical Activity Recommendations

**Children 3-5** years old should be physically active and have plenty of opportunities to move throughout the day.

**Kids 6-17** years old should get at least 60 minutes per day of moderate-to vigorous-intensity physical activity, mostly aerobic.



## **VIDEO:** Exercise Within Reach





# POINT 1: Physical Activity Recommendations

## Move more, sit less

Adults should move more and sit less throughout the day. Any physical activity is better than none.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.



**There are benefits to any physical activity.**



# POINT 1: Physical Activity Recommendations

**Reducing sedentary time lowers risks for chronic diseases.**

If you're not getting any activity, start with light activity such as walking. Even light-intensity activities are better than sitting.

**Add small bursts of activity.** Stand up for phone calls, get up to stretch and take a short walk every hour or so, or try a standing desk or workstation.





# POINT 1: Physical Activity Recommendations

## Kids and Physical Activity

- Inactive kids are likely to be inactive adults.
- Physical activity produces overall physical, psychological and social benefits.
- Activity may be particularly helpful for the physical and psychological well-being of children with a weight problem.



# POINT 1: Physical Activity Recommendations

## Physical activity helps:

- Control weight.
- Reduce blood pressure.
- Raise HDL (“good”) cholesterol.
- Reduce the risk of diabetes and some kinds of cancer.
- Improve psychological well-being, including building more self-confidence and higher self-esteem.
- Strengthen the immune system.
- Prolong good health.





## POINT 2: Possible Barriers to Physical Activity

**“I don’t have enough time.”**

**Select activities that fit into your routine,** *such as walking in your neighborhood, climbing stairs, parking farther away from your destination or exercising while you watch TV.*

**“I don’t have anyone to exercise with.”**

**Join a gym or a walking or running group for social support.**



## **POINT 2: Possible Barriers to Physical Activity**

**"I don't have enough energy."**

**Plan ahead.**

Determine what time of day you're most energetic and schedule activity at that time.

**"I don't have exercise equipment."**

**Select activities that don't require gym equipment or a membership,** such as walking, jogging, jumping rope or calisthenics.

**"I have to take care of my family."**

**Spend time together while exercising.**

Play tag, go for a walk or visit a park.



## POINT 3: Create a Physical Activity Plan

You've made the decision to start being more physically active. What's next?

- 1) Get a baseline health screening if you have a chronic condition or have medical questions or concerns.
- 2) Identify and address your obstacles.
- 3) Assess yourself.
- 4) Set your goals.
- 5) Consider keeping an activity log.





# MOVE MORE, WITH MORE INTENSITY, AND SIT LESS



**10 minutes** of stretching  
is like walking the  
length of a football field



**20 minutes** of vacuuming  
is like walking one mile



**2.5 hours** of walking every  
week for a year is like walking  
across the state of Wyoming



**1 hour** of dancing every week  
for a year is like walking from  
Chicago to Indianapolis



**30 minutes** of singles  
tennis is like walking a 5K



**30 minutes** of grocery  
shopping every other  
week for a year is like  
walking a marathon



# MOVE MORE, WITH MORE INTENSITY, AND SIT LESS

**Get out there.**

Then slowly increase duration and/or intensity.

- Set clear goals to motivate yourself.
- Goals can help when you're not in the mood to get moving.



# ADD YOUR TIME UP!

You get the same benefits if you divide your time into two or three 10- to 15-minute segments a day.

- Squeeze in a walk.
- Walk, jog in place or use the treadmill at the gym.





# EXERCISE AT WORK

## Active Workdays

- Schedule time for physical activity on your calendar and treat it as any other important appointment.
- Participate in or start a walking club at work.
- Walk during the workday.



# EXERCISE AT HOME

## Household Chores Count

- Clean the house.
- Rake leaves, prune trees and work in the garden.
- Walk or bike to the corner store.
- Wash the car.





# YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text **EMPOWER** to **46839** to join today!



American Heart Association®  
**You're the Cure**



# USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to [EmPOWEREDtoServe.org](https://EmPOWEREDtoServe.org)

Sign up to become an ambassador and learn how you can be a part of the movement!

**Join us as we impact the health of ALL in our communities!**



# WRAP-UP

**We appreciate your thoughts!**

Tell us what you liked best.

Email us at:  
**[empoweredtoserve@heart.org](mailto:empoweredtoserve@heart.org)**





# WE ARE **EMPOWERED TO SERVE**

...serve our health, serve our community



**The American Heart Association requests that this document be cited as follows:**  
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