

## **Aerobic Exercises Workshop Guide**

### **Starter Activity - Get Active Questionnaire**

Complete the attached Get Active Questionnaire. We will return to this page at the end of the workshop.

### **Exercise for Bone Health**

Osteoporosis Canada recommends:

- at least 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more - weight-bearing is better
- muscle and bone-strengthening activities using major muscle groups, at least 2 days per week
- physical activities to enhance balance and prevent falls daily
- practice spine sparing strategies and good posture daily

### **How much aerobic exercise do I need?**

With the person beside you, discuss the following questions: (record your ideas in the space below)

- How much aerobic exercise do you complete per week?
- What motivates you to participate in aerobic exercise?
- What are some barriers that prevent you from participating in aerobic exercise?

## Canadian Physical Activity Guidelines

To achieve health benefits, adults aged 18-64 should:

- accumulate at least 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more
- perform muscle and bone-strengthening activities using major muscle groups, at least 2 days per week

65 years and older:

- as above + physical activities to enhance balance and prevent falls

## Benefits of Aerobic Exercise

Physical Health

- ↓ risk of developing many chronic health conditions
  - heart disease, type 2 diabetes, high blood pressure, etc.
- ↑ management of chronic health conditions
  - ↓ blood pressure, ↓ blood sugar, ↓ pain and ↑ function in those with arthritis, etc.

Fitness

- ↑ energy and stamina, ↓ fatigue
- maintenance of independence with ageing

Mental Health

- aerobic exercise is a known stress reliever and mood booster

## FITT Principle

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**I** \_\_\_\_\_

**T** \_\_\_\_\_

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## Planning and Goal Setting

Consider the following questions and write down your ideas in the space below.

These are the first steps towards creating a plan for your bone health.

- How do you want to continue with aerobic exercise?
- How will you take action to benefit from the information you have learned?
- What goals will help you stay motivated?

## How do I set goals?

Fill in the blanks below with the appropriate keyword.

Setting SMART goals helps you make clear, successful changes.

|       |                                                                                                                                                                              |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| _____ | what do you want to do? how much will you do? when will you do it? how often?                                                                                                |
| _____ | what will it look like to achieve your goal? how will you keep track of your progress and measure your success?                                                              |
| _____ | set yourself up for success, sometimes it is better to start small to build momentum                                                                                         |
| _____ | does your goal fit into your everyday life? can you take the actions needed to meet your goal in the midst of your daily commitments, responsibilities and level of support? |
| _____ | when will you meet your goal?                                                                                                                                                |

### **Cool-down Activity**

Review your Get Active Questionnaire from the starter activity.

Consider the following questions and record your responses below.

- What changes do you need to make to your daily routine?
- How can you make these changes?
- Which areas should you focus on first?

Once you have completed the above, create a SMART goal for improving your exercise routine that you can work towards over the next week.