

Spring into Wellness by Movin' and Groovin'



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Disclosures

I declare no actual or potential conflict of interest and no relevant financial relationships, sponsorships, or commercial interests with Fitbits, physical activity trackers, types of physical activity exercises, YouTube videos, websites, or anything else in relation to this presentation.

Physical Activity Participation Disclaimer

- Participating in any physical activity session carries the possibility of physical injury. You should be in good physical condition to perform physical activity. Please do not participate in this (or any) physical activity if you have been told not to do so by a healthcare provider. If you engage in this physical activity, you agree to do so voluntarily, at your own risk, and assume all risk of injury to yourself.

Learning Objectives

Examine	Examine the background of wellness and physical activity
Recall	Recall the importance of wellness and physical activity
Discuss	Discuss strategies to make physical activity a habit
Apply	Apply the benefits of physical activity by movin' and groovin'

Take Care of Yourself to be Present for Others

"You can't really
be present for the
people in your
life if you aren't
taking care of
yourself."

-Kerry
Washington

Background of Wellness & Physical Activity



What is Wellness?



Wellness Definition

- **WELLNESS** = “The **active pursuit** of activities, choices and lifestyles that lead to a state of **holistic health**.”
-Global Wellness Institute

(Global Wellness Institute, n.d.)

Wellness is Multidimensional



- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- **Spiritual:** Searching for meaning and higher purpose in human existence.
- **Social:** Connecting and engaging with others and our communities in meaningful ways.
- **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices and wellbeing.

(Global Wellness Institute, n.d.)

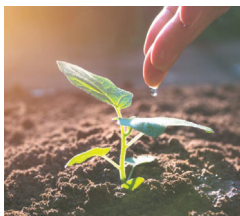
Wellness History

- **Traced back to ancient civilizations** from the East (India, China) to the West (Greece, Rome)
- **19th Century:** Europe and United States developed a variety of intellectual, religious, and medical movements-**Foundation of holistic and natural approaches, self-healing, and preventative care**
- **1960s-1970s:** Wellness-focused and holistic modalities **gained more visibility**
- **21st Century:** Wellness movement **flourished**

(Global Wellness Institute, n.d.)

3 Elements of Wellness

- 1) Aliveness
- 2) Connection
- 3) Meaning



(Burchard, 2021)

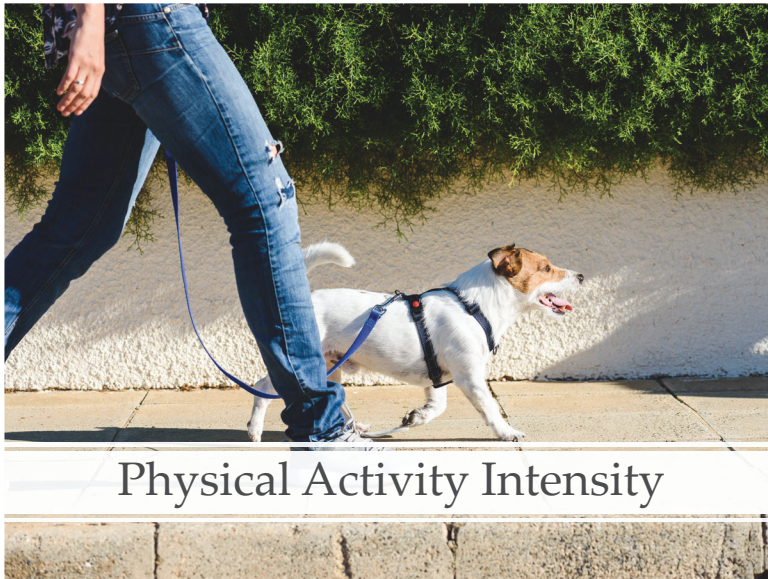
What is Physical Activity?



Physical Activity Definition

- “Any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level.”
-USDHHS
- “Anything that gets your body moving.”
-CDC

(CDC, 2022b; USDHHS, 2018)



Components of Physical Activity

Table 2-2. Components of Physical Fitness

Cardiorespiratory Fitness	The ability to perform large-muscle, whole-body exercise at moderate-to-vigorous intensities for extended periods of time.
Musculoskeletal Fitness	The integrated function of muscle strength, muscle endurance, and muscle power to enable performance of work.
Flexibility	The range of motion available at a joint or group of joints.
Balance	The ability to maintain equilibrium while moving or while stationary.
Speed	The ability to move the body quickly.

(USDHHS, 2018, p. 33)

Physical Activity Intensity

Light-intensity activity

Moderate-intensity activity

Vigorous-intensity activity

(USDHHS, 2018)

Light-Intensity Activity

- **LIGHT-INTENSITY ACTIVITY:**
Non-sedentary waking behavior that requires less than 3.0 METs
- ✓ **EXAMPLES:**
 - ❑ Walking at slow or leisurely pace (2 mph or less)
 - ❑ Cooking activities
 - ❑ Light household chores

(USDHHS, 2018)



Moderate-Intensity Activity

- **MODERATE-INTENSITY ACTIVITY:**
Requires 3.0 to less than 6.0 METs
- ✓ **EXAMPLES:**
 - ❑ Walking briskly (2.5 to 4 mph)
 - ❑ Playing doubles tennis
 - ❑ Raking yard

(USDHHS, 2018)

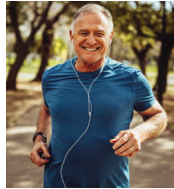


Vigorous-Intensity Activity

- **VIGOROUS-INTENSITY ACTIVITY:**
Requires 6.0 or more METs

- ✓ **EXAMPLES:**

- ❑ Jogging
- ❑ Running
- ❑ Carrying heavy groceries or other loads upstairs
- ❑ Shoveling snow
- ❑ Participating in a strenuous fitness class



(USDHHS, 2018)

Table 4-1. Examples of Different Aerobic Physical Activities and Intensities, Based on Absolute Intensity

Moderate-Intensity Activities

- Walking briskly (2.5 miles per hour or faster)
- Recreational swimming
- Bicycling slower than 10 miles per hour on level terrain
- Tennis (doubles)
- Active forms of yoga (for example, Vinyasa or power yoga)
- Ballroom or line dancing
- General yard work and home repair work
- Exercise classes like water aerobics

Vigorous-Intensity Activities

- Jogging or running
- Swimming laps
- Tennis (singles)
- Vigorous dancing
- Bicycling faster than 10 miles per hour
- Jumping rope
- Heavy yard work (digging or shoveling, with heart rate increases)
- Hiking uphill or with a heavy backpack
- High-intensity interval training (HIIT)
- Exercise classes like vigorous step aerobics or kickboxing

More Physical Activity Intensity Examples

(USDHHS, 2018, p. 59)



Levels of Physical Activity

Levels of Physical Activity

1). Inactive

2). Insufficiently active

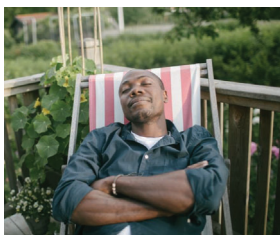
3). Active

4). Highly active

(USDHHS, 2018)

Inactive Level of Physical Activity

- **INACTIVE:** Not getting any moderate- or vigorous-intensity physical activity beyond basic movement from daily life activities



(USDHHS, 2018)

Insufficiently Active Level of Physical Activity

- **INSUFFICIENTLY ACTIVE:** Doing some moderate- or vigorous-intensity physical activity **but less than 150 minutes of moderate-intensity** physical activity a week or 75 minutes of vigorous-intensity physical activity or the equivalent combination
- ✓ **This level is less than the target range for meeting the key guidelines for adults**

(USDHHS, 2018)

Active Level of Physical Activity

- **ACTIVE:** Doing the equivalent of **150 minutes to 300 minutes of moderate-intensity** physical activity a week
- ✓ This level meets the key guideline target range for adults



(USDHHS, 2018)

Highly Active Level of Physical Activity

- **HIGHLY ACTIVE:** Doing the equivalent of **more than 300 minutes of moderate-intensity** physical activity a week
- ✓ This level exceeds the key guideline target range for adults



(USDHHS, 2018)

Figure A-1. Move Your Way Adult Dosage



(USDHHS, 2018, p. 11)

Key Physical Activity Guidelines for Adults



Key Guidelines for Adults

- ✓ Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- ✓ For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- ✓ Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- ✓ Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

(USDHHS, 2018, p. 56)



Key Guidelines for Older Adults

These guidelines are the same for adults and older adults:

- ✓ Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- ✓ For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- ✓ Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- ✓ Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Guidelines just for older adults:

- ✓ As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- ✓ Older adults should determine their level of effort for physical activity relative to their level of fitness.
- ✓ Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- ✓ When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

(USDHHS, 2018, p. 68)

Key Physical Activity Guidelines for Adults 65 Years of Age or Older



Aerobic Activities for Adults

Walking

- Walking is an easy physical activity to begin and maintain as part of a physically active lifestyle
- Does not require special skills, facilities, or expensive equipment
- Many studies show walking has health benefits and a low risk of injury
- Can be done year-round and in many settings

(USDHHS, 2018)

High-Intensity Interval Training (HIIT)

- HIIT is a form of interval training that consists of alternating short periods of maximal-effort exercise with less intense recovery periods
- No universally accepted lengths for the maximal-effort period, the recovery period, or the ratio of the two
- No universally accepted number of cycles per session or the entire duration of the session
- No precise relative intensity at which maximal-effort component should be performed

(USDHHS, 2018)

Yoga and Tai Chi-Increasingly Popular Forms of Physical Active

YOGA:

- Various types of yoga (meditative Hatha yoga to power yoga)
- Characterized as **light-intensity** or as **moderate physical activity**
- May also be **considered both aerobic and muscle strengthening**, depending on type and postures

TAI CHI:

- Classified as **light-intensity** physical activity but may be relatively **moderate intensity** for older adults
- Some forms of tai chi may be **muscle strengthening**
- Research exploring effects **tai chi may have on balance and physical function in older adults**

(USDHHS, 2018)

Examples of Physical Activity for Older Adults (65 Years of Age or Older)

Table 5-1. Examples of Physical Activities for Older Adults

Aerobic Activities	Muscle-Strengthening Activities
<ul style="list-style-type: none"> Walking or hiking Dancing Swimming Water aerobics Jogging or running Aerobic exercise classes Some forms of yoga Bicycle riding (stationary or outdoors) Some yard work, such as raking and pushing a lawn mower Sports like tennis or basketball Walking as part of golf 	<ul style="list-style-type: none"> Strengthening exercises using exercise bands, weight machines, or hand-held weights Body-weight exercises (push-ups, pull-ups, planks, squats, lunges) Digging, lifting, and carrying as part of gardening Carrying groceries Some yoga postures Some forms of tai chi

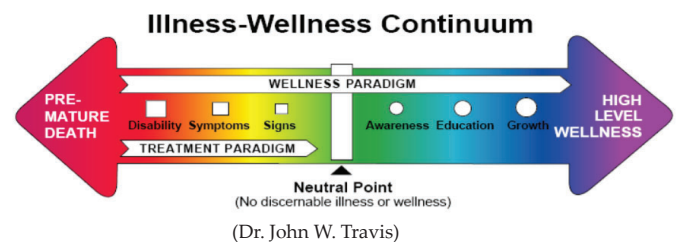
Note: The intensity of these activities can be either relatively moderate or relatively vigorous, depending upon an older adult's level of fitness.

(USDHHS, 2018, p. 70)

Importance of Wellness and Physical Activity



Importance of Wellness



MEDICAL PARADIGM:

- Reactive approach
- Poor health
- Pathologic

WELLNESS PARADIGM:

- Proactive approach
- Prevention focus (healthy lifestyles; pursuit of optimal wellbeing)

(Global Wellness Institute, n.d.; Strohecker, 2023)

Importance of Physical Activity

- 1) **Healthy People 2030 Physical Activity Goal:** To improve health, fitness, and quality of life through regular physical activity
- 2) **Inactivity** causes an **increased risk of health issues** that affect the country, military, and community
- 3) **Physical activity** has so many **benefits**

(USDHHS & ODPHP, n.d.)

Physical Inactivity Affects the Country



(CDC, 2023)

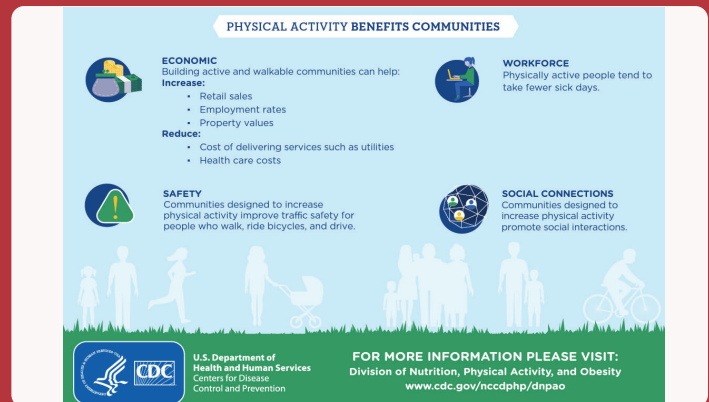
Physical Inactive Affects Military Readiness

Only 2 in 5 young adults are weight eligible and physically prepared for basic training

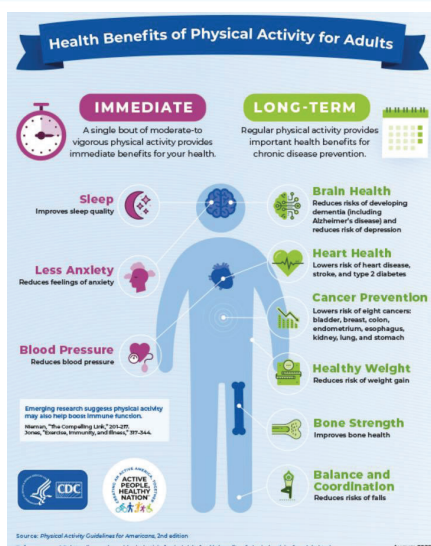
Long-term medical readiness is at risk unless there is a large-scale change in physical activity and nutrition

(CDC, 2023)

Physical Activity Affects Communities



(CDC, 2023)



Physical Activity Benefits for Adults

(CDC, 2022a)

Table 2-1. Health Benefits Associated With Regular Physical Activity

Children and Adolescents
<ul style="list-style-type: none"> Improved bone health (ages 3 through 17 years) Improved weight status (ages 3 through 17 years) Improved cardiorespiratory and muscular fitness (ages 6 through 17 years) Improved cognition (ages 6 to 13 years)* Reduced risk of depression (ages 6 to 13 years)
Adults and Older Adults
<ul style="list-style-type: none"> Lower risk of all-cause mortality Lower risk of cardiovascular disease mortality Lower risk of cardiovascular disease (including heart disease and stroke) Lower risk of hypertension Lower risk of type 2 diabetes Lower risk of adverse blood lipid profile Lower risk of cancer of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach Improved cognition* Reduced risk of dementia (including Alzheimer's disease) Improved quality of life Reduced anxiety Reduced risk of depression Improved sleep Slowed or reduced weight gain Weight loss, particularly when combined with reduced calorie intake Prevention of weight regain following initial weight loss Improved bone health Improved physical function Lower risk of falls (older adults) Lower risk of fall-related injuries (older adults)

Note: The Advisory Committee rated the evidence of health benefits of physical activity as strong, moderate, limited, or grade not assignable. Only outcomes with strong or moderate evidence of effect are included in this table.
*See Table 2.3 for additional components of cognition and brain health.

Physical Activity Benefits for Children and Adults

(USDHHS, 2018, p. 32)

Table 2-3. The Benefits of Physical Activity for Brain Health

Outcome	Population	Benefit	Acute	Habitual
Cognition	Children ages 6 to 13 years	Improved cognition (performance on academic achievement tests, executive function, processing speed, memory)	•	•
	Adults	Reduced risk of dementia (including Alzheimer's disease)		•
	Adults older than age 50 years	Improved cognition (executive function, attention, memory, crystallized intelligence,* processing speed)		•
Quality of life	Adults	Improved quality of life		•
Depressed mood and depression	Children ages 6 to 17 years and adults	Reduced risk of depression Reduced depressed mood		•
Anxiety	Adults	Reduced short-term feelings of anxiety (state anxiety)	•	
	Adults	Reduced long-term feelings and signs of anxiety (trait anxiety) for people with and without anxiety disorders		•
Sleep	Adults	Improved sleep outcomes (increased sleep efficiency, sleep quality, deep sleep, reduced daytime sleepiness, frequency of use of medication to aid sleep)		•
	Adults	Improved sleep outcomes that increase with duration of acute episode	•	

Note: The Advisory Committee rated the evidence of health benefits of physical activity as strong, moderate, limited, or grade not assignable. Only outcomes with strong or moderate evidence of effect are included in this table.

*Crystallized intelligence is the ability to retrieve and use information that has been acquired over time. It is different from fluid intelligence, which is the ability to store and manipulate new information.

Benefits of Physical Activity for Brain Health

(USDHHS, 2018, p. 40)

Table 2-4. Health Benefits Associated With Regular Physical Activity for People With Chronic Health Conditions and Disabilities

Cancer Survivors
• Improved health-related quality of life
• Improved fitness
Breast Cancer Survivors
• Lower risk of dying from breast cancer
• Lower risk of all-cause mortality
Colorectal Cancer Survivors
• Lower risk of dying from colorectal cancer
• Lower risk of all-cause mortality
Prostate Cancer Survivors
• Lower risk of dying from prostate cancer
People with Osteoarthritis (knee and hip)
• Decreased pain
• Improved physical function
• Improved health-related quality of life
• No effect on disease progression at recommended physical activity levels
People with Hypertension
• Lower risk of cardiovascular disease mortality
• Reduced cardiovascular disease progression
• Lower risk of increased blood pressure over time
People with Type 2 Diabetes
• Lower risk of cardiovascular disease mortality
• Reduced progression of disease indicators: hemoglobin A1c, blood pressure, body mass index, and lipids
People with Dementia
• Improved cognition
People with Multiple Sclerosis
• Improved physical function, including walking speed and endurance
• Improved cognition
People with spinal cord injury
• Improved walking function, muscular strength, and upper extremity function
People with diseases or disorders that impair cognitive function (including ADHD, schizophrenia, Parkinson's disease, and stroke)
• Improved cognition

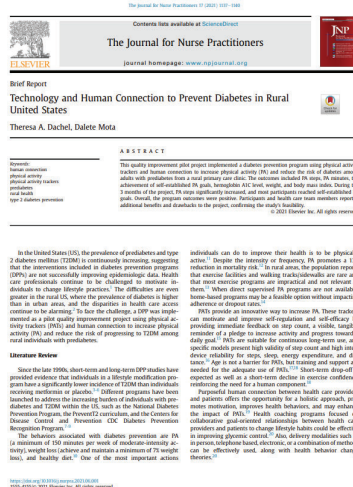
Note: The Advisory Committee rated the evidence of health benefits of physical activity as strong, moderate, limited, or grade not assignable. Only outcomes with strong or moderate evidence of effect are included in this table.

Benefits of Physical Activity for People With Chronic Health Conditions and Disabilities

(USDHHS, 2018, p. 43)

Technology and Human Connection to Prevent Diabetes in Rural United States

(Dachel & Mota, 2021)



Additional Benefits of Physical Activity From Study

Increased energy levels

Improved sleep

Healthier diet

Improved mobility

Improved mood

Decreased pain

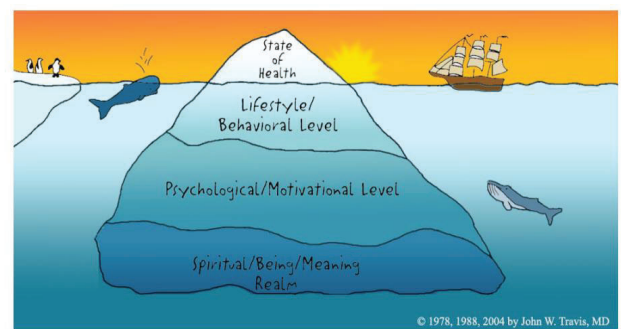
Increased sense of autonomy & competence

(Dachel & Mota, 2021)

Strategies to Make Physical Activity a Habit



Iceberg Model: Illness and Health are Only the Tip of the Iceberg



- To understand their causes, you must look below the surface- Icebergs reveal only a small part of their true size above water (~90% submerged) (Stroecker, 2023)

MOVE Framework to Make Physical Activity a Habit

- **M** = Motivation
- **O** = Obligation
- **V** = Variety
- **E** = Enjoyment

Motivation

- **Motivation to start and continue**
 - ✓ **"Motivation is what gets you started. Habit is what keeps you going."**-Jim Rohn
- Motivation is a **choice**
- Motivation **comes from within and from around**
- **TIP:** To help with motivation, **create a support system (at work and at home)** for motivation, accountability, and support

Obligation

- **Obligation to do it on a consistent basis**
- Need to **set goals and track progress**
- **TIP:** To help with obligation, have **realistic and specific goals** and **let those around you know your decision to work on your wellness** by doing physical activity

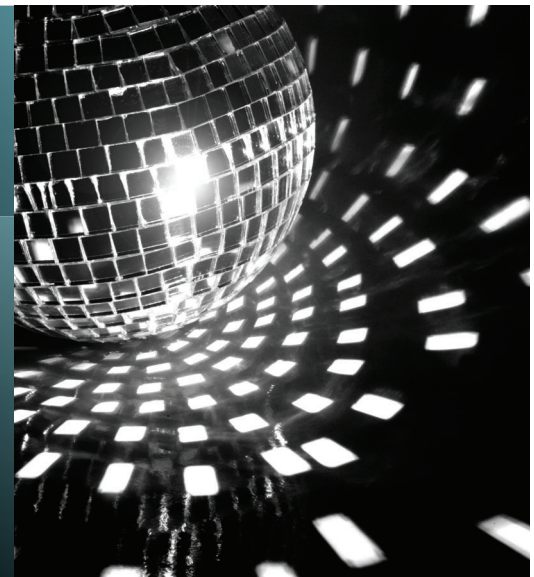
Variety

- **Variety of types of physical activity you enjoy** (avoids boredom and monotony)
- **TIP:** To help with physical activity variety, **plan workouts with others** (e.g., be on a team or league some days per week or join an exercise group) and **rotate days** of doing certain types of physical activity

Enjoyment

- **Enjoy the wins (small and big)**
- Continue to move forward toward goals but stop to appreciate the journey
- **TIP:** To help enjoy the wins, **celebrate with family or friends when a physical activity goal is met**

Let's Get
Movin'
and
Groovin'



Final Thoughts

"People may not remember what you say, but they remember how you made them feel."
-Unknown author

"Self care is not self-indulgence, it is self-preservation."
-Audre Lorde

Questions

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