



MOVEMENT MATTERS

Chelsea Corsi, RN, BSN, BSc.

TRU Wellness Coordinator

Movement Matters Overview

- Quick Introduction
- Why Movement Matters
- Current Physical Activity Guidelines
- Curve Ball...Emerging Research
- Tips to Improve Your Movement
- Questions
- Resources



Movement Matters - Introduction

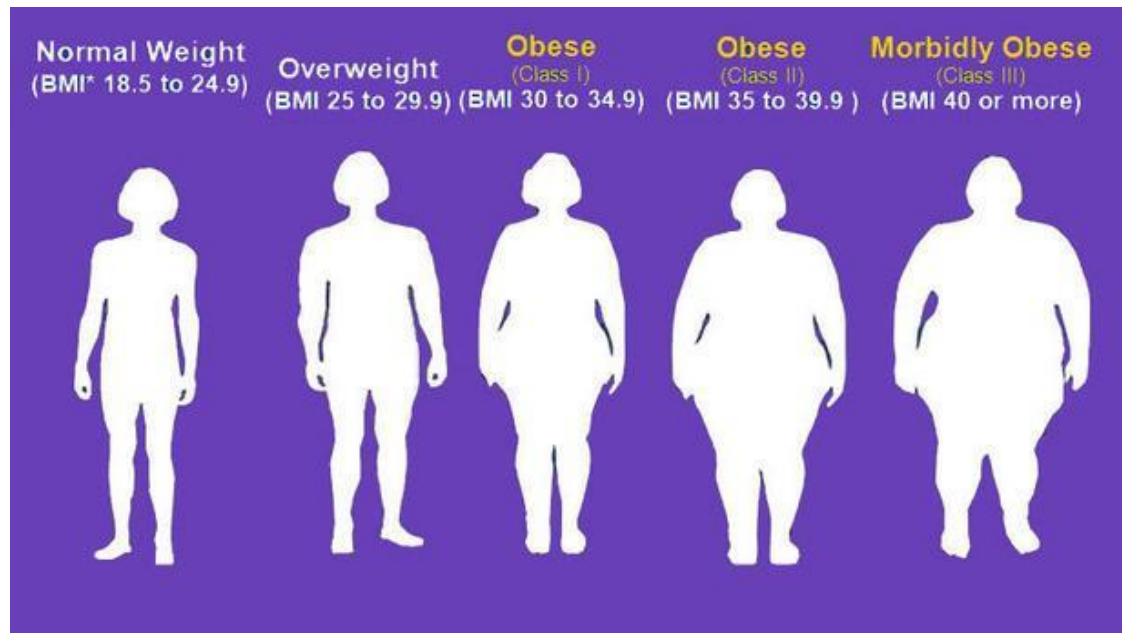
- TRU Wellness Centre
 - ▣ 0.75 FTE Faculty Wellness Coordinator, Bipartite
 - ▣ Counselling Department
 - ▣ Funded by student money (Comprehensive University Enhancement Fund – CUEF)
 - ▣ Last year:
 - Over 9200 direct contacts made with students and employees through one-to-one, small group education sessions and campus-wide events [National College Health Assessment (research), Sexual Health Week, All Sizes Fit: Nutrition Awareness, Therapy Thursdays: For the Love of Dogs, Wellness Breaks, Piloga, etc.]

Why Movement Matters

- The research is clear:
 - ▣ increased physical activity correlates with improved health
 - ▣ inactivity is correlated with poor health
 - ▣ For example:
 - Currently 2 out of 5 Canadians will develop Cancer in their lifetime
 - 30-35% of cancers could be prevented if people ate a healthy diet, exercised regularly and maintained a healthy body weight

Why Movement Matters

- Currently, approximately 37% Canadians are overweight* and on average 25.3% adults over the age of 18 are obese**

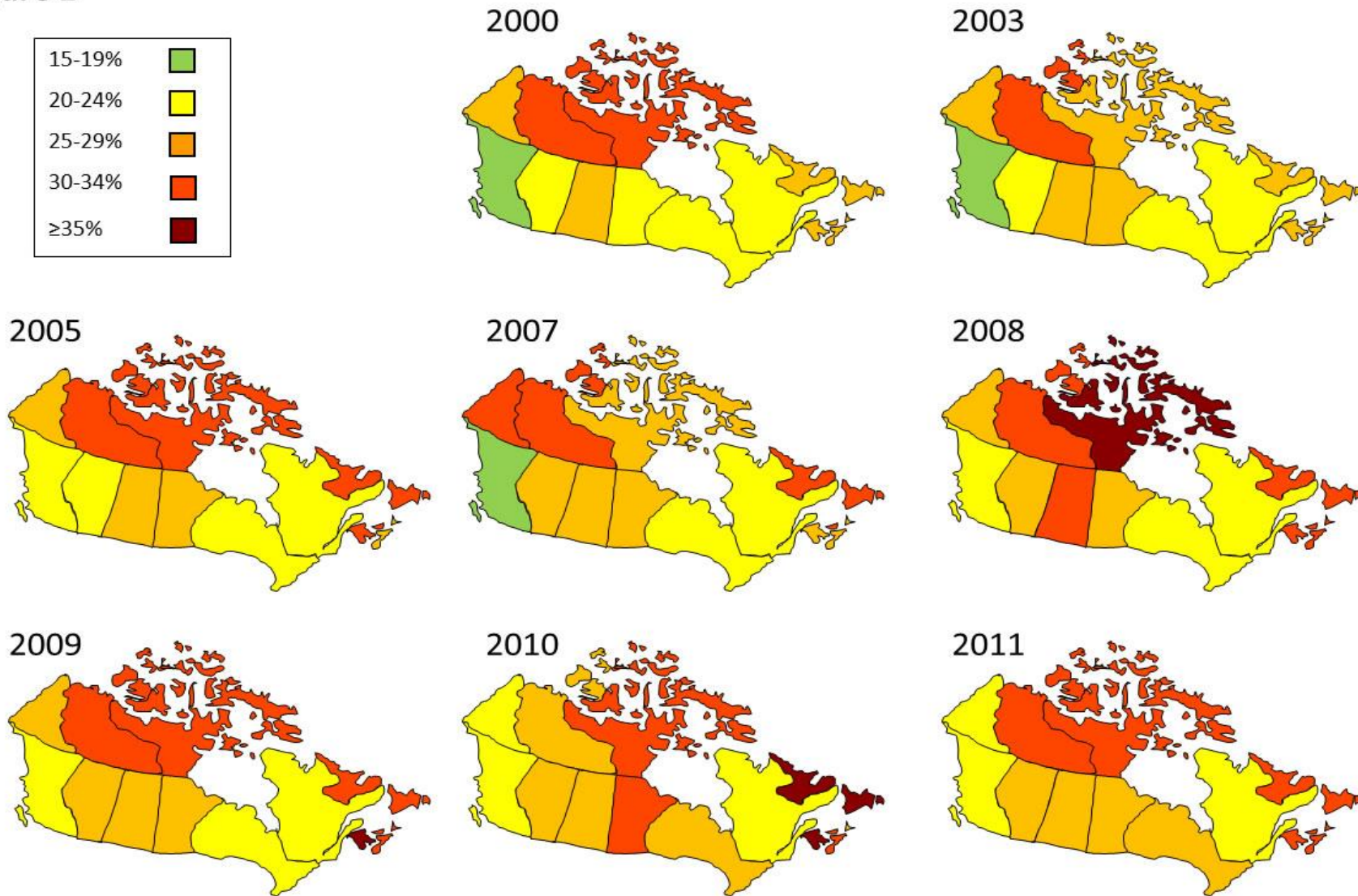


*Health Canada, 2008

** UBC Study, results released in February 2013

Obesity Rates in Canada 2000-2011

Figure 1



Current Physical Activity Guidelines*

- Canada's Physical Activity Guidelines recommend at least 60 minutes of activity every day for children and 150 minutes a week for adults.
- For adults 150 minutes means moderate to vigorous aerobic activity, accumulated in at least 10 minute intervals
- It is recommended to also add muscle and bone strengthening activities at least 2 days per week

**Please note that the Canadian Cancer Society recommends 30 minutes of moderate activity per day...150 minutes is close to 22 minutes a day.*

Current Physical Activity Guidelines

Being active for at least 150 minutes per week can reduce the risk of:

- ❑ Premature Death
- ❑ Heart Disease
- ❑ Stroke
- ❑ High blood pressure
- ❑ Certain types of cancer
- ❑ Type 2 Diabetes
- ❑ Osteoporosis
- ❑ Being overweight or obese

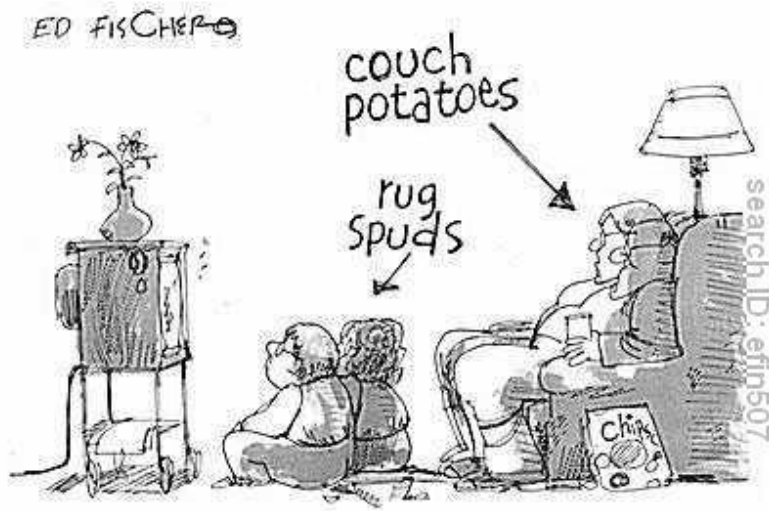
Activity can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)



Curve Ball...New Research

- While all of this moderate/vigorous activity you do is great, what about the rest of your time? What are you doing during the approximate 15.5 remaining hours you are awake??



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Curve Ball...Emerging Research

- *Sitting time is emerging as a strong candidate for being a cancer risk factor in its own right...It seems highly likely that the longer you sit, the higher your risk. This phenomenon isn't dependent on body weight or how much exercise people do.*



Office workers can spend 75% of their working hours sitting

Curve Ball...Emerging Research



The evidence does suggest though that ‘key indicators of cancer risk are lowered’ when prolonged sitting is broken up for at least 1-2 minutes at regular intervals

MAKE TIME FOR BREAK TIME

Make Time for Break Time

This graphic illustrates how different amounts of activity influence certain much-studied indicators of cancer risk. Other factors like eating smart, staying lean and not smoking also may lower cancer risk.



Tips to Improve Your Movement

- Think in terms of ‘break-time’
 - ▣ Do short bursts of activity during the other 97% of your day
 - ▣ Set a reminder on your computer to get up and move every hour – do a set of stairs or some quick stretches, walk to the photocopier, jog on the spot
 - ▣ When on the phone stand up and move
 - ▣ Use an exercise ball rather than a chair
 - ▣ Have small hand weights and use when reading emails or reports
 - ▣ Have ‘walking meetings’ rather than sitting in someone’s office – ‘Pedeconference’



Tips to Improve Your Movement

- Get your 150 minutes (or 30 minutes/day) of moderate-vigorous activity
 - Create a plan using SMART Goals – Specific, Measurable, Attainable, Realistic and Timely
 - Brisk walking (walk to work or at coffee/lunch) breaks
 - Play with your kids rather than watching them
 - Bike
 - Swim
 - Run
 - Ski
 - Dance
 - Free classes on campus
 - Campus Rec/Wellness



□

Resources/References

- American Institute for Cancer Research
<http://www.aicr.org/press/press-releases/getting-up-from-your-desk.html>
- Canadian Cancer Society, BC & Yukon
<http://www.cancer.ca/en/?region=bc>
- Canadian Physical Activity Guidelines for Adults
<http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-adults-ENG.pdf>
- Healthy Families BC
<http://www.healthyfamiliesbc.ca/>