CHRISTINA WEISS

1. Daughter to two ageing parents
2. Sibling
3. Mother to three boys 10, 12 and 14 years
4. Wife
5. Friend
6. Employee
7. Supervisor
8. Kinesiologist
9. Former athlete in Rugby, Triathlons, and Running
WHO NEEDS HELP WITH EXERCISE?

- People who stopped being active and want to start
- People who have chronic conditions
- Athletes including our varsity athletes
- Isolated seniors
- People wanting to maintain a healthy lifestyle
- People with disabilities who need assistance with training
- Intern students who are putting theory into practice
WHY EXERCISE?

• Less than 50% of people diagnosed with anxiety and depression do not do enough exercise to gain health benefits (Brendon Stubbs)

• Exercise is a great stress reliever.

Mark Tremblay, healthyactivekids.org
# EXERCISE IMPROVES MENTAL HEALTH

<table>
<thead>
<tr>
<th>Action</th>
<th>Benefits</th>
</tr>
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<tbody>
<tr>
<td>Increases oxygen in the brain</td>
<td>Improves our brain health and memory, slows ageing</td>
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<tr>
<td>Makes our heart beat faster</td>
<td>Improves blood circulation</td>
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<tr>
<td>Improves our mental toughness</td>
<td>Improves ability to cope with stress</td>
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<tr>
<td>Decreases inflammation</td>
<td>Reduces pain and helps people move better</td>
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<tr>
<td>Contracts our muscles</td>
<td>Improves our muscle and bone health</td>
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<tr>
<td>Releases mood enhancing hormones</td>
<td>Provides feelings of wellness, reduces stress</td>
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<tr>
<td>Increases skills</td>
<td>Increases our confidence</td>
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<tr>
<td>Keeps our waist lines from expanding</td>
<td>Helps us manage and prevent certain diseases such as cardiovascular disease, high blood pressure, diabetes, and cancer</td>
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</tbody>
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A HEALTHY 24 HOURS INCLUDES:

**SWEAT**
Moderate to Vigorous Physical Activity
30 min/day of tummy time for infants, 60 min/day for toddlers and children 5-17 years, and 150 min/week of aerobic exercise and muscle and bone building exercises for adults and older adults.

**STEP**
Light physical activity
Several hours of light unstructured and structured physical activity for children and youth.

**SLEEP**
Up to 17 hours for 0-4 years, up to 11 for 5-17 years, and 7 hrs for adults.

**SIT**
Sedentary behaviour
2 hours per day of recreational screen time; Limited sitting for extended periods.
<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
<th>RPE Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Very, very light</td>
<td>How you feel when lying in bed or sitting in a chair relaxed.</td>
</tr>
<tr>
<td>7</td>
<td>Very light</td>
<td>Little or no effort.</td>
</tr>
<tr>
<td>8</td>
<td>Very light</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Fairly light</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Somewhat hard</td>
<td>Target range: How you should feel with exercise or activity.</td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Hard</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Very hard</td>
<td>How you felt with the hardest work you have ever done.</td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Very, very hard</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Maximum exertion</td>
<td>Don’t work this hard!</td>
</tr>
</tbody>
</table>
CARDIO — AEROBIC EXERCISES

• Start with a warm up and end with a cool down
• Use large muscles of body (chest, back, thighs, buttocks and abdomen)
• To reduce muscle soreness, start with a short time and build up over time.
• Track your progress with tools: Fitness tracker/step counters aim for 10,000 steps
MUSCLE AND BONE BUILDING 🏋️‍♂️ + BALANCE

Frequency: 2 x week
Intensity: 1-4 sets - 8 to 12 Reps - somewhat hard
Time: 5 min +
Type: Large muscle groups / multi-joint

SINGLE LEG STANCE WITH TOE TAP
EXERCISE SNACKING IS A HIIT (20 – 90 SEC)

Three 20 sec bursts with 1-4 hrs rest increased fitness by 6% in 22 year old sedentary females.


HAVE AN EXERCISE SNACK

• 10 min power yoga session using apps like Down Dog
• Dance to your favourite song (including some jumps)
• Perform 20 sec. of sit to stand exercises
• Walk up a flight of stairs
• Take a power walk
• Sprint for 20 sec.
• Toilet paper workout
  https://www.youtube.com/watch?v=aaa_zb7GwWc
• Defi Santé https://defisante.ca/bouger-plus/renforcement-et-souplesse
KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!

- **FROG JUMPS**
  Hop, hop, back and forth like a frog

- **BEAR WALK**
  Hands & feet on the floor, hips high - walk left and right

- **GORILLA SHUFFLE**
  Sink into a low sumo squat, with hands on the floor, shuffle around the room.

- **STARFISH JUMPS**
  Jumping jacks as fast as you can, with arms and legs spread wide.

- **CHEETAH RUN**
  Run in place, as FAST as you can! Just like the fastest animal in the Sahara.

- **CRAB CRAWL**
  Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.

- **ELEPHANT STOMPS**
  March in place lifting your knees as high as you can and stomping the ground as hard as you can!
EXERCISE FOR TWEENS AND TEENS
HIIT VS. CONTINUOUS EXERCISE

• Higher intensity bouts of exercise – shown to better for a number of conditions
• Bouts of intensity - 20 seconds to 90 seconds
• More fun
• Shorter workout
• More variety
• More efficient
• Can increase risk of injury

HIIT CIRCUIT FOR PHYSICALLY ACTIVE
20 SEC ON 20 SEC OFF

- Jumping Jacks
- Burpees
- Mountain Climber
- Explosive Pushup
- Side Plank - Hold
- Superman
HOME WORKOUT — INCLUDED WITH WEBINAR
STRETCHING
Choose a time that works for you and make a routine
Choose a place and prepare that space
Get your family, friends, and coworkers involved
Add some friendly competition
Even small amounts help
Be flexible
Change it up with increased intensity
Take more breaks
Play music
Use apps and videos or Work with a trainer