Increasing Your Movement for Better Emotional and Physical Health
Objectives

Discuss how to change your perspective about exercise
List the benefits of movement on our mental and physical health
Learn how to make exercise something to look forward to
Discuss how to get started
What does Increasing Movement and Exercise Actually Mean

American College of Sports Medicine exercise guidelines for adults

**Aerobic physical activity**

2.5 – 5 hours/week of moderate-intensity, or

1.25 – 2.5 hours/week of vigorous-intensity, or

An equivalent combination of moderate and vigorous-intensity aerobic activity

**Muscle-strengthening activities**

Moderate or greater intensity that involve all major muscle groups on 2 or more days a week

Always consult with your doctor before starting an exercise regimen

How do YOU view exercise and physical activity

What are the challenges to getting the recommended amount of exercise

Why is it so hard

What is your internal dialogue when someone mentions getting more exercise

What is your own personal perspective

It must be personal
Consider this

Exercise is medicine

If it was a pill, exercise would be a trillion-dollar money-maker prescribed to everyone.

There’s not a single organ system in the body that isn’t affected by exercise

Regular exercise may be the most powerful medicine we have — more powerful in most cases than any pill or procedure
Exercise is Medicine

Mental Health Benefits of exercise
Releases feel-good endorphins
Helps relieve symptoms of depression and anxiety
Takes your mind off worries

Challenges with COVID
Inactivity the new pandemic
Increase your energy level—feel more productive—confident
Improves sleep
Improves mental alertness

ADHD
Can Improve Learning
Exercise is Medicine

Physical Health benefits of exercise

Lowers risk of

- cardiovascular disease
- Hypertension
- type 2 diabetes
- adverse blood lipid profile
- some cancers
- dementia (including Alzheimer’s disease).
- falls and fall-related injuries (elderly)

Improved cognition

- Weight Loss/prevent weight regain
- Improved bone health
- Improve overall immunity
Your Wellness Vision

What is your wellness vision of yourself three years from now

Who do you want to be and how do you want to feel

How does physical activity fit in to that

What motivates you to obtain your vision

What obstacles do you anticipate

How will you address those obstacles
Change your mindset/reframe

Make it non-negotiable

Change your internal dialogue (read that again)

Make Exercise something to look forward to

  Reward

  Bundle it with something you love to do

  How you feel afterwards

Just get started (baby steps)
Getting started

Make a commitment

Three-month goal

**Example:** I will be walking two miles per day on Monday, Wednesday and Friday

One-week goal

**Example:** I will walk for 15 minutes per day on Monday, Wednesday and Friday
Tips to stay motivated

Keep your reframe statement where you can see it

Take Action

15-min rule

Competition

Are you a data driven person

Get a partner

Accountability

Reduce your need to use “will power” - your environment

1% improvement
Take away

What is one thing you will take away today and utilize in your own life?
Resources

- https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495
Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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