

2020-Let's Move More Your Way!

In 2020, we want you to "Move More" or "Exercise Your Way" as you Shop.Cook.Eat. Within Your Budget. So, take a moment to check out this newsletter for tips and ideas to move more or exercise every day!



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 **TENNESSEE STATE UNIVERSITY**
Supplemental Nutrition Assistance Program Education

 **SNAP Nutrition Education**
Healthy Food. Healthy Moves. Healthy YOU.



For more tips, take a look inside! ←



Move More: Knowing What's Best for You!

3-5 years of age



Play daily! It is important for both exercise and growing at this age.

6-17 years of age



Children and adolescents should do 1 hour or more daily. Try exercising or moving more as a family.

Adults



to



Adults need to be physically active for 2 hours and 30 minutes to 5 hours a week.

Community Nutrition Educators In Action



Congratulations! Stacy Manley and the ladies of the Ripley Housing Authority in Lauderdale County for graduating from Families Eating Smart and Moving More!



Congratulations! Janice Hartman and the ladies of the Boynton Terrace Apartments in Hamilton County for graduating from Families Eating Smart and Moving More!

← **WONDERFUL WORK EDUCATORS! KEEP IT UP!**



Move More: Knowing What's Best for You!

Older Adults



Older adults should do physical activities that help them stay active and independent. Tai Chi helps with balance and arthritis. Swimming helps to build strength.

Pregnant Women



of



Pregnant women should do at least 2 hours and 30 minutes of activity a week during pregnancy and after pregnancy.

Adults with Disabilities



Adults with disabilities are recommended to do at least 2 hours and 30 minutes to 5 hours a week. Try yoga, water exercises, or stretchbands to build strength.



Move More: Stay Safe

Moving More, getting active or exercising is generally safe for everyone. As a reminder, we have listed some tips for you to do to stay safe while you are being active in 2020:



- See a health care provider if you have a health problem.



- Start slowly and build up to the activity, if you haven't been active in a while.



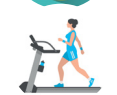
- Find the right activity and how often to do the activity: 3 times a week for 30 minutes or 1 hour.



- Choose activities that are appropriate for your fitness level.



- Build up the time you spend on one activity before switching to an activity that takes more effort.



- Be sure to wear the right clothes and use the right equipment for the activity.



- Choose a safe place to do your activity.

adapted from: <https://www.choosemyplate.gov/resources/physical-activity-amount>

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Everybody Can Move More!



If you have limited motion, there are still plenty of ways you can get active because it is all exercise.

Talk with your doctor about activities that will work for you, to be successful as you start to move more.

Things to Try:

- Try water workouts for a low-impact activity that takes the pressure off bones, joints and muscles. Your local community center may offer water exercises such as workouts and Zumba.

- Try focusing on exercising your arms. You can use canned goods as weights.

- You can walk around your home or do chair exercises during your favorite television show.

Want to know if your local community center or gym has classes designed for you? Call or visit them!

adapted from: <https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>



Make physical activity a regular part of the day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy. Every little bit adds up and doing something is better than doing nothing.

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Move More: At Play



Family Fun Activity Giant Boardgame

adapted from: <https://extension.uga.edu/publications/detail.html?number=C1037-20>

What You Need:

- Sidewalk chalk
- A sidewalk or driveway
- 1 or 2 Dice

What To Do:

- Use sidewalk chalk (or masking tape if you are inside) to create a game board with squares in a line on the sidewalk or driveway.

**MAKE A BOARD GAME
with Sidewalk Chalk**

- On each game space, write or draw a challenge to be completed.

For example:

- o Act like your favorite animal
- o Hop like a bunny
- o Jump in place
- o Leap frog
- o Throw a ball



- Play the game with your child by taking turns rolling the dice for the next challenge.
- Encourage your child to help you count while moving the number of spaces shown on the dice
- Complete the challenge shown on the space

Want to show US how YOU are Moving More?
Take your picture and tag it #TSUHEALTHYSELFIE

TAG US



#tsusnaped



#tsusnaped



Move More: At Work



Adults spend many hours at work and going to work, so it is the right place to find ways to move more.

Workplace wellness programs support employees and their health by focusing on:

- Physical activity
- Healthy eating
- Stress reduction
- Weight loss

adapted from: <https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>
<https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/aquatic-exercise/sls-20076730>

*Does your job offer a Workplace
Wellness program?*

Check with the Office of Human
Resources or the hiring manager.



Get your Community Involved

Visit [healthiertn.com/communities](https://www.healthiertn.com/communities) to encourage your neighborhood and community to make a healthier Tennessee.

Before You Move More: Talk to your Doctor about Exercise

Your doctor can help you find a suitable exercise routine.

Ask...

- How much exercise should I do each day of the week?
- What exercises or activities are safe for me to do?
- What exercises or activities should I avoid?
- Should I take medication at a certain time around my exercise routine?

adapted from: <https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>



Move Your Way: Mini Activity Planner

Being active is body movement, even every day motion without thinking. Every minute counts! Use this mini activity planner to help keep track of your progress!

Let's Get Moving! Week of:



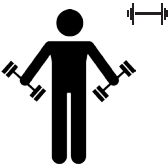
Biking



Brisk Walk



Wheelchair Running



Lifting Weights



Household Chores



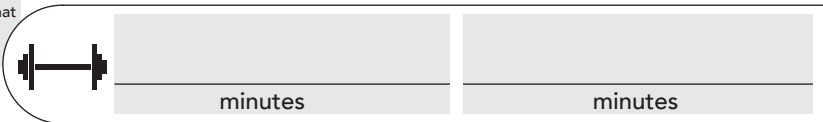
Resistance Exercises

Heart Healthy Activity



Aim for at least 150 minutes

Muscle-Strengthening Activity



Aim for at least 2 days

Use this activity meters to track your progress. Write down how long you exercised in the squares for each day you exercised in that week.

To choose more activities and plan for a full week, head over to spendsmart.extension.iastate.edu/move-your-way-activity-planner/.