

# Physical Activity:

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## What, Why, and How

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Fitness Center Director

# About Me

Who am I? How did I get here?



# Alyssa Jackson

Graduated from Indiana University  
School of Public Health in May 2017

B.S. in Kinesiology

Recently Married

New Homeowner

Dog Mom

# The What

What is Physical Activity? Exercise? Is there a difference?

# Physical Activity VS. Exercise

Physical Activity

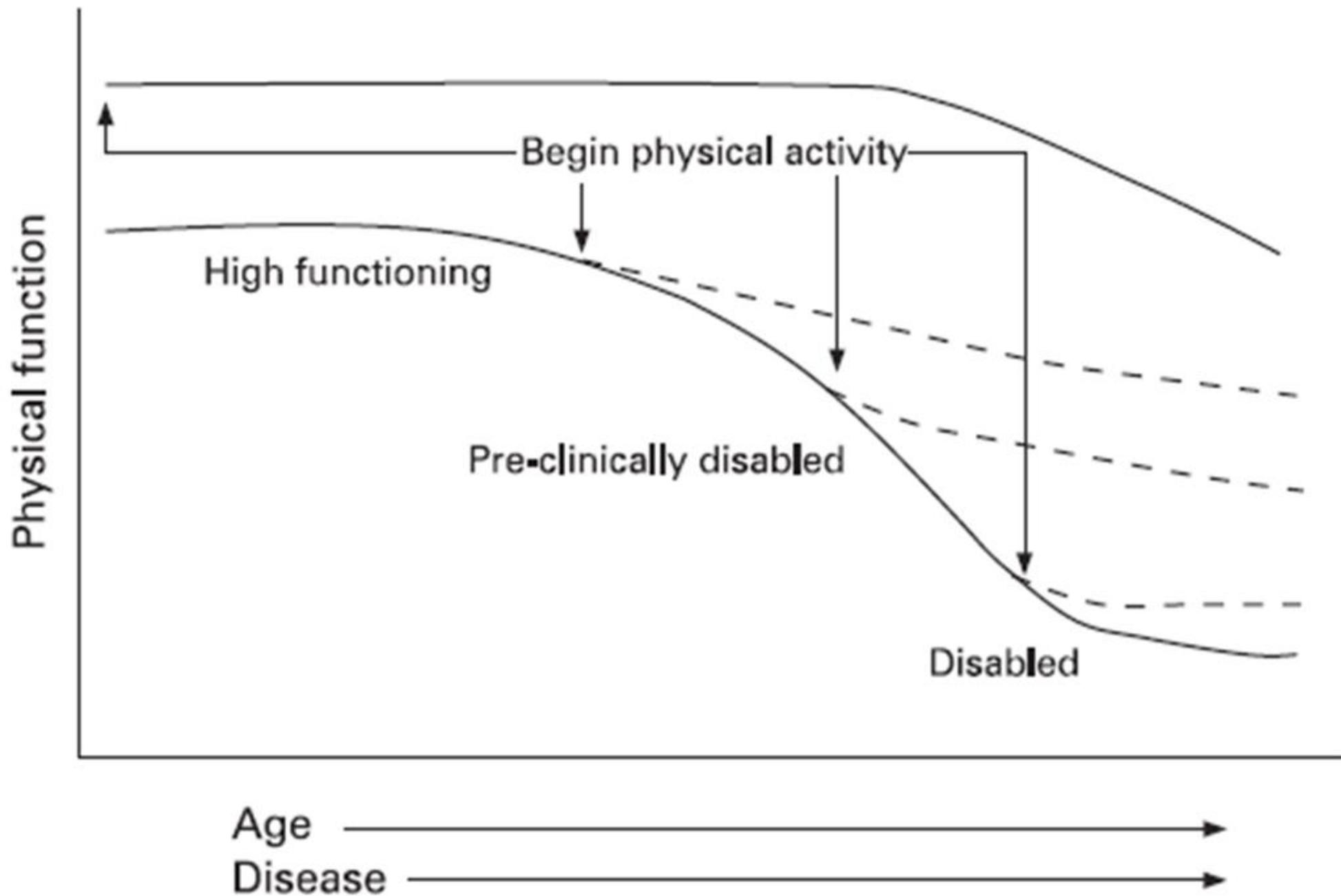
“movement that is carried out by the skeletal muscles that requires energy. In other words, any movement one does is actually physical activity.”

Exercise

“planned, structured, repetitive and intentional movement intended to improve or maintain physical fitness. Exercise is a subcategory of physical activity.”

# The Why

Why should you be active?



# Benefits of Physical Activity as You Age

Slows physiological changes of aging that may impair exercise capacity

Optimizes age-related changes in Body Composition

Promotes Psychological & Cognitive Well-Being

Helps manage chronic diseases

Reduces the Risk of Physical Disability

Increases Longevity

# Fall Prevention

An exercise program that targets muscular strength, balance, and cardiovascular conditioning can decrease fall risk



~30-40%

# Check with your doctor *before* being active if you experience:

Any new symptom you haven't discussed with your doctor

Dizziness or shortness of breath

Chest pain or pressure or the feeling that your heart is skipping, racing, or fluttering

Blood clots

An infection or fever with muscle aches

Unplanned weight loss

Foot or ankle sores that won't heal

Joint swelling

A bleeding or detached retina, eye surgery, or laser treatment

A hernia

Recent hip or back surgery



# How

How do I begin?



# Physical Activity In Your Everyday Life



• Park a few spaces further away at the grocery store!



• Take the stairs when you can!



• Go for a walk!



• Play with grandchildren!



• Household Duties (cleaning, gardening, etc.)

# There are Four Types of Exercise

1

Endurance

2

Strength

3

Flexibility

4

Balance

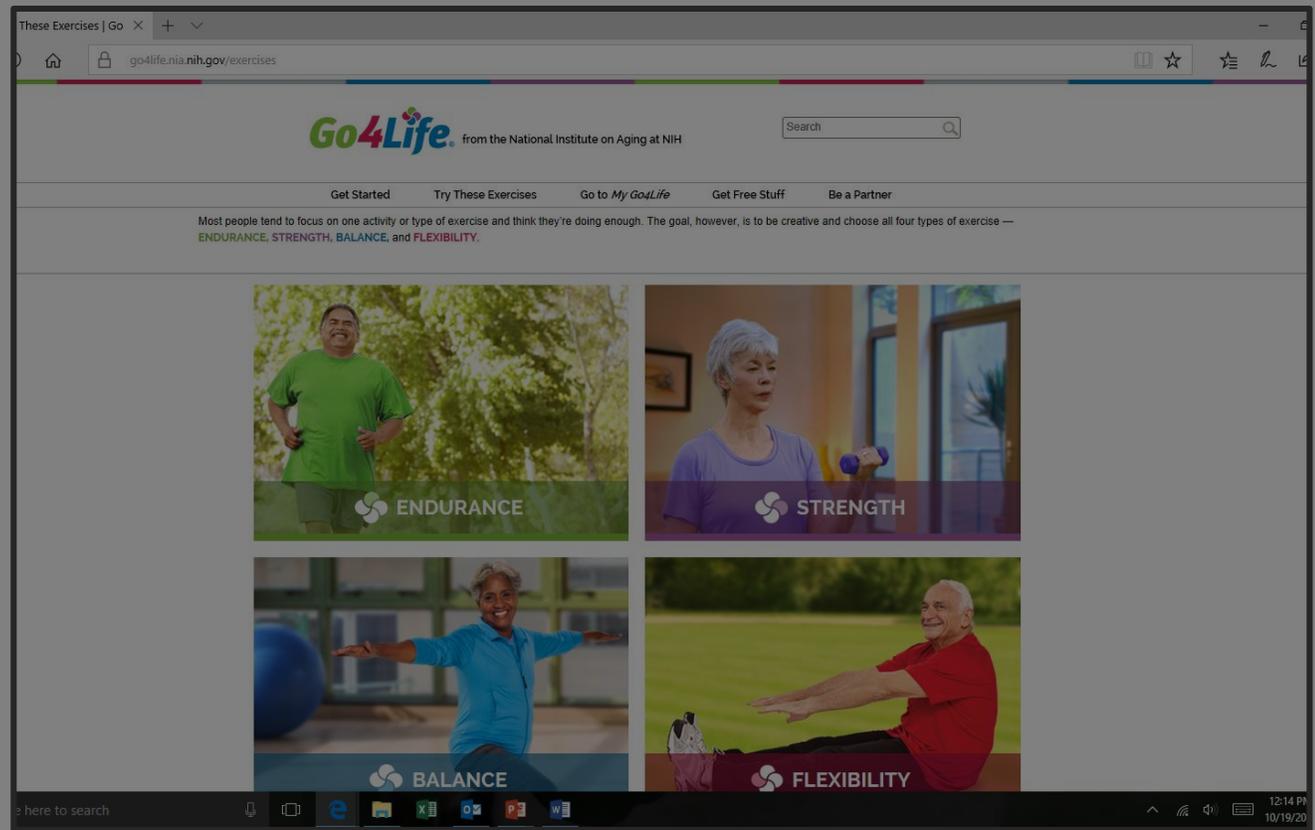
# ACSM/AHA Recommendations 2007

- Endurance (Aerobic):
  - Moderate-intensity for a minimum of 30 minutes/day, 5 days/week OR
  - Vigorous-intensity for a minimum of 20 minutes/day, 3 days/week
- Muscular Strength
  - Minimum of 2 days/week, training all of the major muscle groups.
- Flexibility: Stretching should be incorporated during every session
- Balance: Added as needed/desired

# Want Specific Activities/Exercises?

- At-Home Help:
  - <https://go4life.nia.nih.gov/>
- Visit me in the Fitness Center!

# Go4Life



Visit this website to find information on how to get started, exercises to try (broken down by category), how to find motivation, and more!

<https://go4life.nia.nih.gov/>



# Bell Trace Fitness Center

## **Facility Hours:**

8am-7pm

\*\*\*Must use front  
doors

## **Director Hours:**

M-Th: 8:30-4:30

Fri: 9:00-2:30

# [Packages]

**Exercise As-You-Please: \$50/month**

## 1-1 Training

Fitness Assessment: \$50

1x/week: \$75/month

2-4x/week: \$180/month

# What is the difference between physical activity & exercise?

EXERCISE IS PLANNED, STRUCTURED, & INTENTIONAL

There are 4 types of  
exercise. Name them!

ENDURANCE, STRENGTH, FLEXIBILITY, BALANCE

# T/F The Bell Trace Fitness Center is for Residents Only

FALSE-The Community may purchase memberships!



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# Resources

- ACSM Guidelines for Exercise Testing & Prescription
- ACE Fitness- <https://www.acefitness.org>
- Go4Life- <https://go4life.nia.nih.gov/>
- National Institute on Aging-  
<https://www.nia.nih.gov/health/exercise-physical-activity>
- Physical activity in older age: perspectives for healthy ageing and frailty - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4889622/>