

Fitness at home

Watch video: 23 ½ hours – List the main message:

What are some barriers stopping me from exercising, and what can I do about them?

- **Too much pain / fear of re-injury** — increase your understanding of chronic pain and the effects on the nervous system. Pace yourself and use self-talk.
- **Not enough time** — make exercise a part of your everyday routines such as “raising your heels” while brushing your teeth. Exercise a few times a day for a short amount of time. Better to do less exercises more often throughout the day, such as 2 to 3 exercises, 4 to 5 times a day.
- **Too boring** — try to do activities you enjoy! Change it up and vary your activities. Exercise with a friend or join a program in your community or walk your dog.
- **Bad weather** — plan ahead and dress for the weather. Dress in layers.
- **Not confident, you are unsure what to do** — try to make sure that you know how to do your exercises before leaving the program. Write down notes on your exercise sheets to help remind you how to do them. Please ask us questions! Different levels of each exercise have been demonstrated in Fitness Class. Knowing these different levels will allow you to increase your confidence to do exercises despite your day.
- **Too tired** — exercise is one of the best ways to manage fatigue.

- **Down mood** — consistently exercising through the week can help with mood.
- **Too expensive** — there are free or low cost activities such as mall walking, free library DVDs, cell phone apps.
- **No equipment** — you do not have to have specific equipment to exercise. Many exercises just use your own body weight.
- **Keep putting it off (procrastination)** — set goals, find something that motivates you, prioritize tasks that need to be done, link existing task done daily to a specific exercise.
- **Forget** — use a calendar, sticky notes, journal or smartphone to help remind you to exercise and to track your progress.
- **Guilt, taking time away from family or work** — it is important to take some time for yourself each day and that exercising is important for your health.

What are the benefits of exercise?

- ✓ Exercise can help increase your independence and help you move better.
- ✓ Exercise can have a positive impact on your mental health and self-esteem. It can make you feel good!

Exercise can reduce your risk of certain conditions. These conditions include:

- high blood pressure
- heart disease
- certain types of cancer
- stroke
- Type 2 diabetes
- obesity
- osteoporosis, and more!

What types of exercise should I do at home?

1. **Cardiovascular also called aerobic exercise.** This type of exercise makes your heart and lungs stronger. You can do this type of exercise any time during the day. This exercise includes: walking, swimming, dancing and biking.
2. **Strengthening exercises.** This type of exercise helps to make your muscles and bones stronger. You can do this type of exercise anytime during the day.
3. **Stretching.** Stretching lubricates your joints and increases your flexibility. This is a great exercise to do before and after bed. Use a gentle stretch while taking 2 to 3 deep breaths.

How do I start?

Plan A — this plan is for your days when you are feeling good and you do not have a lot of things that prevent you from exercising. Keep in mind that you are trying to challenge your baseline, but to challenge it with a gentle progression of exercises.

Think of 2 to 3 activities you do everyday at home (feed pet, brush teeth, coffee) and LINK this activity with an exercise you are learning.

Plan B — this plan is for the days when your pain has gone up and you may feel like you do not want to get out of bed.

List 2 to 3 strategies such as breathing, relaxation and meditation that you have learned which make you feel good or lower your pain. These are exercises that you can use on your bad days.

How often should I exercise?

- Aim for 150 minutes of moderate to vigorous activity each week. Try not to worry if you can't do this yet. Over time you will continue to challenge your baseline and you will be able to do more.
- Exercise for as little as 10 minutes, eventually 10 minutes + 10 minutes + 10 minutes.
- Do strengthening exercises at least 2 days a week.
- Every step counts!

What is moderate activity?

Use the talk test, rating of perceived exertion or check your pulse — 60% to 80% of age related heart rate. Talk test: when you do moderate exercise you can talk, but not sing. Goal is maintaining an intensity of exercise at which conversation is comfortable.

How do I make an exercise goal?

Example of an exercise goal

- I will walk for 10 minutes to the park, 2 times a day. Once after breakfast and once after lunch. I will walk with my husband this week, except for Monday.

Specific — which exercises are you going to do? Something you enjoy!

Time — when are you going to do the exercise and how long will you do it?

Where — where will you exercise?

A buddy? — Will you exercise with a buddy? If so, keep to your own pace!

Realistic — Consider what you can do. Will you be able to achieve your goal?

Confidence — How confident are you that you will achieve the goal. Rate on a scale from 0 to 10 (0 means no confidence and 10 means super confident).

Goal #1 Walking

Goal #2 Exercise
