



Goal Setting & Exercise Rx

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search ID: ron717

"I'm a firm believer in 'live fast, die young, leave a good-lookin' corpse'."

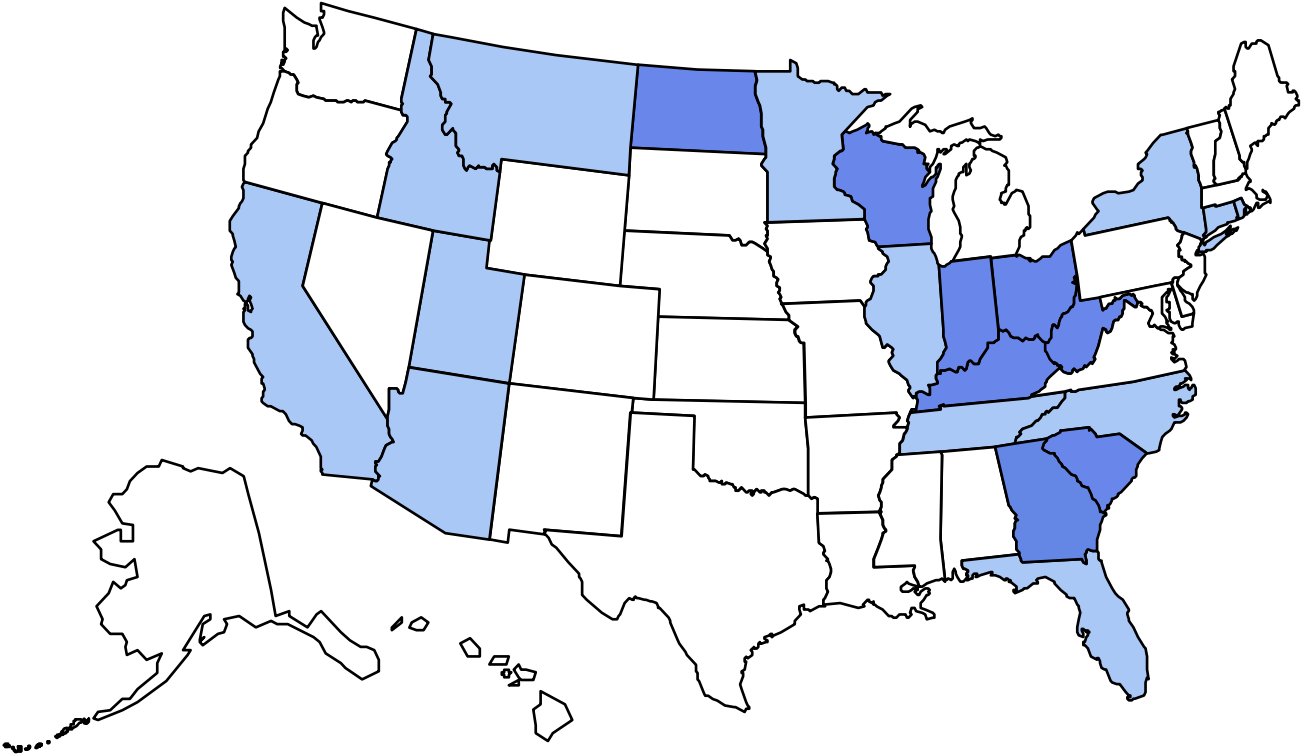
Obesity Trends Among U.S. Adults between 1985 and 2010

Definitions:

- **Obesity:** Body Mass Index (BMI) of 30 or higher.
- **Body Mass Index (BMI):** A measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters.

Obesity Trends* Among U.S. Adults

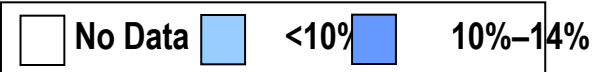
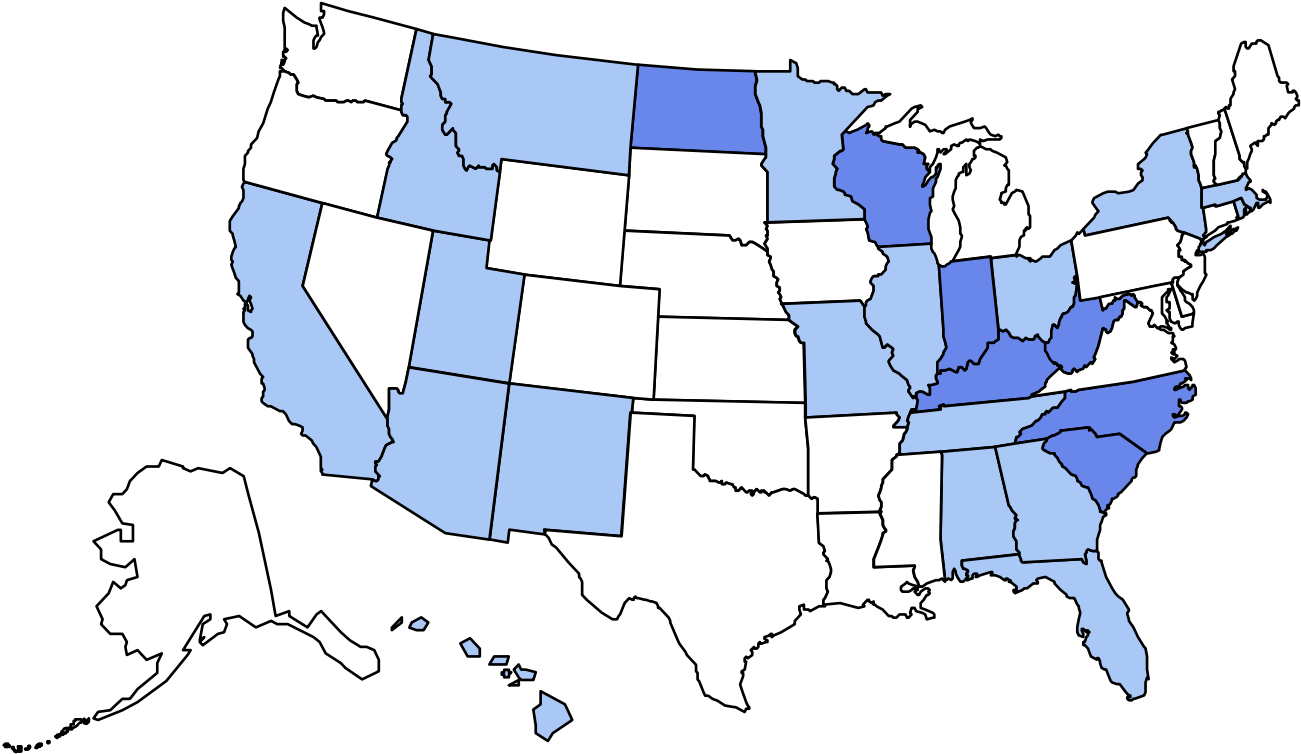
BRFSS, 1985



No Data <10% 10%-14%

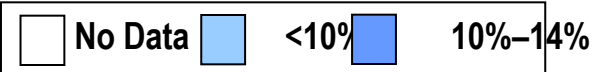
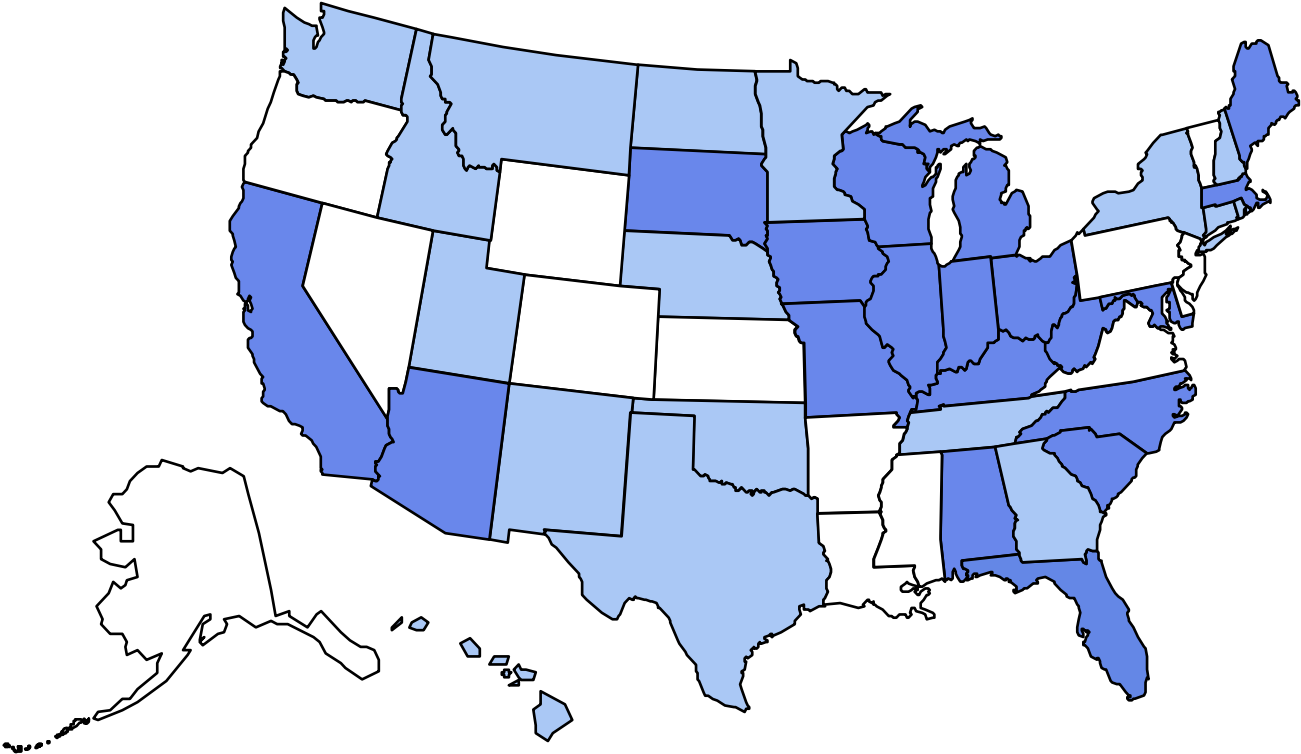
Obesity Trends* Among U.S. Adults

BRFSS, 1986



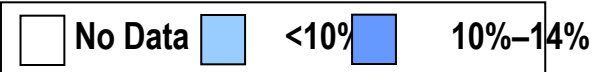
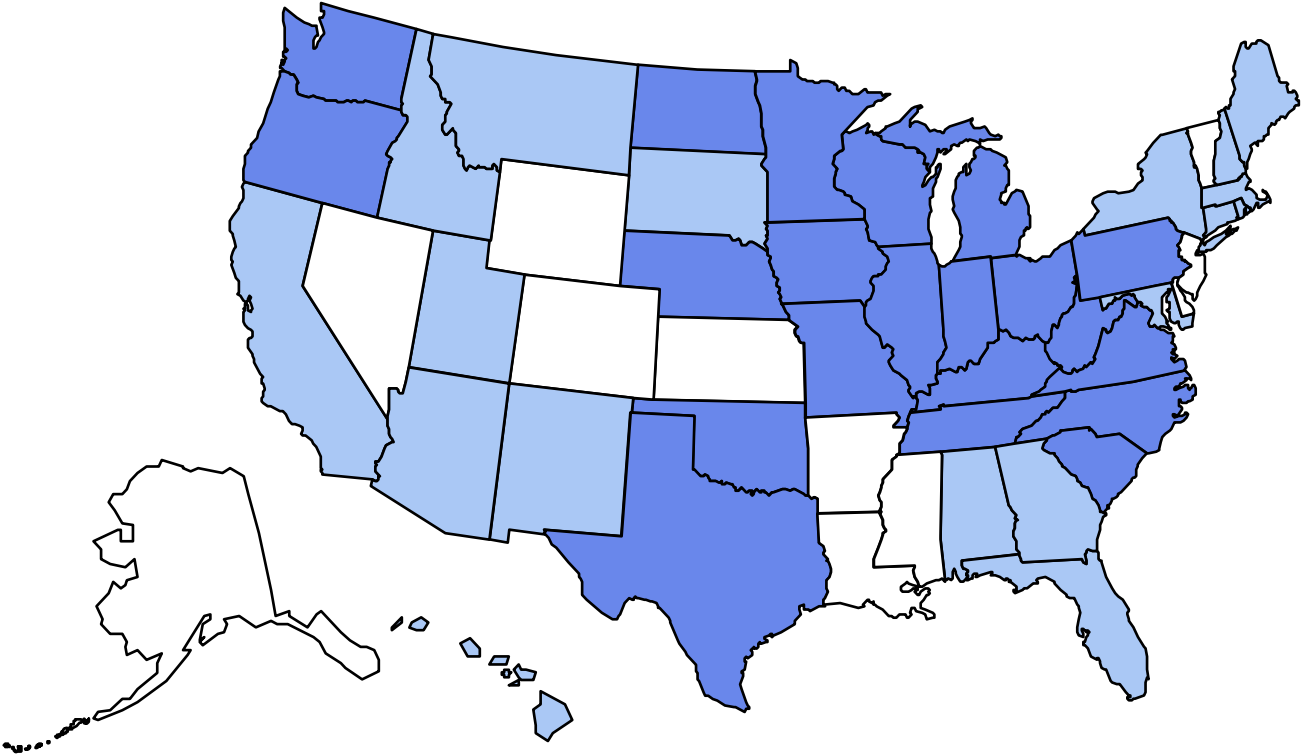
Obesity Trends* Among U.S. Adults

BRFSS, 1988



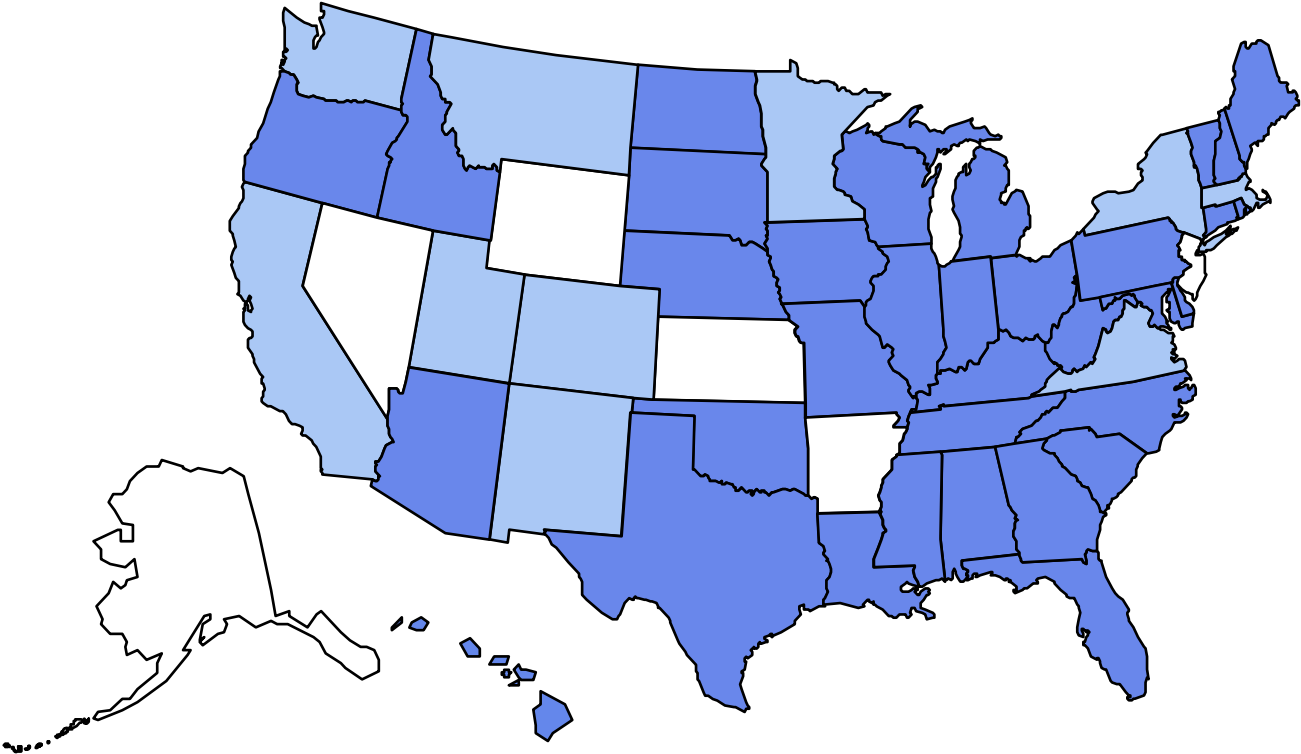
Obesity Trends* Among U.S. Adults

BRFSS, 1989



Obesity Trends* Among U.S. Adults

BRFSS, 1990

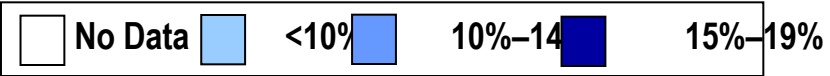
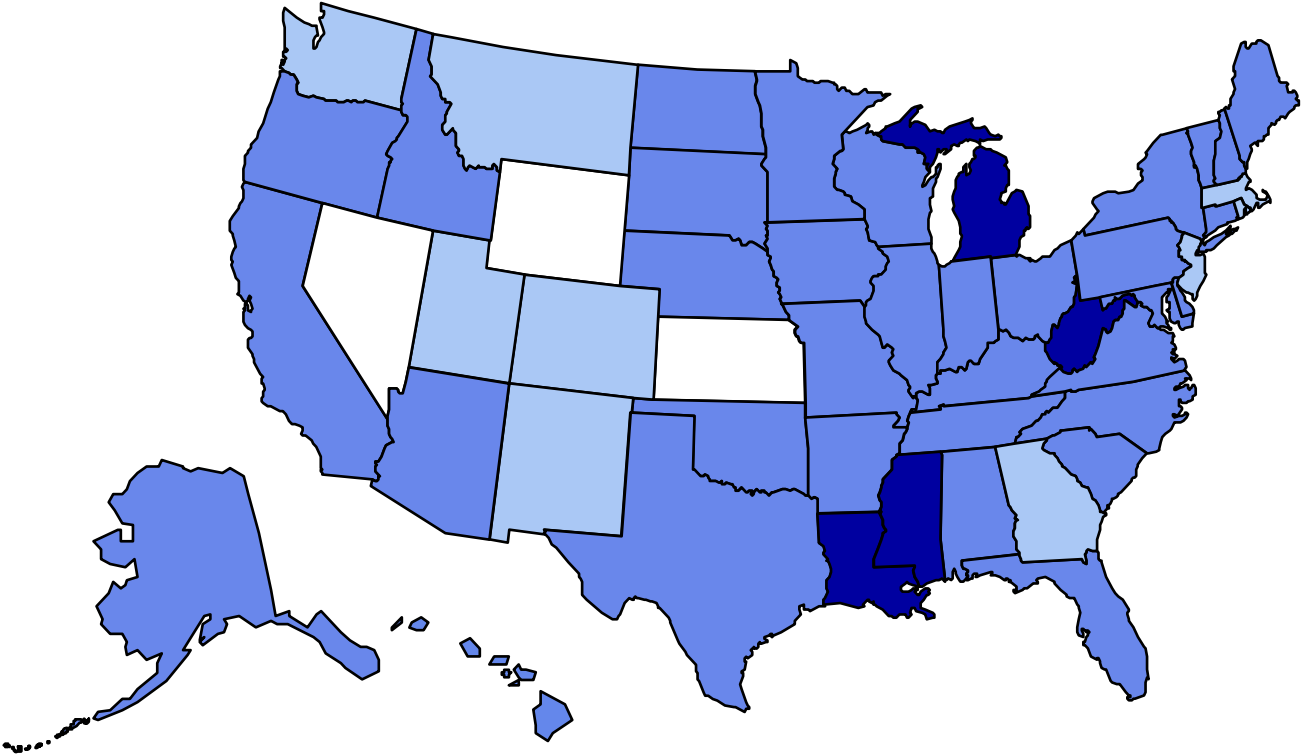


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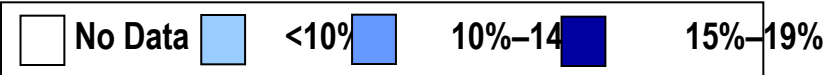
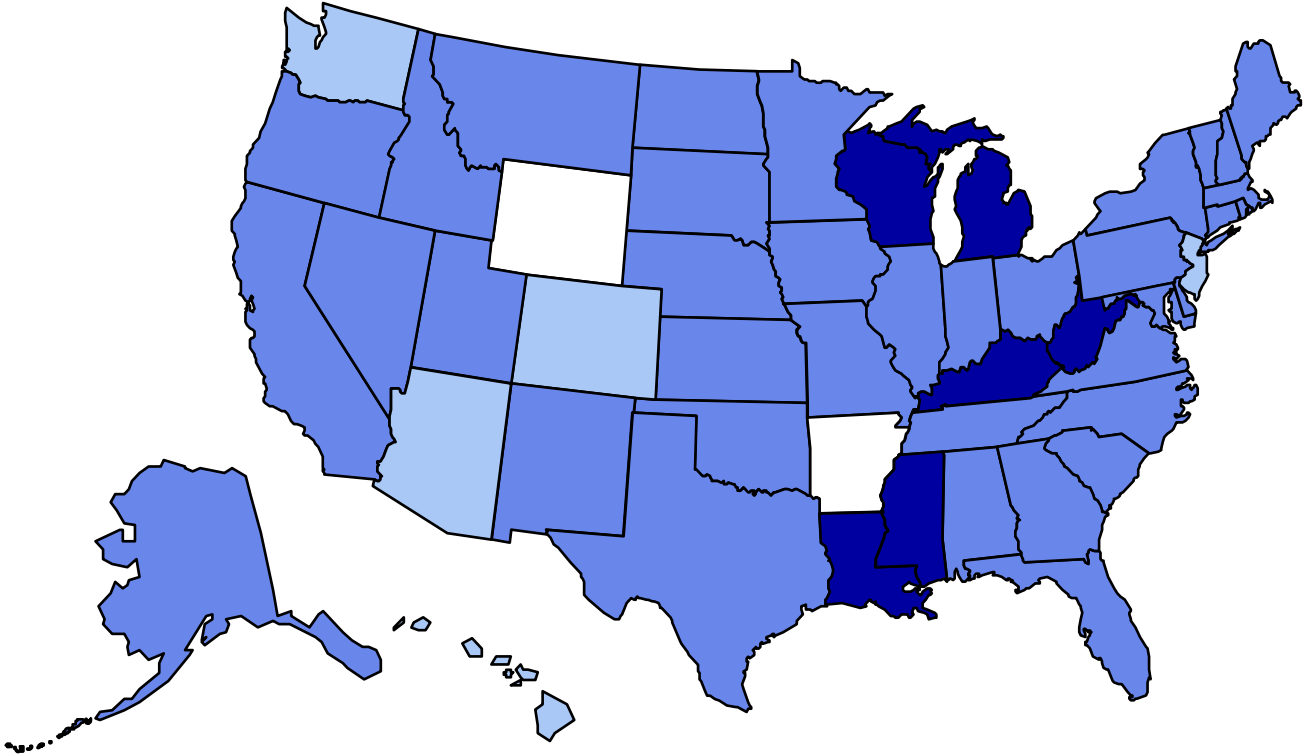
Obesity Trends* Among U.S. Adults

BRFSS, 1991



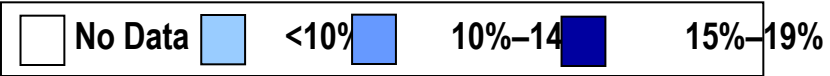
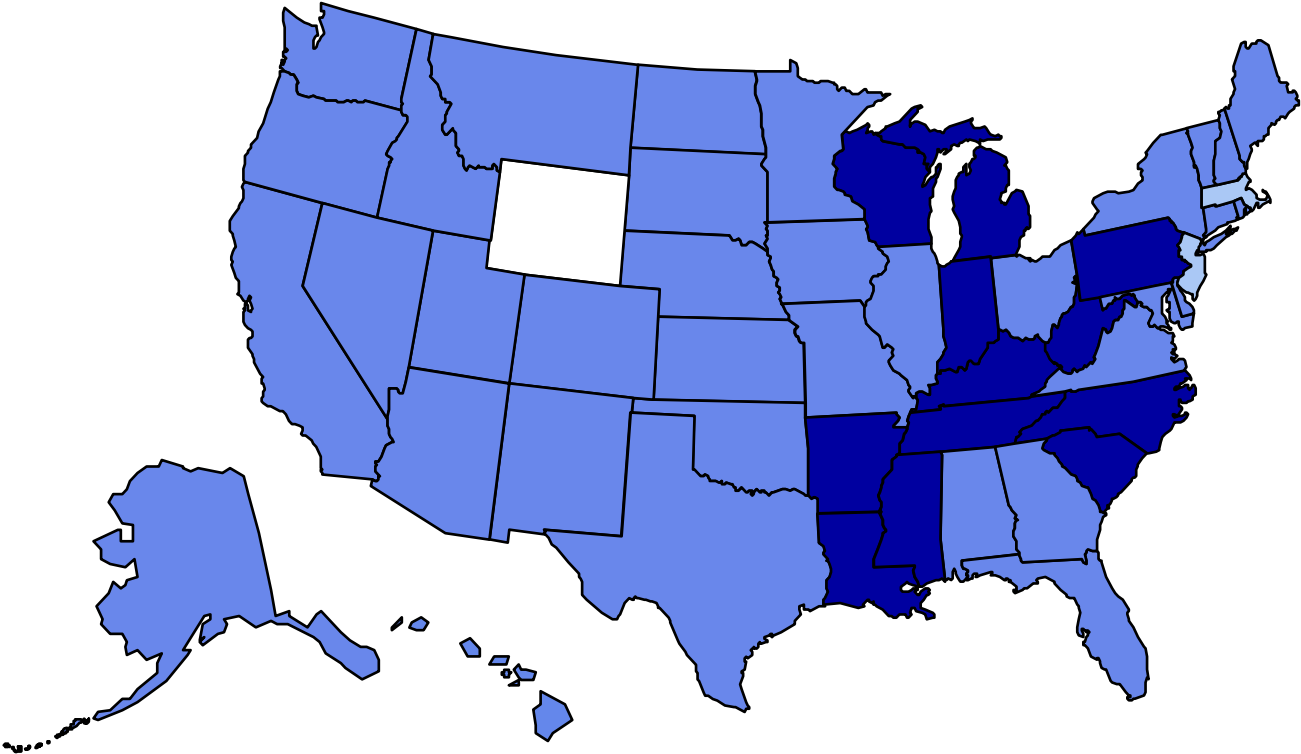
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BRFSS, 1992



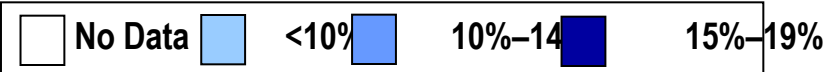
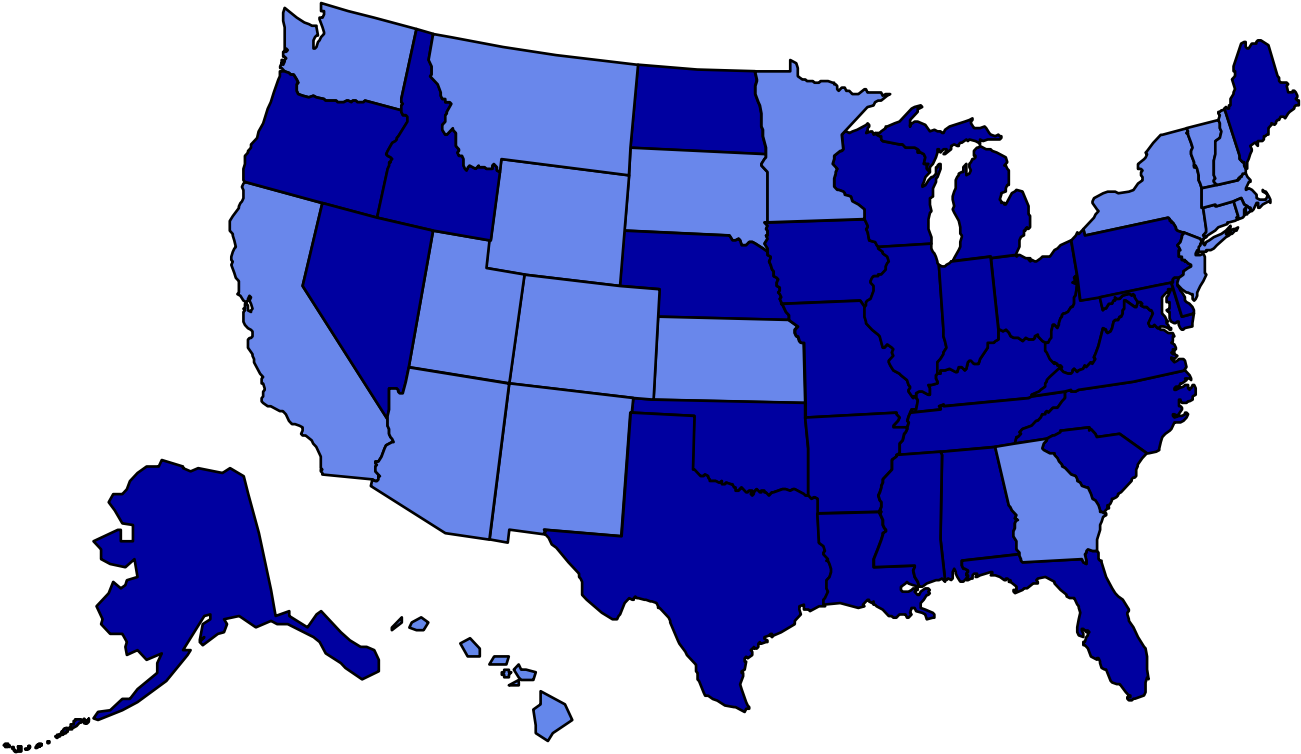
Obesity Trends* Among U.S. Adults

BRFSS, 1993



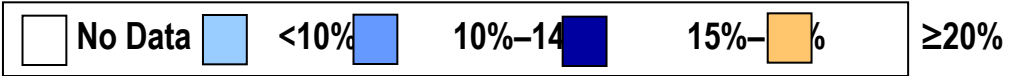
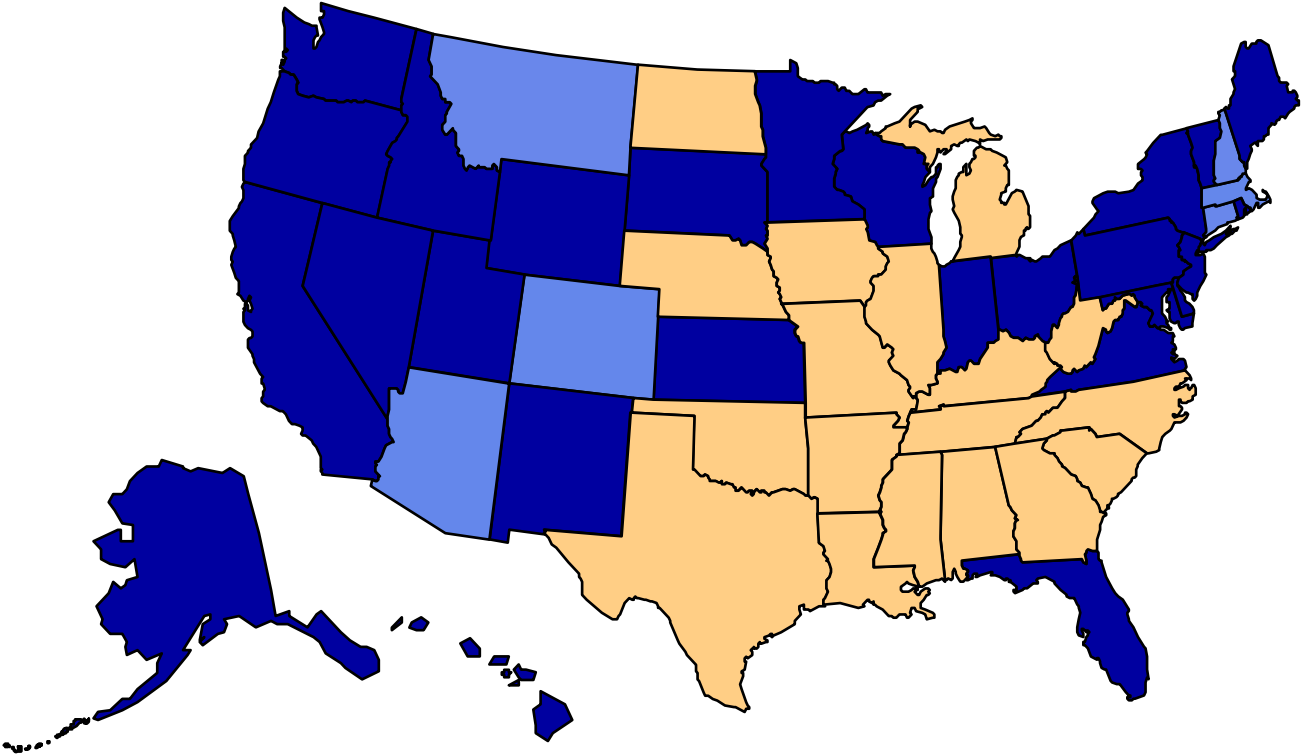
Obesity Trends* Among U.S. Adults

BRFSS, 1996



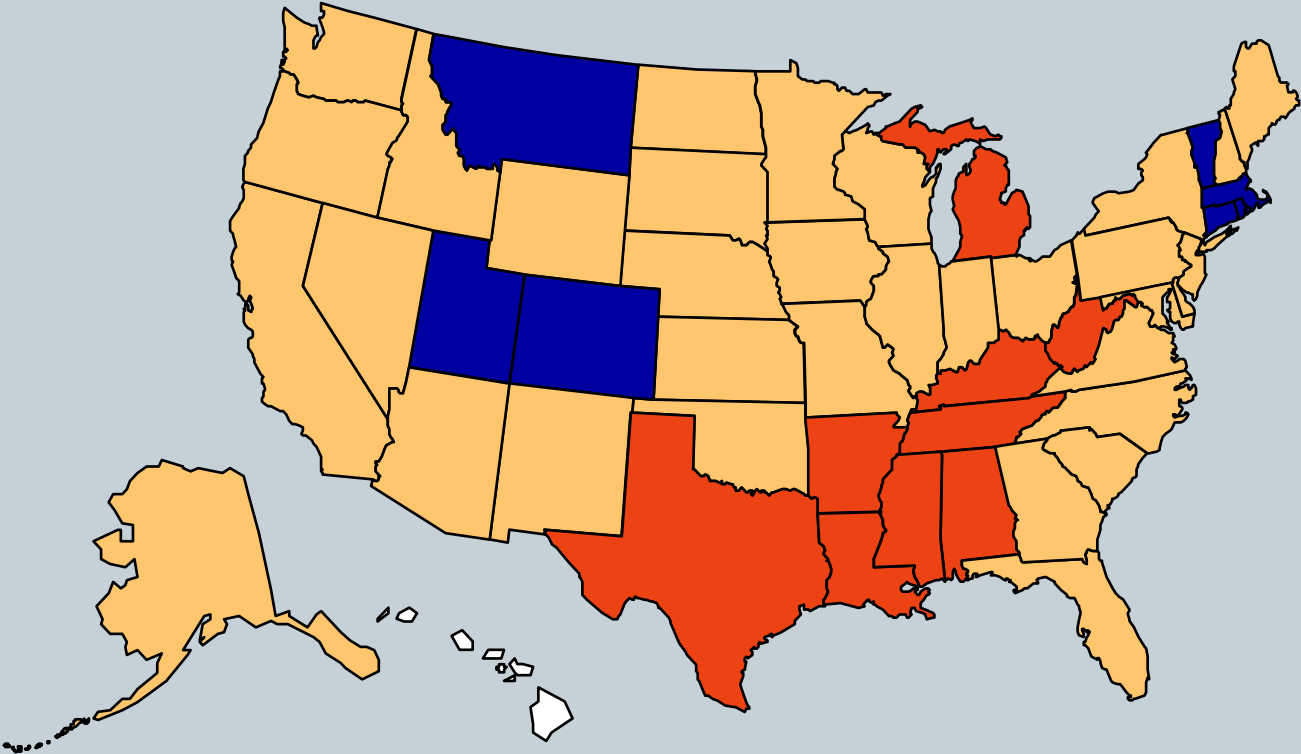
Obesity Trends* Among U.S. Adults

BRFSS, 1999



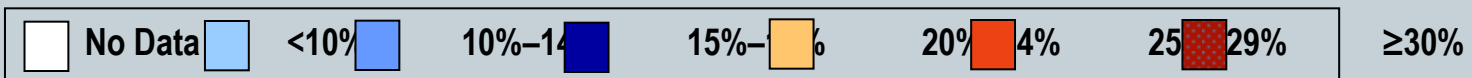
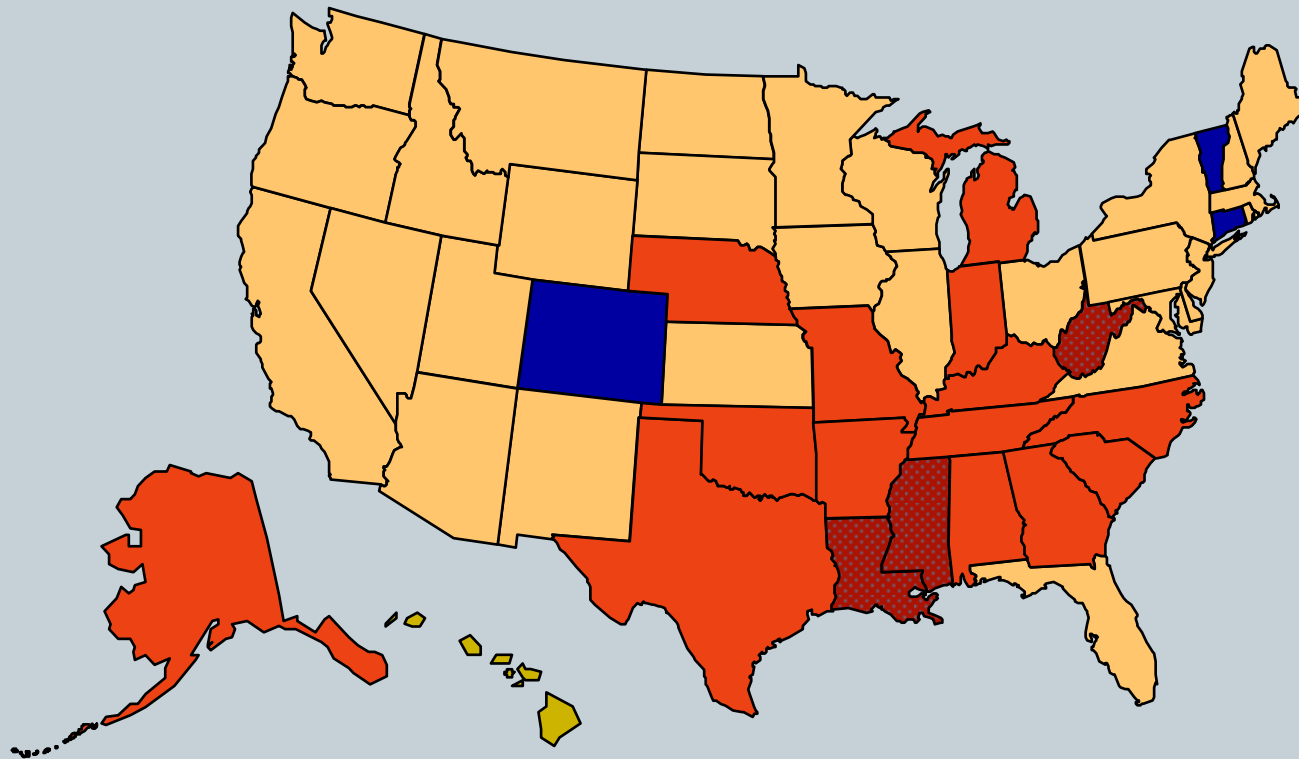
Obesity Trends* Among U.S. Adults

BRFSS, 2004



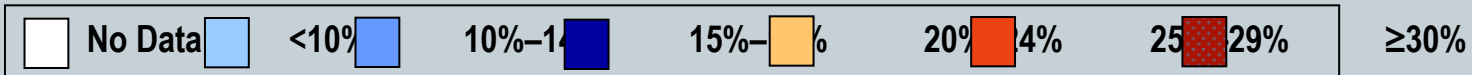
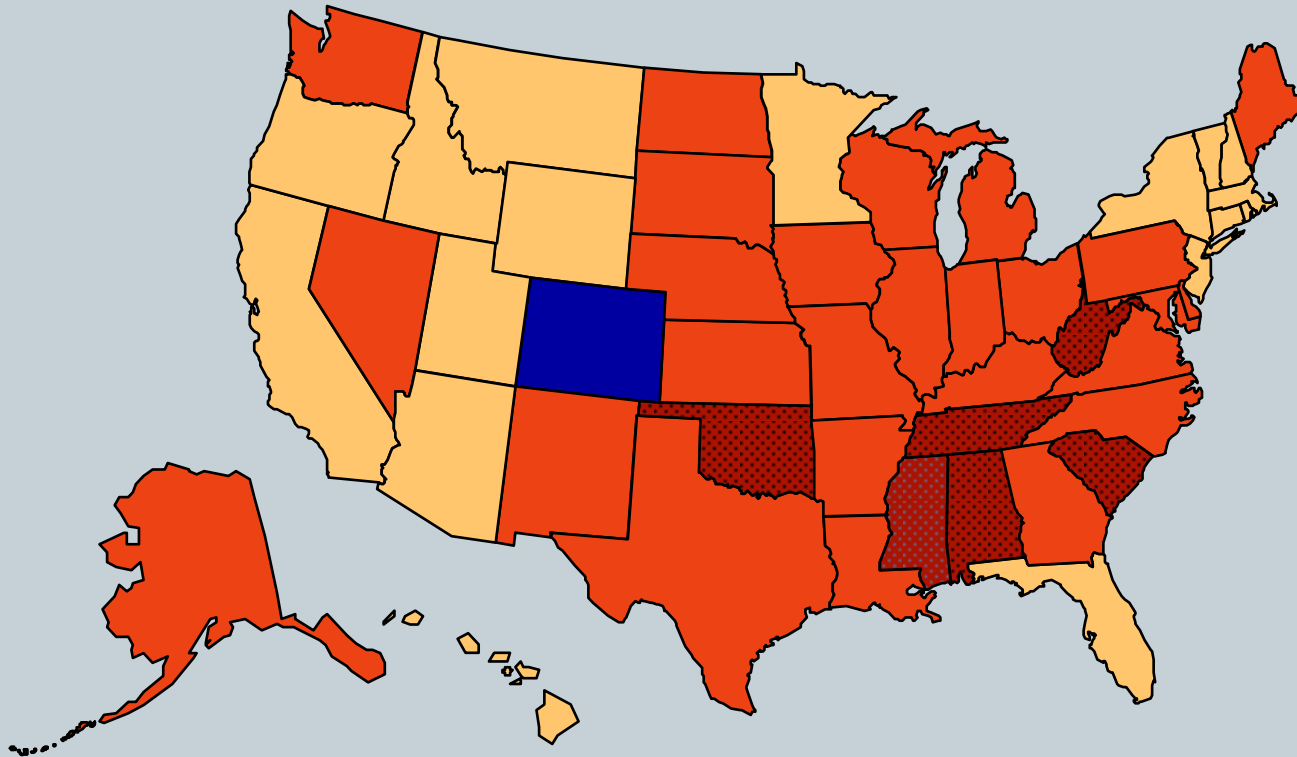
Obesity Trends* Among U.S. Adults

BRFSS, 2005

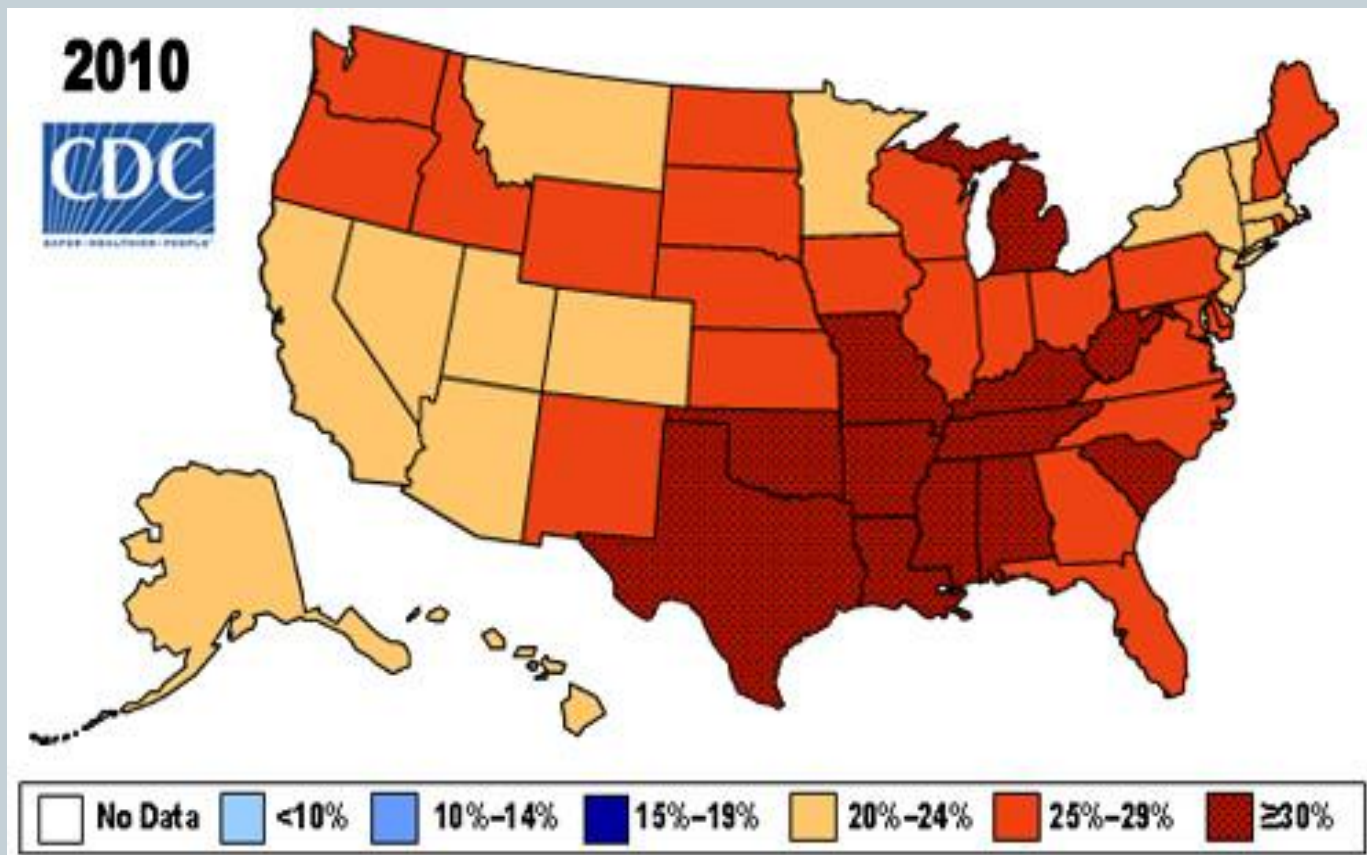


Obesity Trends* Among U.S. Adults

BRFSS, 2008

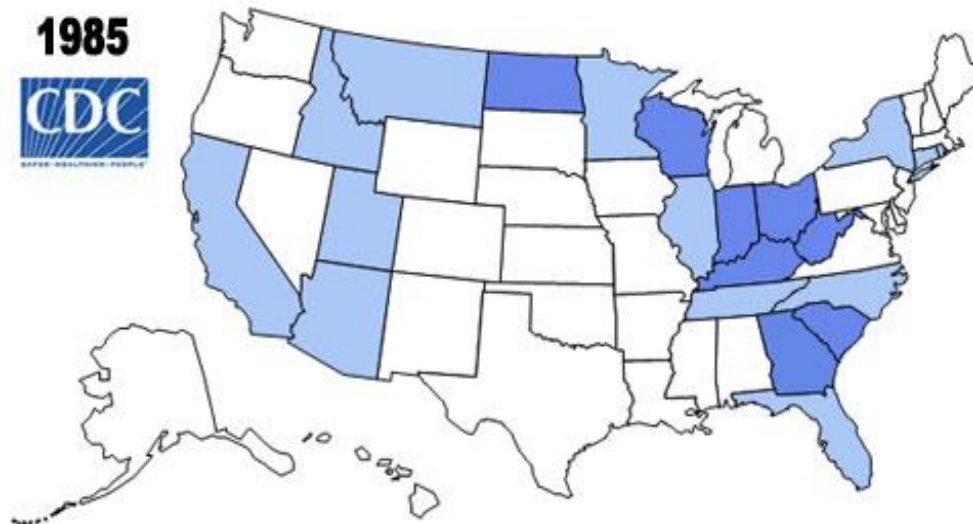


Obesity Trends* Among U.S. Adults

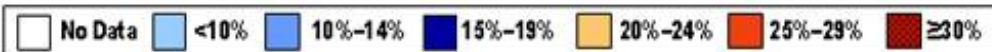
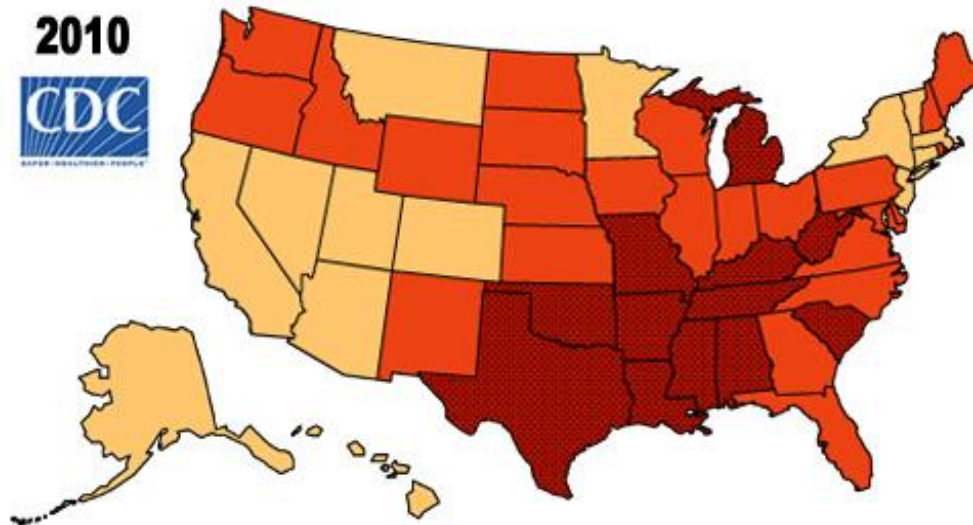


What Happened!?

1985



2010



Who do you want to be?



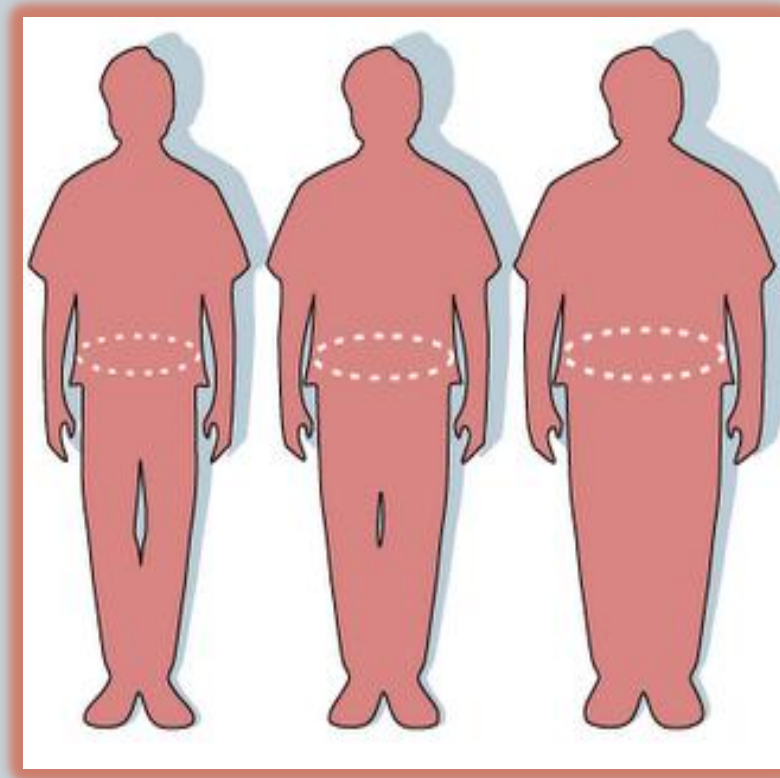
Ideal Body Weight Chart



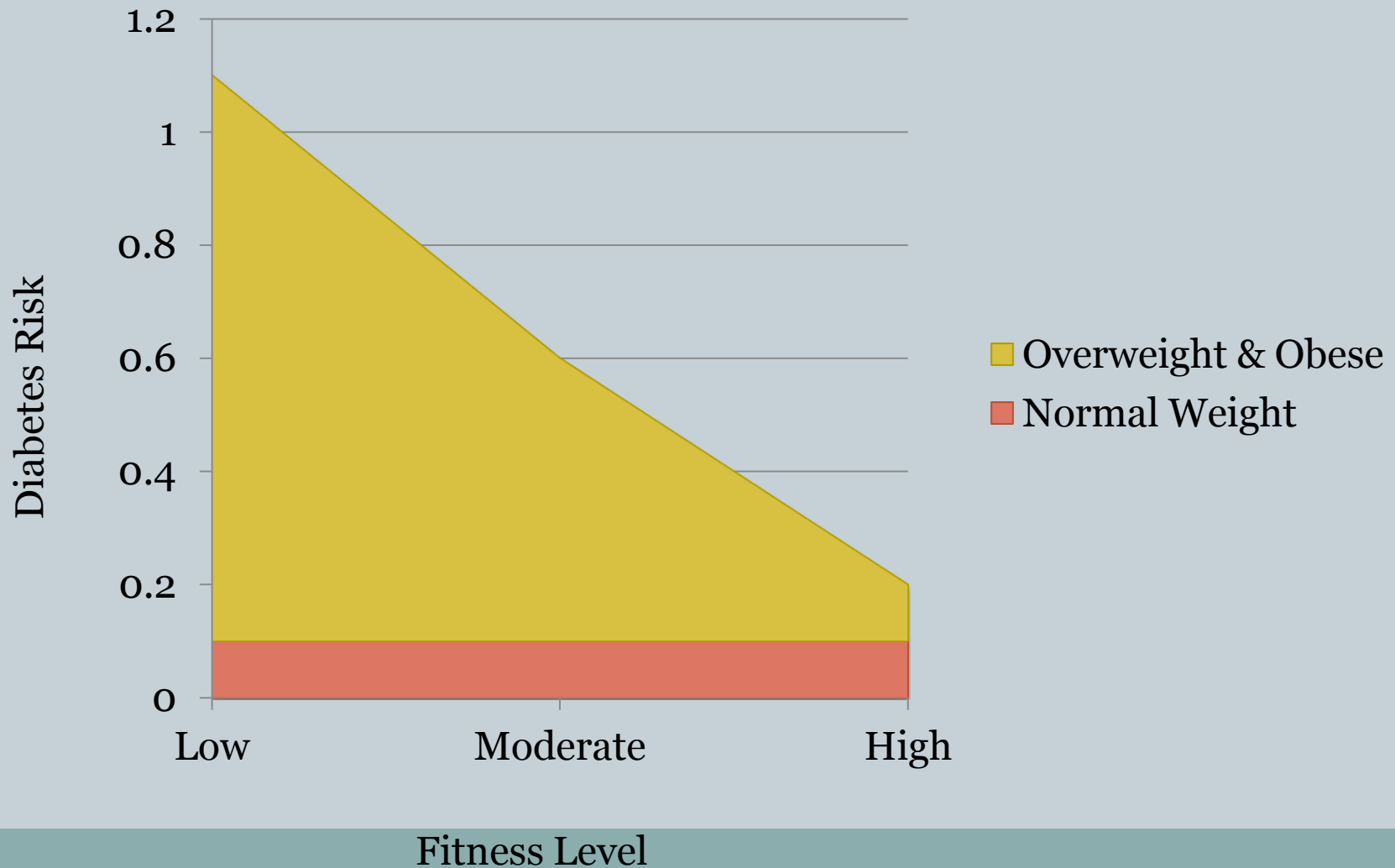
WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight	Healthy					Overweight					Obese					Extremely obese							
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

Aerobic Fitness

Does weight matter?



Aerobic Fitness Effects on Onset of Diabetes in Overweight Children & Adults



Systems of the Human Body



- Musculoskeletal
- Cardiovascular
- Muscular
- Psychological
- Skeletal
- Endocrine
- Endothelial
- Nervous
- Respiratory
- Circulatory
- Digestive
- Urinary
- Reproductive
- Lymphatic

Systems of the Human Body Improved by Exercise



- Musculoskeletal
- Cardiovascular
- Muscular
- Psychological
- Skeletal
- Endocrine
- Endothelial
- Nervous
- Respiratory
- Circulatory
- Digestive
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How To Get Started

- Use the buddy system for motivation.



How To Get Started

- Use the buddy system for motivation.
- Start slow



How To Get Started

- Use the buddy system for motivation.
- Start slow
- Set a goal based on a baseline test



How To Get Started

- Use the buddy system for motivation.
- Start slow
- Set a goal based on a baseline test (see wellness team)
- Increase weekly using F.I.T.T



Goal Setting: S.M.A.R.T.



- Goals should be:
 1. Specific
 2. Measureable
 3. Attainable
 4. Realistic
 5. Timely (start & end point)

“Increase my daily average serving of vegetables by one serving in 6 weeks.”





- “I want to be in better shape.”



- “I want to be in better shape.”
- “I want to get rid of the flab on the back of my arms.”



- “I want to be in better shape.”
- “I want to get rid of the flab on the back of my arms.”
- “I need to get off the couch and run the Boston Marathon.”

Exercise Rx

FITT



- **Frequency**
 - 3-7days/wk
- **Intensity**
 - 55%-75% of Max Heart Rate ($220 - \text{age} = \text{MHR}$)
- **Time**
 - 30-60minutes
- **Type**
 - Large muscle exercise
 - ✦ Walk, bike, swim, weights, dance,



Healthy Eating:



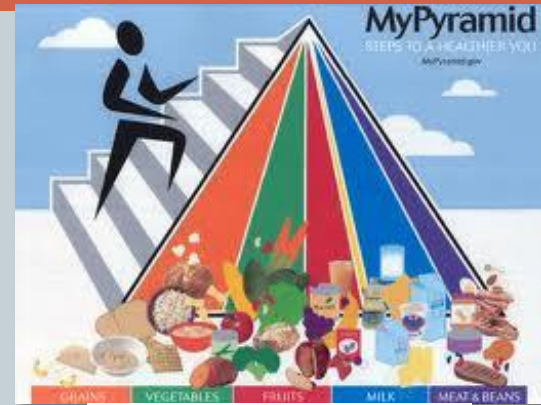
WHAT IS THE HEALTHIEST DIET?

Healthcare:
 ng:

WH



ET?



Questions?

