The background of the slide is a light blue, out-of-focus image of water ripples. A single drop of water is captured mid-fall, creating a series of concentric ripples that spread outwards from the center. The overall tone is calm and refreshing.

3 Week Webinar Series:

Strengthening Your Immune System through Exercise & Movement

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Speaker Biographies

**Kerri Lanum, MS, CHC**

Kerri Lanum is passionate about improving health outcomes through prevention. With over 20 years of experience in the healthcare industry, she is a certified athletic trainer, health coach and quality improvement expert with ILHITREC. Through her career she has inspired many people to live more active lifestyles to improve their overall health and well-being.

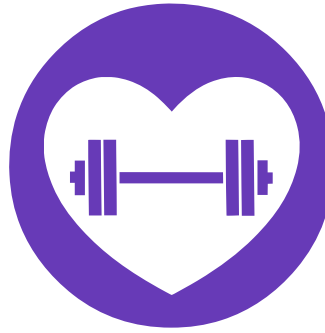
**Joan S. Laurino, MBA, MA**

Joan Laurino has been an integral part of the Health IT team at the Illinois Health Information Technology Regional Extension Center (ILHITREC) at Northern Illinois University for the past 10 years. In addition to administration and program management of grant-funded Health IT programs, Joan also develops, manages and delivers Mind-Body Health programs including stress management, meditation, and self-awareness curriculum. Joan is passionate about Mind-Body Health and has been meditating for over 17 years. Joan earned both an MBA, and an MA in Consciousness & Transformative Studies, and is trained as a life coach with expertise in mind-body health programs.

3 Week Webinar Series

**STRENGTHENING
YOUR IMMUNE
SYSTEM THROUGH
EXERCISE &
MOVEMENT**

**TOPICS
WE'LL
EXPLORE**



Why Physical
Activity is Just
the Prescription
You Need



Types and
Benefits of
Physical
Activity

TECHNOLOGY



Technology and
Exercise



HEARTFULNESS
Lifestyle Tools:
Relaxation &
Meditation

STRENGTHENING YOUR IMMUNE SYSTEM

Better Health Through Lifestyle Management

- * Managing Stress
- * Diet & Nutrition
- * Physical Activity

Disclaimer: The information in these webinars is not meant to offer advice, but only to offer general education on various aspects of lifestyle health. The content in these webinars is not intended to be a substitute for professional medical advice, diagnosis or treatment. As with any medical situations, please consult with your medical professional before making any changes that will affect your health including beginning an exercise program.



Inspiration

- Dana- Hospice Nurse who is working full-time in the COVID-19 pandemic
- Lost over 40 lbs. through lifestyle changes of healthy eating and exercise

Before



After



Inspiration

Small changes that made a big difference

- Used app to track food intake and exercise
- Created a routine
- Focused on the concept of moderation- No extremes either way
- Pre-planning for meals and special occasions
- Non-food prizes to keep motivated



Week 1: Why Physical Activity is Just the Prescription You Need



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Topics for Today

**Sedentary
Behavior**

**Physical Activity
Recommendations**

**Health Benefits of
Physical Activity**

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The Cost \$\$ of Sedentary Behavior

- **31%** of individuals 15 years or older are physically inactive
- **3.2 million** deaths per year are attributed to this unhealthy lifestyle behavior.
- Physical Inactivity conservatively cost healthcare systems around the world **\$53.8 billion** dollars in 2013.

Sedentary Behavior

Definition: Sedentary behavior is any waking behavior characterized by an energy expenditure 1.5 or fewer METs while sitting, reclining, or lying.

Examples:

- office work
- driving a car
- sitting while watching television



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PHYSICAL ACTIVITY RECOMMENDATIONS

FOR DIFFERENT AGE GROUPS



PRESCHOOL-AGED CHILDREN (3-5 YEARS)

Physical activity **every day throughout the day**

Active play through a **variety** of enjoyable physical activities



CHILDREN AND ADOLESCENTS (6-17 YEARS)

60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily

A variety of enjoyable physical activities

As part of the 60 minutes, on at least 3 days a week, children and adolescents need:

- **Vigorous activity** such as running or soccer
- Activity that **strengthens muscles** such as climbing or push ups
- Activity that **strengthens bones** such as gymnastics or jumping rope



ADULTS (AGES 18-64 YEARS)*

At least **150 minutes a week** of moderate intensity activity such as **brisk walking**

At least **2 days a week** of activities that **strengthen muscles**

*Aim for the recommended activity level but be as active as one is able



OLDER ADULTS (65 YEARS AND OLDER)*

At least **150 minutes a week** of moderate intensity activity such as **brisk walking**

At least **2 days a week** of activities that **strengthen muscles**

Activities to **improve balance** such as standing on one foot

*Aim for the recommended activity level but be as active as one is able

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.

Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.

American Heart Association aligns with the CDC recommendations

Health Benefits of Physical Activity

- **Disease prevention**
 - Cancer
 - Heart disease
 - Diabetes
 - High Blood pressure
 - Stroke
 - Depression
- **Improved Quality of Life**
 - Better Sleep
 - Happier mood
 - Less stress
 - Stronger body
 - More energy



Physical Activity Related Health Benefits

Adults, all ages	
All-cause mortality	Lower risk
Cardiometabolic conditions	<p>Lower cardiovascular incidence and mortality (including heart disease and stroke)</p> <p>Lower incidence of hypertension</p> <p>Lower incidence of type 2 diabetes</p>
Cancer	Lower incidence of bladder, breast, colon, endometrium, esophagus, kidney, stomach, and lung cancers
Brain health	<p>Reduced risk of dementia</p> <p>Improved cognitive function</p> <p>Improved cognitive function following bouts of aerobic activity</p> <p>Improved quality of life</p> <p>Improved sleep</p> <p>Reduced feelings of anxiety and depression in healthy people and in people with existing clinical syndromes</p> <p>Reduced incidence of depression</p>
Weight status	<p>Reduced risk of excessive weight gain</p> <p>Weight loss and the prevention of weight regain following initial weight loss when a sufficient dose of moderate-to-vigorous physical activity is attained</p> <p>An additive effect on weight loss when combined with moderate dietary restriction</p>

Physical Activity Related Health Benefits

Children

3 to <6 Years of Age	Improved bone health and weight status
6 to 17 years of age	Improved cognitive function (ages 6to 13 years) Improved cardiorespiratory and muscular fitness Improved bone health Improved cardiovascular risk factor status Improved weight status or adiposity Fewer symptoms of depression

Physical Activity Related Health Benefits

Older Adults

Falls

Reduced incidence of falls

Reduced incidence of fall-related injuries

Physical function

Improved physical function in older adults with and without frailty

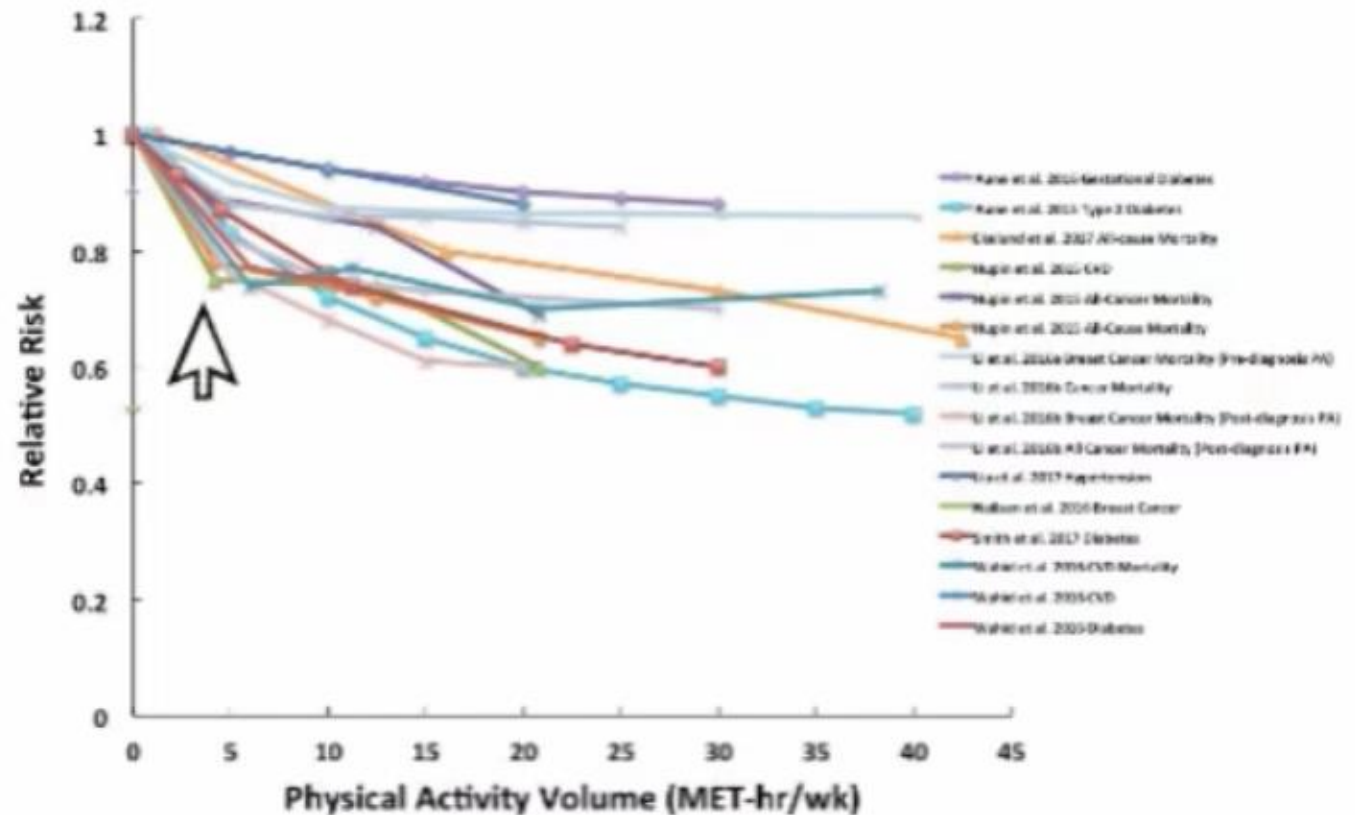
Key Findings

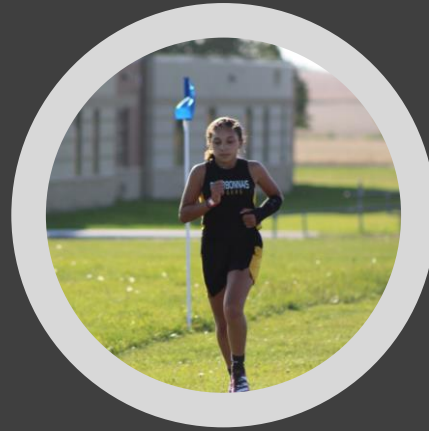
Dose-response relationship between physical activity and health

Greatest relative benefit
seen at the lowest dosage!

Seen with multiple health outcomes!

Occurs across the lifespan
(including adolescents and
older adults).





Physical Activity can
make a difference for
the whole family!



HEARTFULNESS **GUIDED RELAXATION**

IN PROGRESS....

NEXT WEEK...



Wednesday November 11th 12-12:45 pm



Cardio, Resistance, Flexibility, Sports, What Type of Exercise is Right for You?

This webinar will cover different types of exercise and the latest scientific findings on the benefits of each type. Do you have certain restrictions you have that limit your choice of physical activity? Find out how everyone despite your limitations can experience the benefits of regular physical activity.

References

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Questions?

Feel free to contact us at:
Info@ILHITREC.org

Kerri Lanum
klanum@niu.edu

