



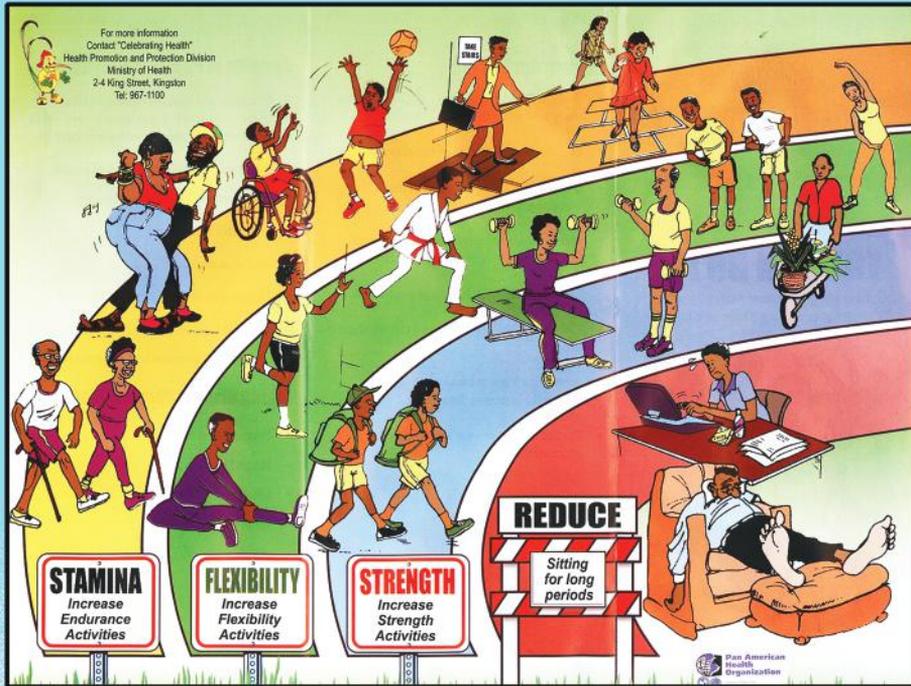
MINISTRY OF HEALTH

Physical Activity Daily Guide



Pan American Health Organization





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Physical Activity Daily Guide
for Health Care Providers

Just **30 minutes** a day
That's all it takes
You can do it!







Physical Activity Daily Guide for Health Care Providers

Introduction

Physical inactivity is the fourth leading risk factors for global mortality. Some factors that promote physical inactivity include urbanization, automation and increased access to technology and the media. As a result of these changing social values and behavioural practices individuals are forced to live in a highly paced stressful environment which has contributed to them practicing a sedentary lifestyle.

According to the World Health Organization, physical inactivity accounts for 6% of death annually. Inactivity is the main cause for approximately 21-25% of breast and colon cancers, 27% of diabetes and 30% of ischaemic heath disease (Global Recommendation on Physical Activity for Health, World Health Organization 2010). Almost twice as many persons reported being inactive in 2008 compared to 2000 (30%vs.17%) and 33% report high activity in 2008 compared to 47 % in 2000 (Jamaica Healthy Lifestyle Survey II). In Jamaica, more than 21% of youth are overweight and more than 7% are obese (2010 Global School-based Student Health Survey Results). This increases with age.

Physical activity is critical to the prevention and management of Chronic Non-Communicable Disease, therefore healthcare providers must play a critical role that this is integrated in the care of their clients. The Health Promotion and Education Unit (HPE) within the Health Promotion and Protection of the Ministry of Health had done assessments and recognized the need to build the capacity in physical activity among health care workers. This will aid in strengthening and expanding existing programmes and interventions that promote physical activity as well as develop new ones.

Goal

The goal of the Ministry of Health is to reduce physical inactivity levels by at least 5% over the next 5 years

Objective

To promote physical activity among clients who attend health facilities.

Purpose

The booklet is a simple resource guide for medical practitioners to inform and encourage clients on the importance of incorporating physical activity in their daily routine.

Target Audience

This Guide targets medical practitioners within public and private health care facilities who interact with clients on a regular basis.

Design of book

The Guide is divided into five (5) main sections.





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Acknowledgement

This Physical Activity Guide for Medical Practitioners was developed with the help of the Regional Health Authorities who have been working with Ministry of Health to promote population wide physical activity.

The project was guided by the Health Promotion and Education Unit and the Non-communicable Diseases and Injuries Prevention Unit within the Ministry of Health.

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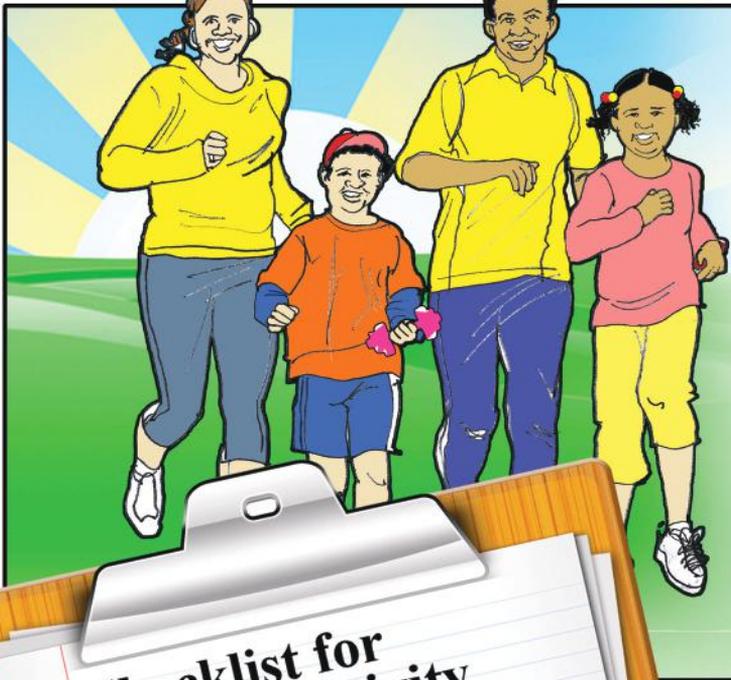
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Section 1:

The Importance of Physical Activity and Health

Getting started is easier than you think. Physical activity doesn't have to be very hard to be effective. Build physical activity into your daily routine.



- Checklist for physical activity**
- ✓ Proper footwear
 - ✓ Patience
 - ✓ The will to succeed
 - ✓ A positive attitude





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What is Physical Activity

The action of the body in the form of movement. It works the muscles and allows the body to utilize more energy than is needed when resting. Some examples are walking, gardening, running, dancing, hula hooping, skipping, sweeping the yard, mowing the lawn. In order to get maximum health benefits, it is recommended that these activities be executed at different intensity levels on a regular basis: light, moderate or vigorous to improve health.



Physical Activity Intensity Levels

This refers to the energy level at which the physical activity is carried out. There are three levels of intensity: light, moderate and vigorous.

A person who is active at a light intensity level should be able to sing while doing the activity. A person who is capable of engaging in a conversation comfortably during their physical activity routine is considered to be doing moderate intense activity.

If a person is out of breath and is too exhausted to carry on a conversation he/she is said to be doing vigorous physical activity.

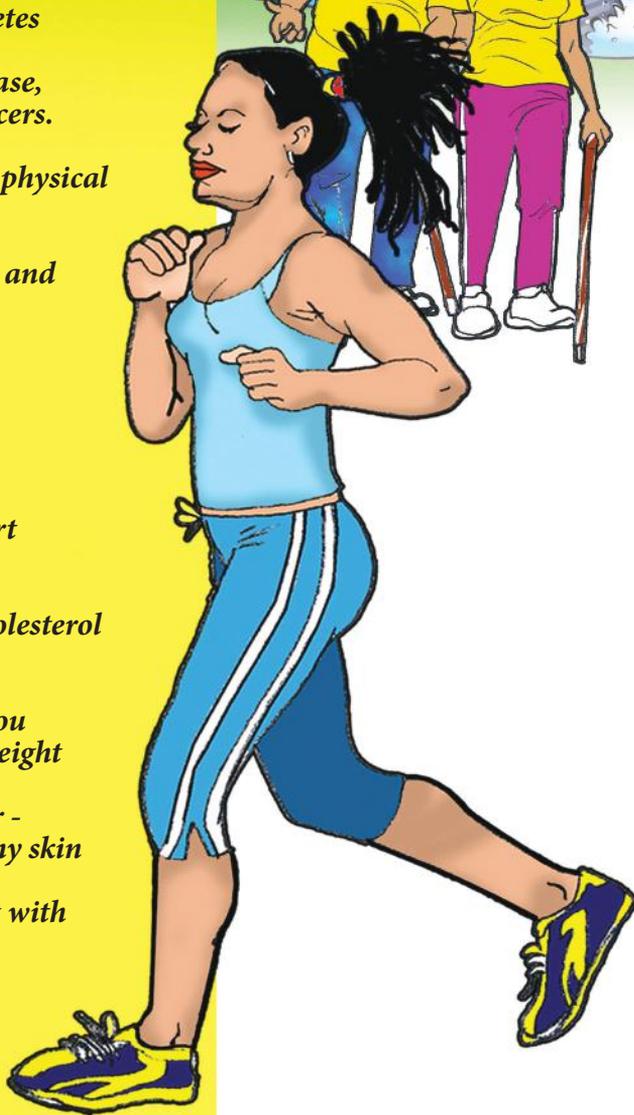




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Benefits of physical activity are:

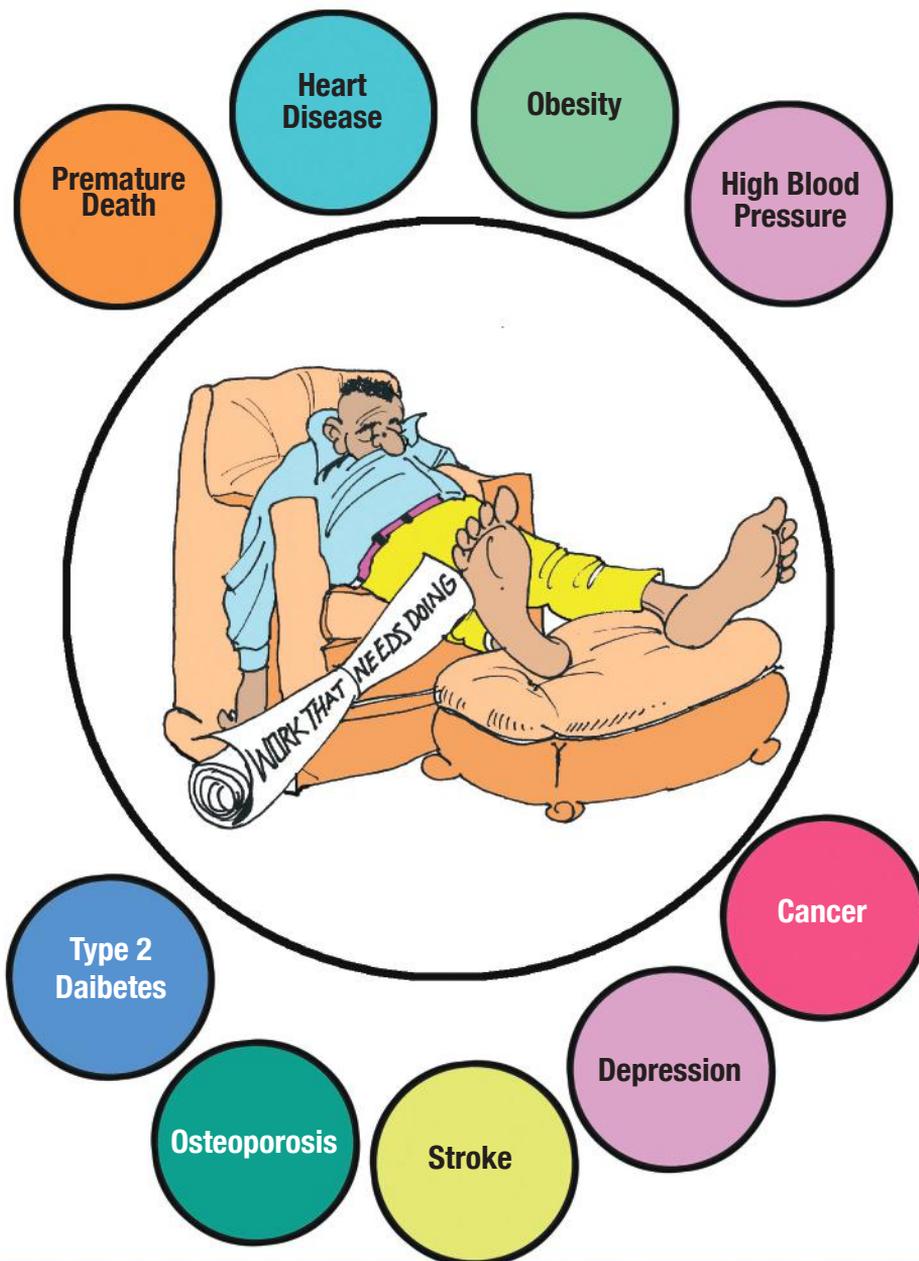
- *Prevents and help controls diseases such as diabetes (sugar), hypertension (pressure) heart disease, obesity and some cancers.*
- *Improves mental and physical health*
- *Builds strong muscles and bones*
- *Reduces stress*
- *Helps the elderly live independently*
- *Strengthens your heart and lungs*
- *Increases the good cholesterol in your blood*
- *Burns fat and helps you maintain a healthy weight*
- *Makes you look better - bright eyes and healthy skin*
- *Makes you more alert with better concentration*
- *Helps you relax and sleep better*





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Health Risks of Physical Inactivity





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Physical Activity Recommendations

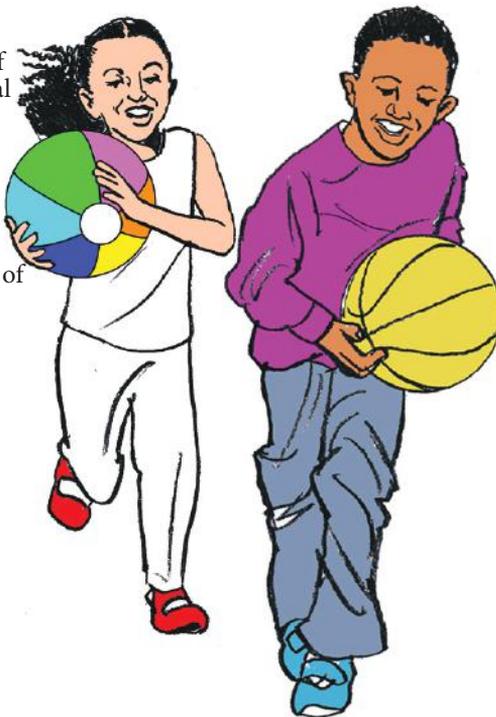
Adult

- At least 30 minutes 5 days per week or an accumulation of 150 minutes per week to gain some health benefits.
- At Least 60 minutes 5 days per week or an accumulation of at least 300 minutes 5 days per week if you want to lose weight.
- At least 60-90 minutes or an accumulation of at least 300-450 minutes 5 days per week if you are obese and want to lose and maintain weight.

There are a number of ways one can accumulate the recommended amount of physical activity each day. Example a 30 minutes physical activity session can be done in three 10 minute bouts throughout the day. In order for this to be effective each 10 minutes bout must be done continuously each time. Choose a method that best fits into your daily routine that you can be achieved.

Children

- 3-5 years: at least 60 minutes of structured activities and several hours of free play daily.
- 6-17 years: at least 60 minutes of moderate to vigorous at least 5 days per week.
- They should do a combination of muscle strengthening and bone strengthening activities at least 3 days per week as a part of the 60 minutes.





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Section 2: Take Precaution and Make it Fun

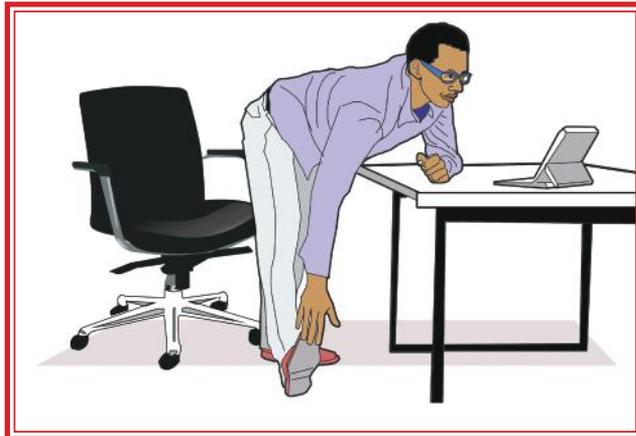
Medical Assessment

After you conducted medical assessment of client discuss with them the types of physical activity they can participate in. Emphasize to the clients that they should start out the activity slowly and gradually increase. Clients should be encouraged to report changes to their health as a result of participating in these activities.

Types of physical activity

There are several types of physical activities that clients can participate in. Some examples are:

- *Walking*
- *Running*
- *Skipping*
- *Dancing*
- *Ball games*
- *Hola Hoop*
- *Gardening*
- *House work*
- *Aerobics*



Encourage clients to participate in activities they like to do. This will make it easier to incorporate these activities as a part of their daily routine making it a lifestyle.

Other daily routine physical activity can be:

- Using the stairs instead of the elevator
- Getting up from the desk or couch to stretch for a few minutes every hour.
- Gardening, mowing the lawn, sweeping, washing your car, dancing.
- Playing actively with children and grandchildren.
- Walking, wheel chairing or cycling for short trips.

**Remind clients to: Start out slowly
and gradually increase**





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How many calories are used in typical activities?

The following table shows calories used in common physical activities at both moderate and vigorous levels.

Calories Used per Hour in Common Physical Activities		
Moderate Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person¹	Approximate Calories/Hr for a 154 lb Person¹
Hiking	185	370
Light gardening/ yard work	165	330
Dancing	165	330
Golf (walking and carrying clubs)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (general light workout)	110	220
Stretching	90	180

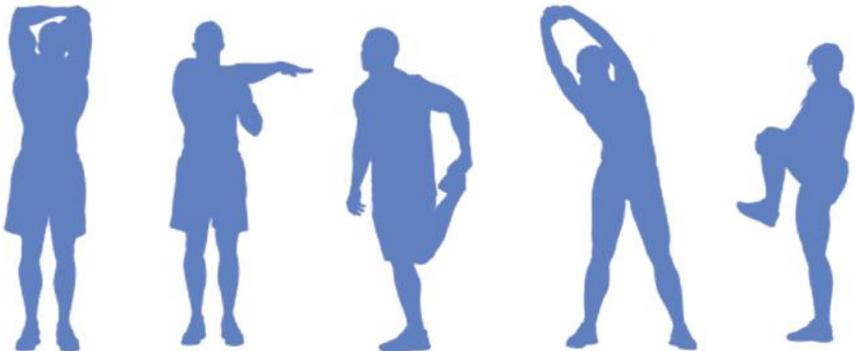




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Vigorous Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person ¹	Approximate Calories/Hr for a 154 lb Person ¹
Running/jogging (5 mph)	295	590
Bicycling (>10 mph)	295	590
Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Heavy yard work (chopping wood)	220	440
Weight lifting (vigorous effort)	220	440
Basketball (vigorous)	220	440
<p>¹ Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.</p> <p>Source: Adapted from http://www.cdc.gov/healthyweight/physical_activity/index.html</p>		





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Section 3: Get on the Move

Demonstrate how to walk effectively to get maximum health benefit

Keep the line of sight high to enjoy the scenery.

Bend the elbow and swing the arms fast and narrowly. This action also prevents the unnecessary swing of the body.

Abdominal muscle will tighten up.

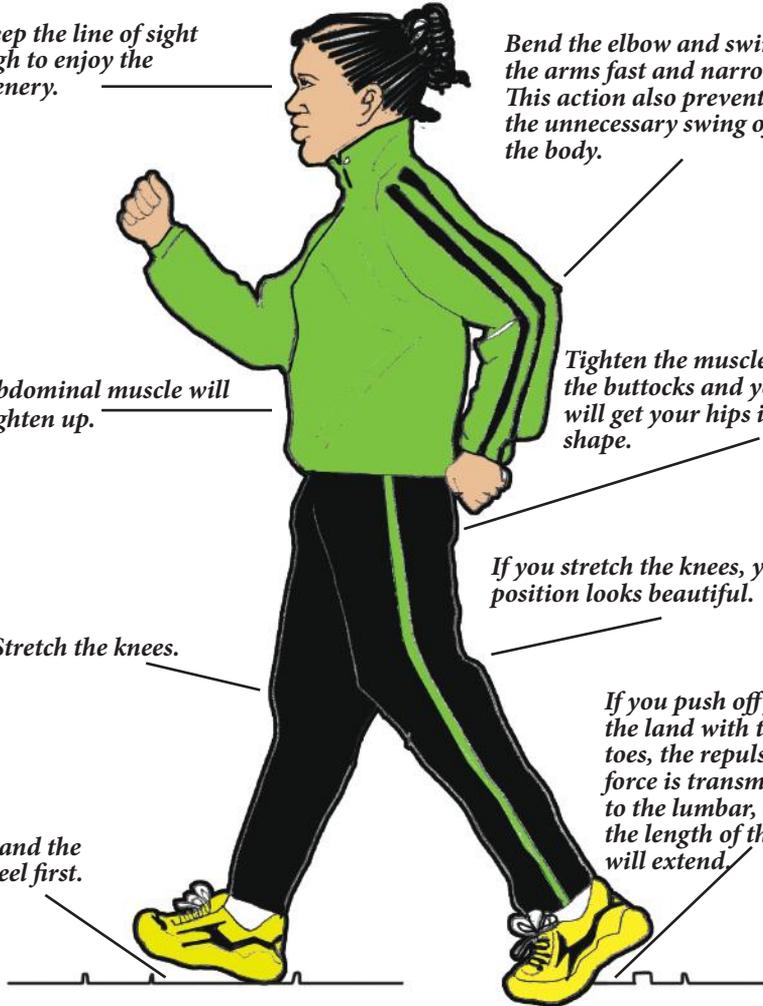
Tighten the muscle of the buttocks and you will get your hips into shape.

If you stretch the knees, your position looks beautiful.

Stretch the knees.

If you push off from the land with the toes, the repulsive force is transmitted to the lumbar, and the length of the step will extend.

Land the heel first.



STAMINA: Explain to clients that walking is an easy way of getting physically active. Encourage client to walk whenever they can and keep a record of their achievements. Demonstrate how client should bend arm at a 90 degree angle, swing arms back and forth in motions with their legs.





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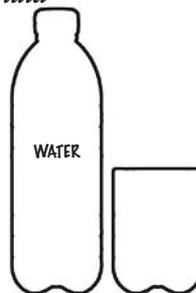
Beginners Walking Programme

Encourage clients to stretch appropriately before and after walking

	<i>Warm up</i>	<i>Walk</i>	<i>Cool Down</i>	<i>Total Workout Time</i>
Wk 1	Walk slowly 5 mins.	Walk briskly 5 mins.	Walk slowly 5 mins.	15 minutes
Wk 2	Walk slowly 5 mins.	Walk briskly 7 mins.	Walk slowly 5 mins.	17 minutes
Wk 3	Walk slowly 5 mins.	Walk briskly 9 mins.	Walk slowly 5 mins.	19 minutes
Wk 4	Walk slowly 5 mins.	Walk briskly 11 mins.	Walk slowly 5 mins.	21 minutes
Wk 5	Walk slowly 5 mins.	Walk briskly 13 mins.	Walk slowly 5 mins.	23 minutes
Wk 6	Walk slowly 5 mins.	Walk briskly 15 mins.	Walk slowly 5 mins.	25 minutes
Wk 7	Walk slowly 5 mins.	Walk briskly 18 mins.	Walk slowly 5 mins.	28 minutes
Wk 8	Walk slowly 5 mins.	Walk briskly 20 mins.	Walk slowly 5 mins.	30 minutes
Wk 9	Walk slowly 5 mins.	Walk briskly 20 mins.	Walk slowly 5 mins.	30 minutes

AVOID DEHYDRATION !!

Use the following table to guide clients with fluid intake when doing physical activity.



Time Period	Amount of Water
2 to 2-1/2 hours before	At least 2 cups of water
0 to 15 minutes before	2 cups of water
Every 15 minutes during	2 cups for every pound lost
After physical activity	and until urine is pale





Physical Activity Daily Guide for Health Care Providers

Advanced Walking Program

Encourage clients to stretch appropriately before and after walking.



	<i>Warm up /Daily</i>	<i>Walk /Daily</i>	<i>Cool Down/Daily</i>	<i>Total Time</i>
Week 1	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 10-15 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>20-25 minutes</i>
Week 2	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 15-20 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>25-30 minutes</i>
Week 3	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 20-25 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>30-35 minutes</i>
Week 4	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 25- 30 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>35-40 minutes</i>
Week 5	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 30-35 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>40-45 minutes</i>
Week 6	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 35-40 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>45-50 minutes</i>
Week 7	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 40-45 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>50-55 minutes</i>
Week 8	<i>Walk slowly 5 mins.</i>	<i>Walk briskly 60 mins.</i>	<i>Walk slowly 5 mins.</i>	<i>70 minutes</i>

After week 8 encourage clients to increase the intensity level or length of each work out session

Discuss with clients the importance of setting a goal and stick to it. Include routes/ activities they enjoy and get family and friends to join them.

FLEXIBILITY:

Help protects muscles, against injury and allow maximum range of motion. Increase flexibility such as stretches





Physical Activity Daily Guide for Health Care Providers

Moderate Exercise Program

Clients should warm-up and stretch appropriately 5 minutes before and after exercising. Drink lots of water before, during and after exercise

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Week 1	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats
Week 2	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats
Week 3	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats
Week 4	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats
Week 5	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats
Week 6	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats
Week 7	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats
Week 8	30 mins brisk walk	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats	30 mins brisk walk	30 mins brisk walk	Abs push-ups squats

**Abdominals (Abs)*



STRENGTH: Increase strength activities such as weight lifting or carrying manageable loads.





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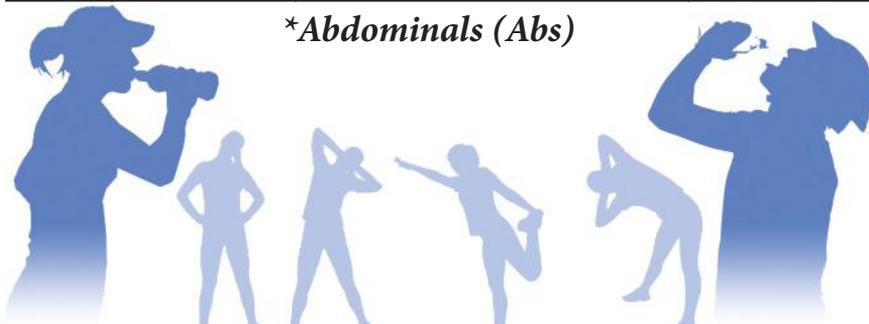
Vigorous Exercise Program

Clients should warm-up and stretch appropriately 5 minutes before and after exercising. Vigorous exercise can be for alternative days.

Drink lots of water before, during and after exercise

	<i>Sunday</i>	<i>Tuesday</i>	<i>Thursday</i>	<i>Saturday</i>
Week 1	25 mins jog	25 mins jog 10 mins Abs push-ups squats	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 2	25 mins jog	25 mins jog 10 mins weight training	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 3	25 mins jog	25 mins jog 10 mins Abs push-ups squats	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 4	25 mins jog	25 mins jog 10 mins Abs push-ups squats	25 mins jog	25 mins jog 10 minutes Abs push-ups squats
Week 5	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats
Week 6	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats
Week 7	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats
Week 8	30 mins jog	30 mins jog 10 mins Abs push-ups squats	30 mins jog	30 mins jog 10 minutes Abs push-ups squats

*Abdominals (Abs)





Physical Activity Daily Guide for Health Care Providers

Section 4:

What to do Before and After a Workout

Giving clients tips on warming up, cooling down and stretching before and after main physical activity session

Warming up

It is very important to warm up before main/aerobic activity as this will help to minimize the risk of injuries.

Warm-up activities help to keep the muscles flexible, increase joints range of motion, blood flow to muscles and heart rate, and help to prevent injuries as the body prepares for main activity.

Jog or walk moderately for 2-5 minutes. Stretch all the major muscles. Hold each stretch for at least 30 seconds. Do not bounce or jerk while stretching. Do each stretch at least 3 times. Breathe regularly, do not hold your breath.

Explain to clients that stretching their muscles before they are warmed up may result in injury.





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Giving clients tips on Stretching when Exercising



Stretching

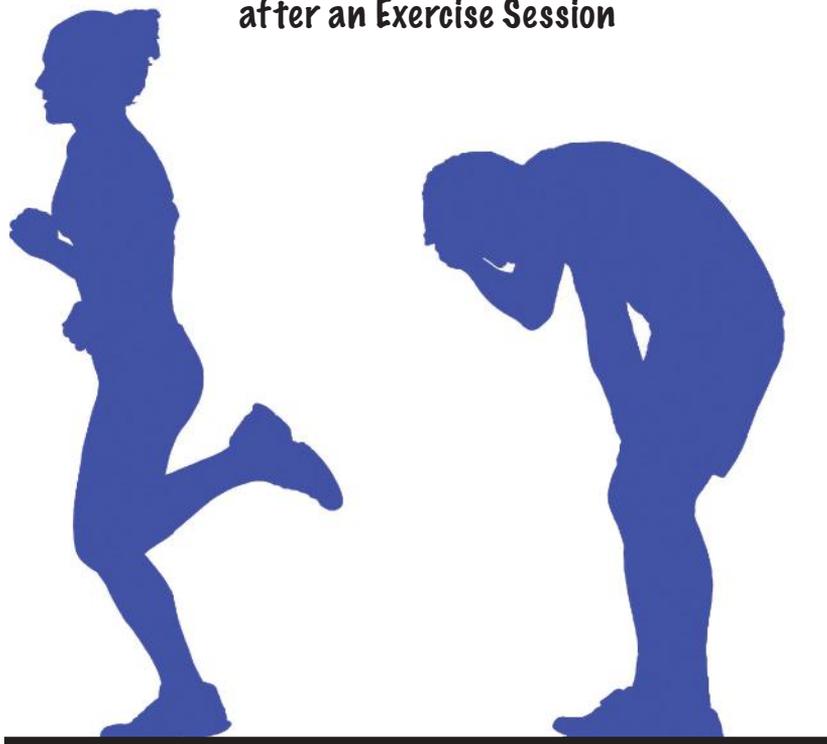
- Stretching exercises will facilitate more freedom of movement to do the things they need to do and the things they like to do. Stretching exercises alone will not improve their endurance or strength.
- Stretching should never cause pain, especially joint pain. If it does, this is an indication that something is wrong – incorrect technique, a medical condition, etc. Feeling mild discomfort or a mild pulling sensation is normal. If they are feeling severe pain they should stop immediately.
- Never “bounce” while stretching; make slow, steady movements instead. Jerking can cause muscles to tighten, possibly resulting in injury.
- Avoid “locking” joints when stretching. They should always have a very small amount of bending in their joints while stretching. Push them to stretch further, but not so far that it hurts.
- Stretching the joints involves slow rotation and bending e.g. Rotating the ankles and wrists, bending the arms and knees, rolling your shoulders forward and backward. This will allow the body’s natural lubrication to protect the joints.





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Giving clients tips on how to cool down after an Exercise Session



Cooling down

- The purpose of cooling down is to gradually return the heart rate and blood pressure to resting or pre-exercise levels. This is to avoid blood pooling, muscle cramps and dizziness.
- This consist of 5-7 minutes slow walking or slow jogging followed by the same stretching that was done for warming-up.
- Remind clients to breathe regularly and rhythmically. They should not hold their breath.





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How to Stretch

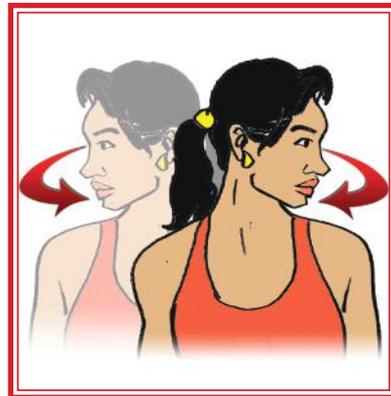
Step 1

Stretching side of neck

Stand or sit straight with arms dangling and relax at their sides.

Twist head sideways to the left or right or right to left. Hold each stretch for 5 seconds

Repeat 1-3 times.



Step 2

Stretching back of neck

Stand or sit straight with arms dangling and relax at their sides.

Bring the head gently tilt head forward and backward to stretch back of and front of the neck. Hold for 5 seconds.

Repeat 1-3 times.





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Step 3

Stretching side of shoulder and back of upper arm.

Stand or sit in an upright position, place left hand on right shoulder gently pull with left hand right elbow across chest toward left shoulder and hold for 10 to 15 seconds.

Repeat on other side.



Step 4

Stretching shoulder, middle back, arms, hands, fingers, and wrist.

Interlock fingers with palms facing out. Gently extend arms in front at shoulder height.

Hold for 10 to 20 seconds, relax, and repeat.





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Step 5

Stretching triceps, top of shoulders, waist

With knees slightly bent. Stand or sit with arms overhead. Hold elbow with hand of opposite arm. Gently pull elbow behind head slowly leaning to right side until the stretch is felt. Hold for 10 to 15 sec.

Repeat on the left side.



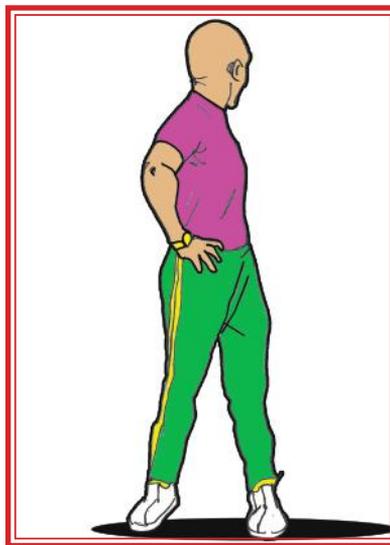
Step 6

Stretching middle back

Stand with knees slightly bent hands on hips. Gently twist the upper body to right side until stretch is felt.

Hold for 10 to 15 sec.

Repeat on left side.





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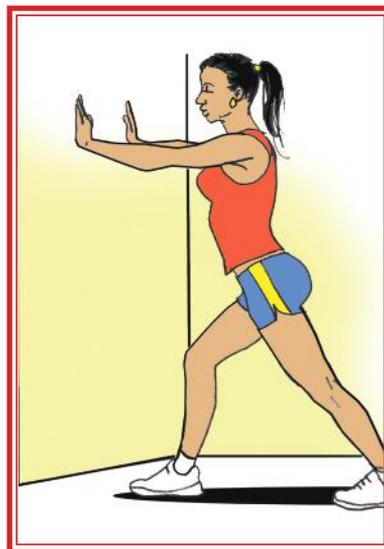
Step 7

Stretching calf

Stand a little distance from wall with right foot in front bent at the knee, the left leg straight behind you. Feet flat on the ground with toes straight in front. Gently move hips forward until you feel stretch in calf of left leg. Hold easy stretch for 10 to 20 seconds.

*Do not bounce.
Do not hold breath.*

Repeat on other side.



Step 8

Stretching front on thigh

(quadriceps) Stand a little distance from wall. Stand straight, hold right foot with left hand. Pull heel toward buttock hold for 10 to 20 sec

Repeat on other side.

N.B place hand on wall for support if needed.





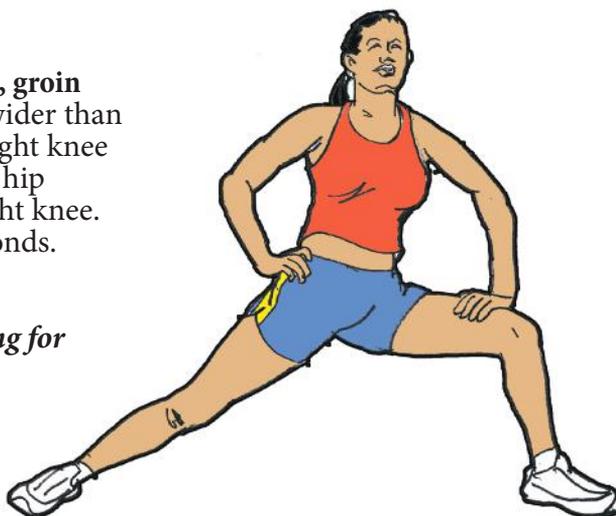
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Step 9

Stretching inner thigh, groin

Stand with feet a bit wider than shoulder. Bend the right knee slightly and move left hip downward toward right knee. Hold for 10 to 15 seconds. Repeat on other side.

N.B hold on something for support if needed.



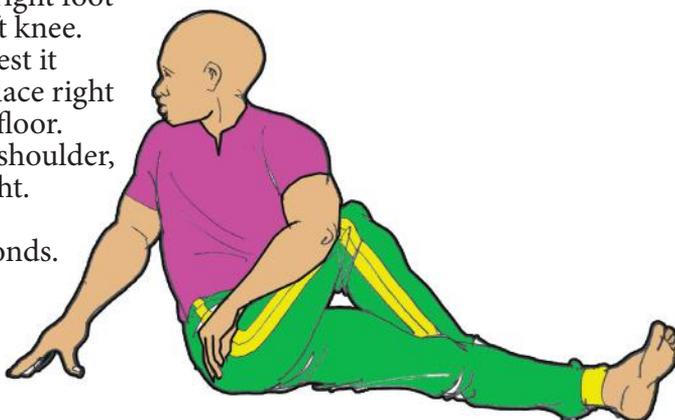
Step 10

Stretching lower back, side of hip, and neck.

Sit on floor with left leg straight out in front. Bend right leg, cross right foot over, place outside left knee. Bend left elbow and rest it outside right knee. Place right hand behind hips on floor. Turn head over right shoulder, rotate upper body right.

Hold for 10 to 15 seconds.

*Repeat on other side.
Breathe in slowly.*





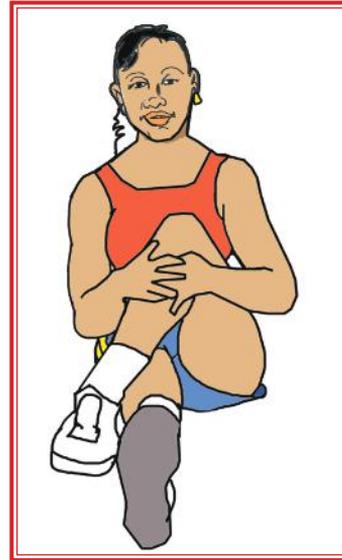
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Step 11

Stretching side of hip and Hamstrings

Sit on floor with both legs straight out in front. Slowly bend left leg, cross left foot over, outside of right knee. Gently pull left knee across body toward opposite shoulder. Hold for 10 to 20 seconds.

Repeat on other side. Breathe slowly.



Step 12

Stretching back of leg and lower back. Sit on floor, legs straight out at sides then bend right leg at knee while leg still on the ground at comfortable reach with right leg bent at knee. Slowly lean forward at the hips toward left foot that is straight until you feel slight stretch. Hold stretch for 10 to 20 seconds.

Repeat on other side.

Keep the foot of straight leg in an upright, position with ankles and toes relaxed. Keep a steady posture do no dip head forward or bounce.





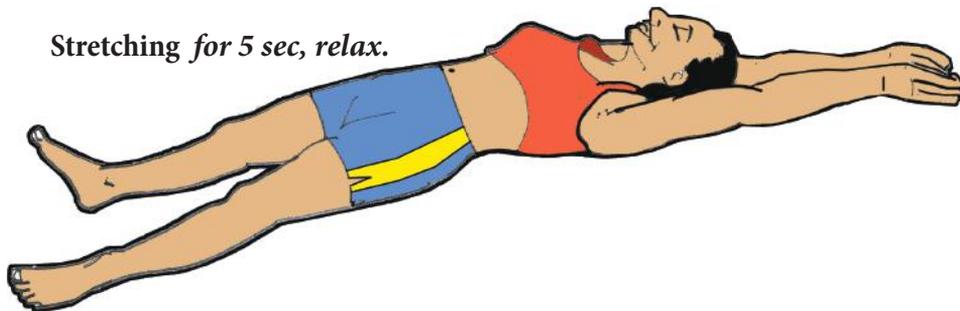
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Step 13

Stretching shoulders, arms, hands, feet and ankles

Lie flat on back with arms extended overhead, keep legs straight. Reach arms and legs in opposite directions.

Stretching for 5 sec, relax.





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Section 5:

Appendix

Physical Activity Record Sheet

Explain to clients the need to stretch appropriately before and after walking.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example	5 min.	10 min.	10 min.	10 min.	15 min.	15 min.	15 min.
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							





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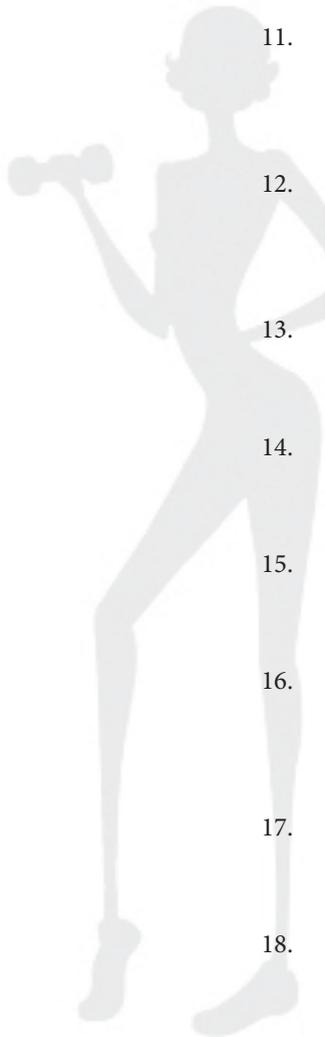
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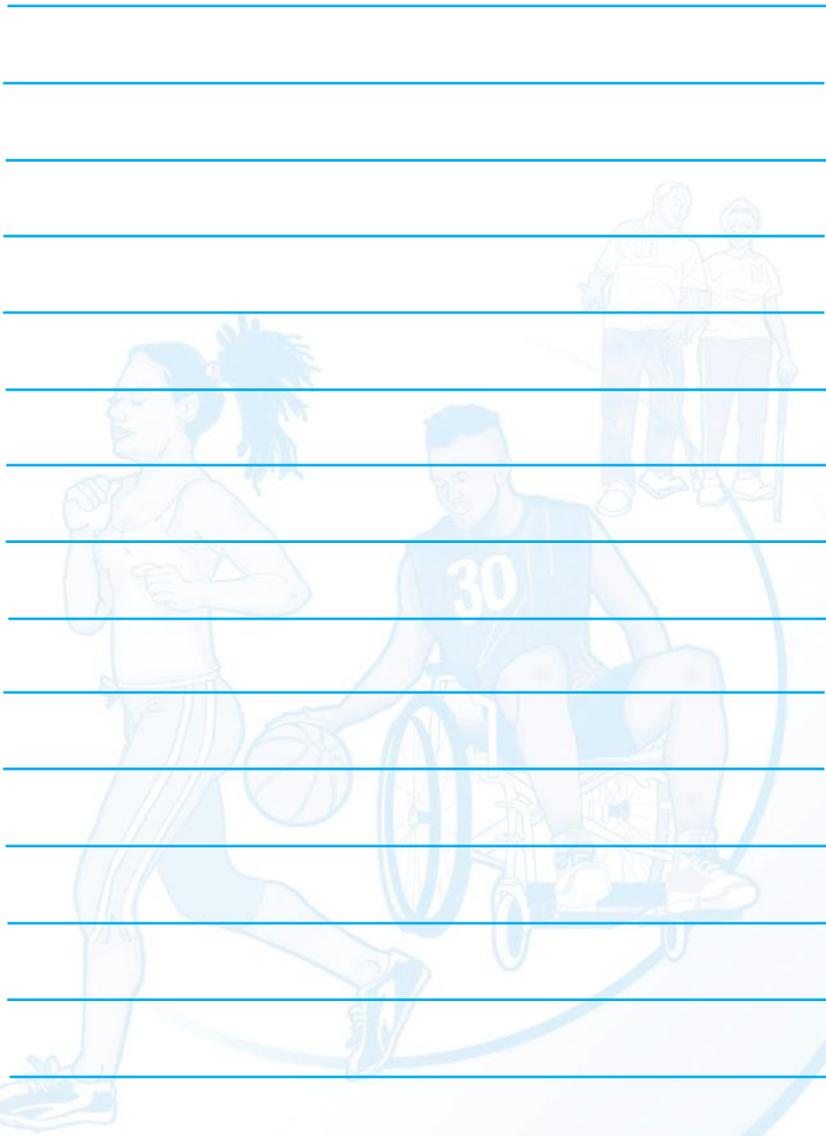


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NOTES



*It's all about...What I Put in, What I Keep Out
and how Much I Do*

