**Let’s Get Physical**

*Southern Remedy,* a health initiative of Mississippi Public Broadcasting, has developed *Southern Remedy’s Healthy Living.* This program includes *Southern Remedy’s Food Challenge,* Healthy Living Plates for Adults and Children, and the *Fitness Prescription.* Although calorie control with good nutrition is the most important thing you can do for weight control, physical activity assists in calorie balance and has additional health benefits.

**Physical Activity**

- Improves blood pressure
- Improves cholesterol levels  
  (by raising the good and lowering the bad)
- Improves blood sugar levels
- Improves bone density
- Increases strength and flexibility
- Promotes well-being and happiness
- Decreases risk of falls

No matter what your age or fitness level, there are easy to use fitness suggestions for you right here. The payoff is big and worth your effort! Please see the chart on the right to get started.

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*Not regularly active*= less than 150 minutes of physical activity per week  
**Already active**= 150 minutes or more of physical activity per week
Not Sure?

• Review the benefits of physical activity provided in this material.
• Think about how these benefits will improve your health and well-being.
• Fill in the blank below:
  ____________________________ keeps me from being physically active (or as active as I would like to be).

Did you say:
✓ Lack of time, motivation, support, knowledge, or facilities?
✓ Current disease, disability, fear of injury?
✓ Past failure?

You are not alone! These are some of the most common reasons that people are not physically active. The information in this toolkit will address all of these issues and help you establish a physical activity plan just for you!

Problem & Solution

LACK OF TIME
Solution: Starting with as little as 10 minutes of physical activity per day can have positive health benefits.

LACK OF MOTIVATION/ SUPPORT
Solution: Physical activity has many great health benefits. Try to find a friend, co-worker, or family member who is physically active. Exercising together is a great way to stay motivated. Get jump-started with a quick and easy change. (Keep reading for tips!)

LACK OF KNOWLEDGE AND FACILITIES
Solution: Being physically active doesn’t require a gym membership or a personal trainer. This toolkit will give you easy and inexpensive ways to get active.

CURRENT DISEASE/ DISABILITY OR FEAR OF INJURY
Solution: Being physically active is an important part of becoming and staying healthy. In most cases, light to moderate intensity activity is safe for everyone. Speak with your healthcare provider before beginning a new program if you are concerned. Don’t forget to warm up and cool down with each workout.

PAST FAILURES
Solution: To be successful, you need realistic goals. Our program walks you through each step of the activity and gives you clear goals for each week or month. See Losing Focus: Don’t Give Up! on page 4 for more tips.

Get Jump-Started! Quick and Easy Changes

1. Take the stairs instead of the escalator or elevator.
2. Park in the back of the lot at the grocery store, mall, or work, and walk to the entrance.
3. Take a trip to the mall to “window shop.”
4. March in place during commercial breaks on television.
Know Your Limits

The “Talk Test” is an easy way to judge the intensity of your activity.

**LIGHT**
No noticeable changes in breathing. You can carry on a full conversation or even sing.

**MODERATE**
Breathing effort increases without being out of breath. You can have a conversation but not sing.

**VIGOROUS**
Breathing is deep and rapid. You can’t say more than a few words without pausing for breath.

Pick Your Activity

The *Southern Remedy Fitness Prescription* is designed as a walking/jogging program. Other activities can be substituted, just remember to match up the intensity using the “Talk Test.”

**SWIMMING**    **BICYCLING**    **DANCING**
Warning Signs

Exercise is usually a safe and beneficial activity. However, there are certain warning signs you should never ignore if they happen during exercise. You should contact your healthcare provider immediately if these occur.

- Dizziness, nausea, clammy skin
- Hot, flushed, dry skin (you have stopped sweating)
- Chest pain, arm tingling, jaw pain, or sudden shortness of breath

To help prevent problems

Avoid exercising during the hottest part of the day.
Drink plenty of fluids.
Remember to always warm-up and cool-down.
Don’t do too much too quick

Don’t Beat Yourself Up!

STEP 1 STOP AND THINK
- Identify thoughts or actions that are causing you to lose focus
- Think of strategies to combat these thoughts or actions.

STEP 2 DON’T PANIC!
- One slip up does not equal failure!

STEP 3 MODIFY YOUR FITNESS PROGRAM
- Review the reasons you started a fitness program.
- Modify your fitness goals if needed.
- Think of fun, new activities to energize you.

STEP 4 ACT IMMEDIATELY
- Don’t blame yourself! Everyone will have slip-ups.
- Start back on your fitness program as soon as possible.

STEP 5 SEEK HELP
- Don’t be shy! Ask for help and encouragement from family, friends, or co-workers.

Losing Focus: Don’t Give Up!

We all have habits that we have developed over the years that are hard to change. Many of these habits are triggered by particular situations. For example, we all have bad days at work that just make us want to crawl in bed or relax in front of the TV. What about when you are sick? The last thing you want to do is exercise. Then, you quickly find yourself back in the cycle of inactivity. The best way to deal with a situation like this is to be prepared.

We generally recommend physical activity at least 5 days per week. Don’t schedule the days you “will not exercise.” Instead plan to be active every day. Then, if something comes up that keeps you from being active, it won’t derail all your efforts. When you do slip up, don’t beat yourself up. Use the following system, or one you develop on your own, to figure out why you slipped and how not to do it again.
Sources


