MoveRight

Section 7

AimRight **Section 6 Review Quiz:**

CLUE: Fill in the blanks below using reward, goals or measure.

- Answers are on page 162 -

- It is very important to set realistic _____ for weight loss.
- You need to have a way to _____ your goals to see how you are doing.
- _____ yourself with a special treat when you reach weight loss goals.

Goals for Week 7:

- Understand the importance that physical activities play in a weight management program.
- Know the special health and safety issues that individuals with SCI must consider when doing physical activities.
- Learn how to measure the effectiveness of an activity.
- Recognize the variety of physical activities available to individuals with disabilities.
- Choose some physical activities to add to your daily routine, either at home, at a recreational center or through an activity program.

Physical Activity

Physical activity is any bodily muscle movement that uses energy. When you increase your energy output, you burn calories quicker and lose fat while gaining muscle mass.

Three factors are used to describe physical activity:

Intensity: how hard your body is working
Duration: how long an exercise is performed
Frequency: how often the exercise is performed

A typical physical activity regimen includes:

- ✓ low to moderate intensity;
- ✓ a duration of at least 20 minutes per session; and
- ✓ a frequency of 3 to 5 days per week.

Physical activities that are greater in intensity, duration, and frequency offer greater health benefits. The result is that people who are physically active:

1) tend to live longer;
2) recover from illness or injury quicker;
3) are at reduced risk for some forms of cancer and other chronic diseases such as heart disease, diabetes and osteoporosis;

4) are more independent and have an easier time doing everyday tasks;
5) lose weight quicker and keep the weight off over the long-term;
6) have improved strength, endurance, joint flexibility, breathing, posture, concentration, feelings of well being and self-confidence;
7) have reduced instances of stress, tension, anxiety, and depression; and
8) fall asleep quicker and sleep more soundly than people who are not physically active.

Physical Activity & Disability

In a report on the Physical Activity and Health of Persons with Disabilities, the United States Surgeon General confirmed the benefits of physical activity are similar for persons with and without a disability. Moreover, physical activity does not need to be strenuous to be beneficial.

Although a light amount of physical activity is healthier than no activity, the surgeon general reports persons with disability can get substantial health benefits from 20 to 30 minutes of moderate physical activity every other day. Physical activities that are greater in intensity, duration, and frequency offer greater health benefits.

The problem is that persons with disabilities are less likely than persons without disabilities to participate in physical activities. There is no clear cut reason for this lack of participation, but some individuals wrongly assume that they cannot participate in – or benefit from – physical activity if they have limited mobility. This is simply not true no matter what your level of impairment.

Do not limit your physical activities solely based on the fact that you have limited mobility.

Getting Started

☞ **Talk to your physician to find out if physical activity is right for you.** As a person with spinal cord impairment, you may or may not have individual health problems limiting your ability to take part in moderate physical activity. However, you still need to talk with your doctor before you change your activities. You may need to avoid some types of exercise if you have muscle or joint pain. If you have any chronic medical conditions, such as heart problems, degenerative arthritis or diabetes, you will want to discuss with your doctor special concerns related to your condition.

☞ **Start slowly and build endurance**. You need to gradually increase the intensity and duration of activities and build up the levels of activities. As you become comfortable, you can increase the frequency. If the activity feels too difficult, you need to slow down to a comfortable level!

☞ **Look for activities that are available in your area**. You will see there are many types of activities that can help you reach your goal to be more physically active. First look close to home. Talk with other people in your area to see what they do. Are local recreational centers, YMCAs and community programs accessible and do they offer activities for individuals with disabilities? Check also with your local independent living center (ILC), organizations that work with specific disabilities or rehabilitation facilities to see if they can offer suggestions on programs in your area. There are also many local and national organizations and foundations that offer outdoor activities, competitive sports, fitness classes and seminars. The National Center on Physical Activity and Disability offers links to many resources on recreation and exercise.

Measuring Intensity

1 Talk Test

The easiest way to measure how hard you are exercising is to use the talk test method. A person who is active at a *light* intensity level should be able to sing while doing the activity. *Moderate* activities require some physical exertion, but a person should be able to comfortably carry on a conversation while doing the activity. If a person becomes winded or too out of breath to carry on a conversation, the activity can be considered *vigorous*.

2 Heart Rate

In the general populaton, the best health benefits of physical activity occur when people work within their *target heart rate* zone. This is a range dependent on your age, and the zone is usually when a person's heart rate (pulse) is 60% to 85% of their *maximum heart rate* (maximum heart rate is a person's highest pulse rate within safe limits). Maximum heart rate/Target heart rate in excess of 85% does not add any extra health benefit and actually puts individuals at greater risk for health problems.

Individuals with spinal cord impairment need to discuss their maximum heart rate/target heart rate with their doctor. Your maximum heart rate/target heart rate can be affected by some medications and impairment related issues. If so, your heart rate ranges for exercise should be prescribed by your doctor or an exercise specialist. In some cases, your health care provider may decrease your target heart rate zone to begin with 50 percent.

<u>Checking your pulse</u>: Stop exercising briefly and place two fingers about an inch below the crease between your palm and wrist and just to the thumb side of the big tendon in your wrist. Count the number of heart beats for 15 seconds and multiply that number of beats by 4 to find out if you are safely within your recommended target heart rate zone. If your pulse is below your target zone, increase your rate of exercise. If your pulse is above your target zone, decrease your rate of exercise.

Chart of maximum heart rate/target heart rate for the general population

Age	Target Heart Rate (HR) Zone (60-85%)	Predicted Maximum Heart Rate
20	120 - 170	200
25	117 - 166	195
30	114 - 162	190
35	111 - 157	185
40	108 - 153	180
45	105 - 149	175
50	102 - 145	170
55	99 - 140	165
60	96 - 136	160
65	93 - 132	155
70	90 - 128	150

3 Rate of Perceived Exertion (RPE) Scale

Another way to measure the intensity of your exercise is to use the Rate of Perceived Exertion Scale. This is based on how hard you feel like your body is working. You can decide this based on your heart rate, respiration or breathing rate, sweating and muscle fatigue. It is a subjective measure but it has been shown to provide a fairly good estimate of the actual heart rate.

Activity Levels

Light Range
Moderate Range
Vigorous Range

RPE Scale

No exertion at all
Very, very light
Very light
Light
Somewhat hard
Hard
Very hard
Extremely hard
Maximum exertion

Instructions for RPE Scale:

- ✓ Decide how heavy and strenuous the exercise feels to you. Combine all sensations and feelings of physical stress, effort and fatigue. Do not focus on one factor such as breathing rate but focus on your total feeling of exertion.
- ✓ Choose the range that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your desired range.

Lifestyle Physical Activity

Research has shown that people can get the health benefits of physical activity without participating in a recognized exercise program. “Lifestyle physical activity” includes any

movement of the body that is produced by the muscles and uses energy. Lifestyle physical activities can occur anywhere and be a part of whatever you are doing.

Think of how many movements you try to save or avoid in a day. For example, you might avoid some household chores that make you tired. You can put those "saved" motions to work. These activities can go a long way in improving your overall health. Such activities can include cleaning, gardening and playing with your children. You might have an interest in some physically active hobbies such as art, fishing and hunting. Remember, even a low intensity lifestyle physical activity can have health benefits.

Helpful hints for increasing activity levels through added daily activities:

- ✓ Perform household chores on your own.
- ✓ Perform as many of your own daily living activities.
- ✓ Do more for yourself independently to improve strength.
- ✓ Propel your own manual wheelchair instead of relying on someone else to push you.
- ✓ Park at the outer edge of parking lots to add to your pushing distance.
- ✓ Do more activities where your arms are above the level of your heart because it increases your heart rate and offers greater health benefits.

Sports & Recreation

The facts are simple. Individuals with spinal cord impairment can, and do, participate in a number of sports and recreational activities. Although some people require adaptive equipment to participate in some activities, they still enjoy themselves and gain improved health through participation. When you consider an activity program you want to look at a variety of options and decide which activities match your interests and needs. If you can think of an activity, you will likely find that people with disabilities are doing it.

Physical Activities List

Alpine Skiing*
Archery*
Art
Athletics* (track, throwing, pentathlon and marathon)
Bocce*
Bowls*
Cycling*
Equestrian*
Fishing
Gardening
Golf
Hang gliding

Hunting
Ice Sledge Hockey*
Jet-skiing
Kayaking
Martial Arts
Nordic Skiing*
Outdoor and Wilderness Activities
Power Wheelchair Soccer
Power lifting*
Rafting
Rock Climbing
Rowing
Sailing*
Shooting*
Softball
Surfing
Swimming*
Table Tennis*
Volleyball*
Water Skiing
Wheelchair Basketball*
Wheelchair Curling*
Wheelchair Dance Sport*
Wheelchair Fencing*
Wheelchair Rugby*
Wheelchair Tennis*
(*Paralympics events)

Wheelchair sports are a very popular way to improve your overall health. The number of sports offered to participants who are disabled has grown to rival that of sports offered to non-disabled athletes. In some cases, organizations and foundations will even provide the adaptive equipment.

Exercise

Although some people require adaptive equipment, individuals with spinal cord impairment also benefit from exercise. However, your level of impairment and medical condition have an obvious impact on the types of exercises you can do.

Improving Range of Motion

Ranging your joints is an important part of any exercise program, especially for individuals with spinal cord impairment. Rigid and inflexible joints decrease overall movement and can affect one's quality of life in many areas. If possible, stretching and bending should be done at the beginning and end of any exercise period. Daily range of motion can help with:

- improving your overall flexibility;

- reducing muscle soreness;
- improving posture;
- increasing relaxation by reducing muscle tension and tightness;
- reducing spasticity; and
- increasing independence.

Passive Range of Motion Exercises

Range of motion exercises, also known as "ROM" exercises, is done to keep muscles, joints, tendons, and ligaments from tightening up. The word “passive” is used when a person does not actively perform the exercise of that joint. Passive ROM exercises can be done by individually, someone else, or some fitness machines. For example, some hand-cycles propel peddles that offer Passive ROM to the legs. Passive ROM exercises may improve flexibility, but passive ROM exercises are not going to build muscle in areas where you have no voluntary muscle control.

You may need to be cautious with all flexibility training. Individuals with contractures, heterotopic ossification, arthritis or abnormal muscle tone around a joint may need special directions when doing range of motion exercises or stretches. You need to remember that everyone’s tendons and ligaments loose elasticity with age.

Strength Training

As an individual with SCI, you can only build lean muscle through active ROM in areas where you have voluntary muscle control. Active ROM is when muscles are working against resistance. You can get resistance when your muscles push or pull against some force. You can make those muscles bigger and stronger through active ROM designed for muscle conditioning or strengthening. A bigger muscle uses more calories than a smaller muscle – even when at rest.

Strength training improves:

- ✓ circulation, endurance, coordination and balance;
- ✓ the ability to do everyday activities such as vacuuming, lifting groceries, and mowing the lawn with less effort;
- ✓ energy levels; and
- ✓ functional independence throughout your lifespan.

Strength training can be done at home or in an exercise facility if there is a nearby gym with accessible exercise equipment. However, there are some special considerations for strength or resistance exercises by individuals with SCI. Your posture, muscle strength, balance, range of motion and joint stability should be evaluated first by your doctor or skilled professional such as an occupational or physical therapist. They can evaluate your coordination, control and strength

to determine if you can use machines or free weights. You may need modified gloves to use exercise equipment and need someone to assist you with equipment set-up.

Helpful hints for strength training:

- ✓ Resistance exercises work best to build stronger muscles. This type of exercise requires the muscle to move a weight or pull against a weight. The movement has to be done repeatedly.
- ✓ Muscle building exercises are usually done in sets. A set is made up of 5-20 repetitions of a single exercise. You can do one or two sets with each exercise session. For beginners, a single set of 5 may be enough. You can gradually work up to 2 sets of 10-20 repetitions to develop muscular endurance.
- ✓ Muscle building exercises are usually done every other day or 2 to 3 times per week.
- ✓ You need to leave a day off in between exercise days to allow your muscles to rest.

NOTE: Functional Electrical Stimulation (FES) exercise cycling has not been shown in general to provide functional benefit for persons with chronic spinal cord injury, or to reduce complications such as osteoporosis. While some research suggests that FES may help to maintain, and in some cases to improve, muscle mass in the lower extremities, this is usually a cosmetic benefit and not felt to outweigh the increased risks of complications such as fractures. However, this is a current area of active research.

At Home Exercises

Again, the types of at home exercises that you can do are dependent on your level of impairment and medical condition. Individuals with paraplegia have more exercise options than persons with tetraplegia.

At home exercises for individuals with level C1-C4 impairments and below:

For individuals with high tetraplegia, breathing exercises may be the only form of exercise that offers substantial health benefits. However, breathing exercises can help reduce your risk for respiratory complications by increasing lung capacity and decreasing respiratory congestion.

1) Take a deep breath in and hold for 5 seconds then slowly let the air out
2) Take a deep breath in as fast as you can (bringing as much air into your lungs as possible) then blow it out as fast as you can
3) Take a deep breath and hold it….then take another breath and hold it…take one more breath in before slowly blowing it out
4) Take a deep breath in then breathe out while at the same time counting out loud as long and as fast as you can.

At home exercises for individuals with level C4 impairment and below:

Your neck muscles assist with chest expansion, which improve your abilities for deep breathing and coughs. You can build strength through Active ROM if someone pushes or pulls against your movements. For the exercises below, do 3 sets of 8 repetitions.

➢ Lateral Flexion – Slowly bend your neck to the side (trying to touch your ear to your shoulder on the right and then slowly go back and do the same on the left. Start by doing the activity yourself until you have good ROM. Then, you can have someone offer light to moderate resistance.

➢ Flexion/Extension - Slowly bend your neck forward trying to touch your chin to your chest - then slowly bend it backwards while looking up towards the ceiling. Again, make sure you have full ROM before having someone offer resistance.

At home exercises for individuals with level C5 impairment and below:

➢ Shoulder abduction - While sitting supported and stabilized, bend your elbows to 90 degrees at your side and then slowly raise them to shoulder height (approx. 90 degrees). These resemble a chicken wing movement. If it is too easy without weight, then resistance can be added. Someone can resist your movement lightly with force placed at the elbow, or you can apply Velcro wrist weights on the forearm. 3 sets of 8 to 10 repetitions are recommended.

➢ Rhomboids – Work on squeezing your shoulder blades together as if you are tyring to hold a pencil in between them. Hold for 5 seconds. You can also use resistive band to work in a rowing fashion by attaching one end of the band on a stationary place such as a door knob.

➢ Elbow Flexion (Biceps) – While sitting supported in the chair, slowly bend your elbow all the way up and then straighten it all the way out. If it is too weak to do this way then you can place your arm on a table with a towel underneath and work on bringing your hand to your chest. If it is too easy and you need resistance, you can use a resistive rubber band hooked into the hand or on the wrist and the other end hooked on the chair frame or you can use Velcro wrist weights at the wrist.

At home exercises for individuals with level C6 impairment and below:

➢ Wrist Extension – While holding your arm stable over the edge of the chair, on an incline board or over the edge of the table with wrist at rest, work on bringing your wrist back into extension. If gravity does not provide enough resistance, then use a resistive band over the back of the hand or a special hand based glove to apply weights at the palm.

At home exercises for individuals with level C7 impairment and below:

➢ Elbow Extension (Triceps) – While stabilized in the chair, you can use the elastic band placed over the wrist or in the palm and attached to the arm rest or base of the chair and work on straightening your elbow while leaving the shoulder in the initial position of approximately 140 degrees of flexion. A Velcro wrist weight can also be used attached around the wrist to provide resistance.

At home exercises for individuals with level C8 impairment and below:

➢ Finger flexors – Wrap your fingers around a squeeze ball or putty. Squeeze as hard as you can for 5 seconds before relaxing. Rotate the object in your hand before again squeezing for 5 seconds. Repeat this activity for 5 minutes.

At home exercises for individuals with level T1 impairment and below:

➢ Hand intrinsics – Place rubber band around your fingers (and thumb if desired). Spread fingers apart and close repeatedly for 5 minutes before placing rubber band around other fingers and repeat opening and closing.

At home exercises for individuals with level T2 impairment and below:

➢ Lie on your belly on the mat or bed and with arms positioned in front of you and elbows bent, work on curling your back up then lowering until you squeeze your shoulder blades together.

➢ Internal rotation of the shoulder (with elbow bent at 90 degrees) and if available, use a small towel roll tucked under your arm, work on bringing your hand into your belly. Resistance will be applied with a resistive band hooked at your wrist and the other end hooked to a doorknob on the same side as the arm performing the exercise.

➢ External rotation. As above, use a towel roll if available. With the resistive band attached over your wrist, and the other end attached to the arm of the wheelchair on the opposite side of the arm you are working, focus on bringing your hand away from your belly while keeping your elbow bent at 90 degrees.

<u>At home exercises for individuals with level T6 impairment and below:</u>

➢ Abdominals muscles – While lying on your back with legs bent over a bolster or lying flat, work on raising your shoulders/shoulder blades off of the mat while bending at the waist and trying to suck your stomach in at the same time.

<u>At home exercises for individuals with level L1 impairment and below:</u>

➢ Hip Flexion – If these are weak, you can lie on your side in the bed and try to bring your knee up to your chest. If sitting in a chair, work on marching in place by raising your knee up off the chair while keeping it bent.

<u>At home exercises for individuals with level L3 impairment and below:</u>

➢ Hip Adduction – While lying on your back, work on scissor action with your legs.

➢ Knee extension/flexion – While sitting in the chair, work on bringing your knee into a straightened position then bending it back as far as it can go (If it is too weak to perform this way, you can lie on your side and use a board to work in a gravity eliminated plane).

<u>At home exercises for individuals with level L5 impairment and below:</u>

➢ Dorsiflexion and plantar flexion (Ankle) - Sitting in the chair work on bending your ankle up and down as if you are pressing the gas pedal in the car.

➢ Extension – Lying on your belly, try and raise your entire leg off the bed/mat.

Aerobic Activities

Aerobic (basically means using and requiring oxygen) activities are also referred to as cardiovascular or endurance activities. This type of activity uses big muscles (like arms or legs) repetitively for a period of time, so it may not be an option for individuals with higher levels of spinal cord impairment. Activities in this group include propelling your wheelchair, swimming, boxing, and hand cycling. This is different from exercise, such as weight training, that requires bursts of energy. Aerobic forms of exercise strengthen your heart and lungs and increase your overall energy level.

The American College of Sports Medicine (recommends that an exercise session should include a warm-up period (10 minutes of low-intensity activity and stretching exercises), an endurance phase (20-45 minutes), and a cool down period (5 to 10 minutes).

Warm-up	3-5 minutes before exercise
Stretches	3-5 minutes
Workout	Aerobic (duration 20-60 minutes) Injury below T-4 use Target Heart Rate
	Injury above T-4 use RPE scale
Cool down	3-5 minutes
Stretches	3-5 minutes

Remember if you have been inactive for a while, you need to start with 5 to 10 minutes of light exercise every other day. As it becomes easier, each week you can increase the time and intensity of what you are doing until you reach at least 20 minutes of moderate exercise every other day.

Stay Safe

1 Prevent any further injury

Persons with spinal cord impairment are more prone to repetitive strain injuries to arms and shoulders. Individuals with quadriplegia are at greater risk of muscle tendon injury than people with lower cord injuries as fewer muscles are available to meet daily functional demands, and muscle weakness and muscle imbalances in the upper limb muscles are more common.

When you talk with your doctor about beginning a program of physical activities, ask if you would benefit from an assessment by a physical therapist. Your doctor may recommend that a therapist or trainer design an exercise program for your specific needs. Be sure to check if your health insurance covers physical therapy visits.

Watch closely for signs of overuse such as pain, and/or tenderness. If undue discomfort is felt during or after exercise or during any activity, adjust your program and activities to prevent further injury. Most minor muscle or tendon injuries resolve with rest in a few days. If an injury is more severe, does not resolve within a few days of rest, or is recurrent, seek medical advice from a qualified health professional. Early intervention and education on how to avoid injury will help in recovery and minimize reoccurrence.

NOTE: Pay attention to your body during strength training. Doing too much at one time can cause injuries. You should be able to tell that you are working a muscle and might feel a small ache, but the exercise should not hurt. **STOP** if you are feeling pain during your exercises.

2 Warm up and cool down

Warming up and stretching before doing any physical activity is very important. A proper warm up increases the flow of blood to your muscles. This increases the amount of oxygen and fuel going to your muscles, helping them to prepare for exercise.

- ✓ To start your warm up, take a few deep breaths and stretch your arms overhead.
- ✓ Begin your activity at a slow speed for the first 3 to 5 minutes.
- ✓ Gradually increase your intensity as your body warms up until you are at your usual level.

Cooling down after exercising is just as important as warming up. Cooling down gradually lowers the intensity of your activity. As you do this your heart rate slows, blood flow decreases and muscles relax.

- ✓ To cool down, gradually reduce the intensity of your activity until your heart rate is below your Target Heart Rate or your Rate of Perceived Exertion scale is lower.
- ✓ NEVER STOP A HIGH INTENSITY EXERCISE SUDDENLY!
- ✓ Finish your cool down by again breathing deep and stretching, with an emphasis on the muscles that you just worked.

3 Monitor temperature changes

Damage to the nervous system following spinal cord impairment alters the effectiveness of the body to maintain core body temperature. With complete spinal cord injuries, no sweating or shivering occurs below the injury level. One's body temperature then rises and falls with the surrounding air temperature. This makes a person more susceptible to overheating (hyperthermia) and over-cooling (hypothermia).

Physical activity causes the active muscles to produce heat. Depending on the intensity of the activity or if it is performed in a hot and/or humid environment, the core body temperature will rise rapidly. The body normally controls overheating by sweating, and diverting blood to the skin for cooling. However, both of these processes are less effective after a traumatic spinal cord injury. This can place a greater strain on the heart. Care should also be taken when exercising in a cold environment to avoid over-cooling.

4 **Drink plenty of fluids to avoid dehydration.**

Water may be all you need for moderate activities, but you will need to add nutrients provided in sports drinks with more vigorous activities.

5 **Monitor your weight closely.**

Physical activity is to help you replace fat with muscle. You may lose weight, gain weight, or stay the same. It will take time to see the results of your effort, but you will be healthier. On the other hand, you do not want to lose weight too quickly. You may need to slowly adjust your diet to give your body more energy. This means eating more foods, so remember, fruits and vegetables are great sources for energy without the high calories.

6 **Watch for signs of Autonomic Dysreflexia (AD)**.

You should stop whatever you are doing immediately and call your doctor if your level of impairment is at T6 or above and you experience any symptoms of autonomic dysreflexia. Warning signs for AD include a pounding headache, nasal congestion, blurred vision, chills, and goose bumps above your level of injury.

7 **Watch for signs for emergency medical conditions.**

In addition to concerns related to impairment, you are also at risk for the same medical issues as everyone. Therefore, it is important that you also watch for signs of an emergency medical condition. If any of the symptoms (below) persist, stop exercising immediately and seek immediate medical or emergency assistance or call 911.

- Chest discomfort such as pressure or burning
- Chest discomfort radiating to the shoulders or down the arm
- Extreme dizziness, disorientation, or weakness
- Extreme shortness of breath or difficulty breathing

Staying Active

It is not always easy to stay active. However, you can improve your desire to participate by doing activities that you enjoy. Ask yourself, "*What did I like to do before my impairment*." Chances are that you will still enjoy it.

Helpful hints for staying active:

- ✓ Begin gradually. Do not over-do it. If you tire too quickly your may get discouraged and quit. You may want to start with 5-10 minutes of light exercise every other day. You can increase your time and intensity a little each week.
- ✓ Set realistic goals and allow yourself time and flexibility to see results.

- ✓ Exercise with a friend or family member. They can help you stick with your program and make it more fun. You can even include your kids or grandkids and let them help energize your routine.
- ✓ Join a regular exercise class or activity program. A knowledgeable instructor can make the difference. Just remember that memberships and classes can be expensive. Look for the features that will help you stick with the program (child care, co-ed classes, time of class, location, accessible locker facilities, etc).
- ✓ Add variety to your routine – try adding music. Do different forms of activities each day.
- ✓ Reward yourself for meeting your activity goals for a week.
- ✓ Ask other people in your area or search the Internet to find out if your favorite activities are available in your area. You can search for local and national organizations and foundations that offer recreational activities for persons with disabilities.
- ✓ Make physical activity part of your lifestyle!

Web Links

At the end of each weekly Section, you will find a list of related web sites for information discussed in this week's lesson. If a web address changes or you cannot find a listed web site, open you web browser to your favorite search engine to locate the current web address.

- www.virtualcil.net/cils (Directory of Independent Living Centers)
- www.ncpad.org (National Center on Physical Activity and Disability)
- www.cdc.gov/nccdphp/sgr/disab.htm (National Center for Chronic Disease Prevention and Health Promotion Division of Nutrition and Physical Activity)

AimRight **Section 6 Review Quiz Answers:**

- It is very important to set realistic goals for weight loss.
- You need to have a way to measure your goals to see how you are doing.
- Reward yourself with a special treat when you reach weight loss goals.

Action Plan

MoveRight

Section 7

☞ **Complete the weekly "Action Plan."** Answer the questions, make notes to help you on your Program. You can check off your accomplishments as you complete them.

☐ Talk to your doctor about participating in physical activities. Get an OK that it is alright for you to continue.

☐ Ask yourself and then list

- "What type of activities did I like to do before my impairment?"

- "What new activities would I like to try?"

☐ Explore activities available in your area. Refer back to suggestion in this section for places to contact that offer recreational activities for persons with disabilities

☐ Write 2 goals for ways you can be more physically active this week.

1-

2-

☐ Plan your Meals for the week on your Weekly Meal Planner.

☐ Record your physical activities each day when you write in what you ate in your Daily Food Journal.

☐ Have fun with a new activity!

Weekly Meal Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							BREAKFAST
							LUNCH
							DINNER
							SNACKS

Fill in the meal plan with what you plan to eat for each meal on each day of the week. If possible, note days you also plan to dine out.

Daily Food Group Serving Totals

Total each day below to see if you are eating the correct number of serving for each food group. Look for ways to add or delete foods to meet your Weight Management Program goals.

PROGRAM A	PROGRAM B	FOOD GROUPS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	FATS/OILS (FO)							
4	5	MEAT/DAIRY (MD)							
6	8	STARCHES (S)							
4	5	FRUIT (F)							
5	6	VEGETABLE (V)							

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 1 _____

Program A (1500 Calories)
Program B (1800 Calories)

	FOOD GROUPS (x = 1 Portion Size)				
	Fats/Oils	**Meat/Dairy**	**Starches**	**Fruits**	**Vegetable**
Breakfast Meal Plan:					
Lunch Meal Plan:					
Dinner Meal Plan:					
Snack Plans					
Totals					

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 1 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐		**My Totals**							
		Program A	**4**	**4**	**6**	**4**	**5**		
		Program B	**5**	**5**	**8**	**5**	**6**		
Daily Physical Activities:									

Daily Tip:
Stronger muscles can help reduce injury, improve balance and support your joints.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 2 _____

Program A (1500 Calories)
Program B (1800 Calories)

	FOOD GROUPS (x = 1 Portion Size)				
	Fats/Oils	**Meat/Dairy**	**Starches**	**Fruits**	**Vegetable**
Breakfast Meal Plan:					
Lunch Meal Plan:					
Dinner Meal Plan:					
Snack Plans					
Totals					

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 2 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐		**My Totals**							
		Program A	**4**	**4**	**6**	**4**	**5**		
		Program B	**5**	**5**	**8**	**5**	**6**		
Daily Physical Activities:									

Daily Tip:
Remember, physical activity helps reduce anxiety and depression, improves mood and promotes general feelings of well-being.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 3 _____

Program A (1500 Calories)
Program B (1800 Calories)

	FOOD GROUPS (x = 1 Portion Size)				
	Fats/Oils	**Meat/Dairy**	**Starches**	**Fruits**	**Vegetable**
Breakfast Meal Plan:					
Lunch Meal Plan:					
Dinner Meal Plan:					
Snack Plans					
Totals					

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 3 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐		**My Totals**							
		Program A	**4**	**4**	**6**	**4**	**5**		
		Program B	**5**	**5**	**8**	**5**	**6**		
Daily Physical Activities:									

Daily Tip:
Family and friends can offer support to increase participation in physical activities. Ask a friend or family member to join in an activity with you.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 4 _____

Program A (1500 Calories)
Program B (1800 Calories)

	FOOD GROUPS (x = 1 Portion Size)				
	Fats/Oils	**Meat/Dairy**	**Starches**	**Fruits**	**Vegetable**
Breakfast Meal Plan:					
Lunch Meal Plan:					
Dinner Meal Plan:					
Snack Plans					
Totals					

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 4 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐		**My Totals**							
		Program A	**4**	**4**	**6**	**4**	**5**		
		Program B	**5**	**5**	**8**	**5**	**6**		
Daily Physical Activities:									

Daily Tip:
Regulate your body temperature when exercising. Cool skin with the use of a fan or a water mist.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 5 _____

Program A (1500 Calories)
Program B (1800 Calories)

	FOOD GROUPS (x = 1 Portion Size)				
	Fats/Oils	**Meat/Dairy**	**Starches**	**Fruits**	**Vegetable**
Breakfast Meal Plan:					
Lunch Meal Plan:					
Dinner Meal Plan:					
Snack Plans					
Totals					

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 5 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐		**My Totals**							
		Program A	**4**	**4**	**6**	**4**	**5**		
		Program B	**5**	**5**	**8**	**5**	**6**		
Daily Physical Activities:									

Daily Tip:
Select juices that are 100% fruit juice. Those labeled fruit drinks, fruit cocktail or "fruit-ade" often contain added sugars, use a fruit flavor and are less nutritious.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 6 _____

Program A (1500 Calories)
Program B (1800 Calories)

	FOOD GROUPS (x = 1 Portion Size)				
	Fats/Oils	**Meat/Dairy**	**Starches**	**Fruits**	**Vegetable**
Breakfast Meal Plan:					
Lunch Meal Plan:					
Dinner Meal Plan:					
Snack Plans					
Totals					

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 6 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐		**My Totals**							
		Program A	**4**	**4**	**6**	**4**	**5**		
		Program B	**5**	**5**	**8**	**5**	**6**		
Daily Physical Activities:									

Daily Tip:
Add some music to your exercise routines. Music can help as the rhythm helps maintain a regular intensity level as well as help put you in a better mood!

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 7 _____

Program A (1500 Calories)
Program B (1800 Calories)

	FOOD GROUPS (x = 1 Portion Size)				
	Fats/Oils	**Meat/Dairy**	**Starches**	**Fruits**	**Vegetable**
Breakfast Meal Plan:					
Lunch Meal Plan:					
Dinner Meal Plan:					
Snack Plans					
Totals					

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 7 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐		**My Totals**							
		Program A	**4**	**4**	**6**	**4**	**5**		
		Program B	**5**	**5**	**8**	**5**	**6**		
Daily Physical Activities:									

Daily Tip:
Look for ways to adapt activities so you can perform household chores on your own.