

Wellness at Work

How to safely increase physical activity levels



Today's Agenda

1

Introductions

A bit about us :)



2

Canadian Physical Guidelines

What do the experts recommend?



3

How to safely meet the recommended guidelines

What is right for ME?



4

Questions

What else do you want to know?

Who are we?



Jess Manuel
MSc.PT, PT Resident

Born and raised in Guelph!

BSc.Kin and MSc.PT from McMaster University

Sport Physiotherapy Fellow → Lead therapist
Gryphon WSOC, WREST, MVB, WVB

Running, hot yoga, HIIT, hiking

Who are we?



Josh Grawbarger
MSc.PT, PT Resident

Originally from Sault Ste. Marie

B.Sc. Kin from the University of Waterloo

M.Sc. Physiotherapy from McMaster University

Sport Physiotherapy Fellow → Lead therapist Gryphon
MSOC, WHock

Also work with T&F and MHock

Running, Cycling, Multi-sport,

Game time!

Fact or Myth?

You have to go to the gym to be physically active

Fact or Myth?

You have to go to the gym to be physically active

Myth!

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25% of adults achieve the recommended daily amount of physical activity.

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Fact

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Exercise or physical activity will take up a lot of my time

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Myth!

**Why should I
be active?**



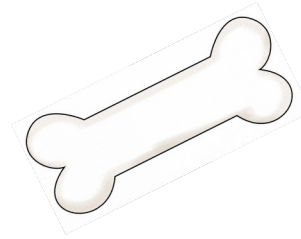
Benefits of an Active Lifestyle



Maintain a healthy weight



Improved quality of life



Improved bone health



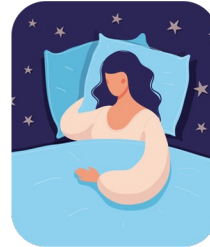
Improved physical function



Lower risk of heart disease



Improved brain health



Improved Sleep



Improved Energy

**Ok I'm in! What
do I need to do?**



How much exercise do I need?

A healthy 24 hours includes:

1

Physical Activity:

150 minutes/week of moderate to vigorous aerobic activities

Muscle strengthening activities at least twice a week

Physical activities that challenge balance

2

Sleep:

7 to 8 hours of good-quality sleep

Consistent sleep and wake times.

3

Reduced sedentary time:

Limit sedentary time to 8 hours or less

Less than 3 hours of recreational screen time

Taking movement breaks during long periods of sitting

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How do I get started?



SMART Goals

S

Pick something specific and meaningful to you!

M

How will you know you are making progress?

A

Where will you start and how will you progress?

R

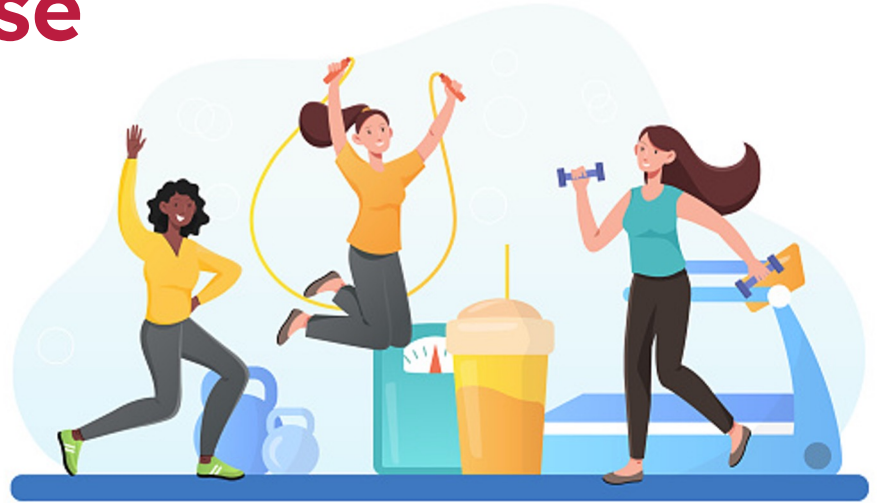
Is this realistic for me and my schedule?

T

When will I be able to reach my goal?

1

Aerobic Exercise



Aerobic Exercise

How much?

- 150 minutes/week
 - Approximately 30 minutes per day

How intense?

- Moderate: brisk walk, cycling
- Vigorous: jogging, cross country skiing

Aerobic Exercise

Warmup



Types



Elliptical Training



1. **Warm up:** 5 minutes. Resistance that is easy to push.
2. **Working load:** Increase the resistance to the point where holding a conversation is challenging. Push with your arms and your legs.
3. **Cool down:** 5 minutes comfortable resistance.

Considerations:

Use both arms and legs

Low impact option

Improved coordination

Activates quadriceps, hamstrings,
hip flexors, glutes, and calves.

Access to equipment

Treadmill Training



1. **Warm up:** 5 minutes comfortable walking pace, no incline
2. **Working load:** Increase the speed of the treadmill to a brisk walk, jog or run. Optional: increase the incline!
3. **Cool down:** 5 minutes comfortable walking pace, no incline

Considerations:

Safe environment
Control over speed and incline
The belt assists movement
Access to equipment

Stationary Biking



1. **Set up:** Seat height around hip level. At the bottom of the pedal stroke knee should have a slight bend.
2. **Warm up:** 5 minutes. Light or no resistance.
3. **Working load:** Increase the resistance to the point where holding a conversation is challenging.
4. **Cool down:** 5 minutes comfortable resistance.

Considerations:

Low impact option
Activates quadriceps, hamstrings,
glutes calves
Access to equipment

Progressing Aerobic Exercise

- 10% Rule
 - Progress by a maximum of 10% each week for the following:
 - Intensity → Scale of 1-10, speed, etc.
 - Volume → Time or distance
 - Frequency → Number of times per week

Example!



You're currently going on moderate intensity walks down the Speed River, 2 times/week. Each time you go for a walk, you're out for 30 mins of moderate intensity physical activity. You'd like to increase your physical activity to meet the guidelines of 150 mins/week by the summer months to spend more time with your family being active outside.

Example!



To Progress: Use the 10% rule!

Next week: Increase volume with same number of days OR add one more day of walking and decrease the duration of the walks across the three days.

Example:

2 days of 30-33 mins of moderate intensity walking → 60-66 mins/wk

3 days of 20-22 mins of moderate intensity walking → 60-66 mins/wk

2

Resistance Exercise



Resistance Exercise

Principles:

Increases muscular strength and endurance

2x/week

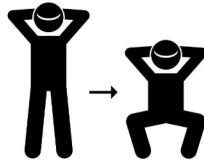
Target all major muscle groups

Equipment



Dumbbells

Allows for unilateral loading



Body weight

Best starting point!
Functional movements



Machines

Easy set up
Instructions provided



Barbell

Bilateral movements

Major Muscle Groups



Core

Improves balance and stability
Ex: deadbugs, planks



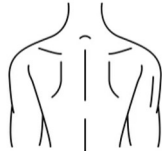
Arms

Biceps, triceps, shoulders
Ex: bicep curl, tricep kick back, shoulder press



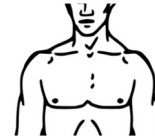
Legs

Quads, hamstrings, glutes
Ex: squats, glute bridges



Back

Enhances posture
Ex: rows



Chest

Pec muscles
Ex: bench press

General Guidelines:

1. Begin with **10-minute warmup** (jogging, skipping, jump rope, cycling, etc.)
2. Volume: Complete **5-12 repetitions**. Rest for 1 minute. Repeat this exercise **2-3 times**. If you are easily able to perform more than 12+ repetitions, you need more weight!
3. Control the movement. Select a weight that you can **lift and lower with control**.
4. Maintain proper form. Avoid swinging and using momentum. **Do not sacrifice form** for more reps or heavier weight!
5. Use your breath. Exhale as you lift the weight, inhale as you return the weight to the start position. **DO NOT hold your breath**.
6. Perform **compound exercises first, and isolation exercises last**. Compound exercises have multiple joints moving at once (squat). An isolation exercises only requires one joint to move (bicep curl).

Progressing Resistance Exercises

When to Progress

- 2x2 rule: Being able to perform 2 extra reps on the last set of an exercise of 2 workouts in a row.

How much to progress

- It depends!
- Maximum: 10% rule



Example!

You've recently started doing resistance exercises twice a week and have begun noticing that the weights you have used for your squat have been challenging for the last couple of sessions, but you are able to complete three sets of ten reps. You're looking to know how to progress your weights, and how much of an increase is safe.

Example!

To Progress: Use the 2x2 and 10% rule!

Next week: If you have achieved 2 extra reps on your target rep range, for your past two workouts with an exercise with the same weight, you can progress the weight by up to 10%

Example:

- Back squat is 50lbs
- You typically do all of your workouts with 3 sets of 10 repetitions. You've been able to do 12 reps on the last set requiring 10 reps for your last 2 sessions at the gym
- 2x2 rule is satisfied - 12 reps on the last, set for the last 2 sessions
- An increase up to 10% can happen (55lbs)

3

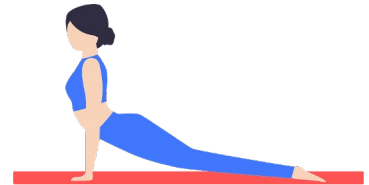
Flexibility



Yoga

Many benefits!

- Improved flexibility
- Increases strength
- Stress management
- Improved balance



Am I doing too much?



What to Expect:

Muscle soreness

- often occurs during exercise when muscles become fatigued
- Ex. doing calf raises and calves get sore on the 11th rep

Delayed onset muscle soreness (DOMS)

- Begins 12-24 hours after exercise, pain can last 24-72 hours
- A side effect of the repair process that develops in response to microscopic muscle damage
- May result in: swelling of the affected limbs; stiffness of the joint; Tenderness; Temporary reduction in strength of the affected muscles

When to see a health care provider

- Severe pain
- Pain is worsening or not going away
- If limbs experience heavy swelling
- Urine becomes dark in colour



Is it safe to start?

2020 PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

THANK YOU!

Any questions?

