Today's Topic: Fitting Fitness into Our New World of Social Distancing

Today's Presenters:

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LIVE FOR LIFE at Duke

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The new world of social distancing has changed our relationships with FOOD and led to new challenges for HEALTHY EATING. Join us for a quick and interactive ZOOM session with Duke Dietitians, as we share ideas, information, and discussion.

NEXT UP ON FOOD MATTERS:

Wednesday, June 10 @ 2pm
Wednesday, June 24 @ 2pm
DUE TO COVID, HOW HAS YOUR EXERCISE CHANGED?

• Where we work out
  • Limited and/or non-preferred options
    • Gym
    • At home
    • Outside

• When we work out
  • Time of day
  • Amount of time

• How we work out
  • Less options
IS IT SAFE TO GO BACK TO THE GYM?

Mental Benefits
Physical Benefits

Risk to myself and others

** Gyms are expected to remain closed thru June 26th (re-assess weekly)
WHAT TO EXPECT AT THE GYM?

• Restrictions on activity; group exercise, pools, equipment, locker rooms
• Restrictions on capacity; reservation system
• Restrictions on workout time
• PPE; wearing masks, temperature screens
• Required to disinfect equipment
• Closures of space; widening of space

• DIFFERENT FOR EACH LOCATION
OVERCOMING BARRIERS; WHAT CAN YOU DO?

- Work/Life balance
  - Vigilant scheduling
    - Time of day
    - Amount of time
  - Build a routine
- Isolation
  - Get outside (in a safe environment)
- Stress
  - Decompress
  - Control breathing
  - Be mindful of eating
OVERCOMING BARRIERS; WHAT CAN YOU DO?

• Lack of motivation
  • Family and friends

• Boredom
  • Try new things

• Reduction in resources
  • Use current/new available resources
WHERE TO BEGIN

• Setting SMART goals
• Build a program; consistency = improvement
• Find a friend; staying accountable
• Get moving! stretching, +2k, breaks (classroom rule)

Goal: I’m going to start exercising
SMART Goal: I’m going to walk three times a week for 30 minutes
FIRST CHALLENGE

- Do some research!
  - Use our attached resources
  - Ask your friends and family for motivation
- Understand your body
  - Track your movement
    - Find your baseline
    - Gradually increase (100 steps)
- Start small - 10 jumping jacks, 10 squats, 10 push ups, 10 crunches
  - Once an hour
  - Between commercial breaks
  - Every time you go to the bathroom
SECOND CHALLENGE

• Build a plan
  • It’s okay if you don’t have one!
  • Three times a week for 30 minutes
• Understand your body more - Monitor your heart rate
  • Maximum heart rate 220-age
  • 60% of max rate = exercise begins
• Do more research!
  • Cardio, strength training, balance, and flexibility
  • Use our resources!
• Know the recommendations
  • 90 minutes of vigorous activity per week
  • 150 minutes of moderate activity per week
THIRD CHALLENGE

• Make a fool of yourself; get out of your comfort zone
• Try new exercises
• Work with a friend
• Go to a new location
• Have fun!
WHAT ARE YOUR RESOURCES?

• Duke resources;
  • LIVE FOR LIFE
  • Duke Today wellness series

• Technology; applications, videos, websites
  • Applications
    • Built into phone (e.g. Health application, iPhone)
  • Videos
    • Exercise!
  • Websites
    • Educational resources
    • Blogs
WHERE TO BEGIN?

• Duke Today Wellness Series
  • https://today.duke.edu/node/132642?fbclid=IwAR1VQ2V-PWo-z3TBcxVJfqJpy0fi4da0tMPAZI8fa_sFDR5yJfrYr6l9_N0

• LIVE FOR LIFE Website
  • www.Hr.duke.edu/live-life

• The four habits of starting your fitness journey
  • https://medium.com/@jesseddy/using-the-four-pillar-of-habits-to-start-your-fitness-journey-b9b2a3bd085f

• Nerd Fitness – Starting a workout routine
  • https://www.nerdfitness.com/blog/how-to-build-your-own-workout-routine/

• 100 ways to add 2000 steps to your day
  • https://wellness.illinoisstate.edu/downloads/living/100waystoaddsteps.pdf
FREE MOBILE APPLICATIONS

• iPhone Health Application
  • https://www.youtube.com/watch?v=lGsRxmC40Bw

• MyFitnessPal
  • https://www.myfitnesspal.com/

• Yoga for Beginners
  • https://apps.apple.com/us/app/yoga-for-beginners-mind-body/id1382141225

• Map My Run – Essential Starting Guide
  • https://blog.mapmyrun.com/essential-guide-to-mapmyrun/

• UCLA Mindful
  • https://www.uclahealth.org/marc/ucla-mindful-app
EXERCISING AT HOME
VIRTUAL OPTIONS GALORE

• Fitness Blender
  • https://www.youtube.com/user/FitnessBlender

• POPSUGAR Fitness
  • https://www.youtube.com/channel/UCBINFWq52ShGUEoynfSwg

• MindfulPeace – Guided meditation sessions
  • https://www.youtube.com/channel/UCbcl2r4u2hyBjyNe9YcoDfA

• Billy Banks
  • https://www.youtube.com/channel/UCMGlp3jifsoufZv_y8_c1Qg

• Wellbeats
  • https://hr.duke.edu/wellness/fitness/facilities/wellbeats
THANK YOU!

We would love to hear from you!
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https://hr.duke.edu/wellness/nutrition-programs
www.healthy.duke.edu