

Dear **FAN** Committee Members,

Welcome to Month 7. This month we promote strong muscles with physical activity.

FAN Goals of the month: 1) Strengthen muscles with regular physical activity
2) Prevent cancer with regular physical activity

Last month we learned that cancer is the 2nd leading cause of death among Americans and the death rate from cancer is higher among African Americans than Whites. The good news is that regular **physical activity** (30 minutes per day, at least 5 days per week) at a **moderate intensity** (e.g. brisk walking) can help lower risk of breast and colon cancers (ACS, 2007).

This month we include materials to help teach church members the benefits of regular physical activity for cancer prevention (“Cancer Prevention and Screening Guides”).

As a bonus, this month we introduce **strength training** as a new type of physical activity. This activity may interest members who are looking for ways to increase muscle strength for everyday living.

Strength exercises work our major muscle groups (arms, legs, & abdominals). Examples include:

- Use of free weights (e.g. dumbbells) or weight machines in a weight-training program
- Use of free weights during aerobic activity, like walking or dancing
- Use of one’s own body as resistance or weight (i.e. sit-ups, push-ups, squats, etc.)

Strong muscles benefit everyone. Include strength activity in your physical activity plan to:

- Lower risk of chronic disease & premature death related to not being active.
- Lower risk of falls, injury from falls, and helps to maintain the ability to perform daily tasks longer in life (like walking and personal care).
- Reap better personal fitness, definition (tone) and physical strength, better manage existing health conditions, and get stronger bones.

A Physical Activity Lifestyle

Problem: Are church members having trouble sticking with their physical activity plans?

Don’t let them give up too easily. Even if members take a break for a week or more, this is no reason to quit. Long term physical activity wellness is for a lifetime. Always keep goals in mind, focus on why you decided to make changes for your health, & get back in the swing of things.

Problem-solving: Sometimes we get bored doing the same activity or become less motivated to keep plans in action. Use this month’s tools to help members focus on **what keeps them going** (*spiritually, emotionally, & physically*). These mental “exercises” will help them figure out what to do when obstacles (i.e. lack of motivation) come their way.

Solutions: FAN Committees are a huge part of the solution. Help church members fight barriers that keep them from healthy living and health benefits. A good solution is to increase variety in our physical activity plans. That is, try new things! If walking is someone’s thing, encourage them to mix it up with new scenery or activity like this month’s strength tips. No access to gym equipment? No problem. A pair of water bottles in hand will keep you hydrated and help keep muscles toned!



FAN Committee Monthly

The key to making successful changes is to start low and go slow.

This Month:

Handouts. *Please make sure your church members receive these materials.*

- **Bulletin insert.** Place this insert inside your church programs. Make an announcement about it during service. Talk about how to “Overcome Physical Activity Obstacles.”
- **Physical Activity Barriers Quiz.** What keeps you from being more active? One of the best ways to overcome barriers is to first know what your barriers are. Use this test to find where you can improve. More health benefits come from regular physical activity (30 minutes a day, most days a week).

Resource Updates. *These can be used as handouts, teaching tools for announcements, and/or poster materials for your bulletin board.*

- **Cancer Prevention & Screening Guides.** This resource comes from the American Cancer Society and offers early detection recommendations for African Americans. The guide includes benefits of regular physical activity for cancer prevention.
- **Physical Activity Barriers and Tips.** This is a list of common barriers that can get in the way of healthy plans. Use the list to talk with church members about physical activity choices, why they chose to make healthy choices, and ideas for how to stick with them.
- **Reach for the STARS.** Use this 4-step exercise to teach church members how to overcome problems (barriers) that stand in the way of their healthy activity lifestyle habits.
- **Strength Training: Download FAN-tastic Tips with Tati CD/DVD, Power Point slide show for your church.** Join FAN Intervention staff member, Tatiana Warren (Tati), as she leads you and your church through an introduction to strength training with some easy activities that you can do anywhere. You will learn the benefits of strong muscles and tips for safety.

Cooks' Tools.

- FAN cooks plan for healthy eating success. Huge health benefits come from meals that include a variety of fruits and vegetables.
- Use this month's tips to help you and your church to get the most produce for your money.

Monthly Activities.

Use the *Power Point* slideshow (**FAN-tastic Tips from Tati**) and worksheets to help members plan for physical activity barriers & solutions.

This month's strength training tips may be a solution to members with different physical activity preferences (e.g. men may be more interested in muscle strength than aerobic dance; others may want to tone up for the season). Help members find the right physical activity for them. Try new things!

May you “prosper in all things and be in health, just as your soul prospers”
III John 1:2 (New King James Version)





Physical Activity Barriers and Helpful Tips

I DON'T HAVE ENOUGH TIME...

Staying active isn't about a strict exercise program; it's about moving your body more! **TIP:** You can meet your FAN physical activity goal of 30 minutes per day 5 days a week by doing three 10 minute bouts of activity per day.

I'M FEELING TIRED...

There will be times when you feel too tired to be active, but many find that activity may increase their energy. **TIP:** Try building a few simple activities into your day by walking for 10 minutes. If you enjoy what you do, you will discover more energy.

I DON'T LIKE TO SWEAT...

Sweating is your body's way of cooling you off. **TIP:** Try walking in the early morning or evening when it is cooler. **TIP:** Walk in an air-conditioned environment or carry a towel.

IT'S A CULTURAL THING...

African-American women may think it is culturally acceptable for them to be heavier. Others are not active because it is a hassle to redo their hair. **TIP:** Whether or not you want to lose weight, exercise will make you healthier. **TIP:** Put your hair in a ponytail or wear a headband. Keep your hair and health in perspective.

I DON'T HAVE ANYWHERE TO BE ACTIVE...

Sometimes your environment may keep you from being active. **TIP:** Walk in the house or go to the mall. Use stairs instead of the elevator. **TIP:** Start a walking club in your church or neighborhood. **TIP:** Try renting a workout video from your library and follow along.

I DON'T HAVE A PARTNER...

It can be fun to be active with someone else, but don't quit because your regular partner does. **TIP:** Find another partner or take the time to talk with God, walk the dog, listen to music on a headset, or reflect on your day.

I HAVE A HEALTH CONDITION...

Health problems may make physical activity more difficult when you begin. But over time, these health conditions can improve. Be sure to check with your healthcare provider before starting your program. **TIP:** Start low, go slow, build up and each day should become easier.



Reach for the STARS

S: Spot a barrier (problem) that keeps you from being physically active.

T: Try to come up with a few creative solutions to being active.

A: Assess your list of possible solutions. On the following lines, write a solution you are prepared to attempt, and write out exactly when you give it a try.

R: Re-assess. Look at how your plan worked and, revise it if necessary. If you are happy with how your solution worked, give yourself a happy face. If it doesn't deserve a happy face, write out how you could change it to become a success. If your solution didn't work at all, take a look back at your list of solutions and give it another try. (Remember, just because a plan doesn't work, doesn't make it a complete failure. Our failures often point us in the right direction, toward the solution that will work.)

Pastor Activity Packs

MISSION 7: Problem-Solving

FAN Goal of the month: Strengthen your muscles with physical activity.

Last month we learned that cancer is the 2nd leading cause of death among Americans and the death rate from cancer is higher among African Americans than Whites. The good news is that regular *physical activity* at a moderate intensity (e.g. brisk walking) can help lower one's risk for cancer, like breast and colon cancers.

Facts: *Physical activity. Keep it up & benefits can be long lasting.*

Regular physical activity helps protect us from disease and build strong muscles. Exercises for muscle strength work the major muscle groups (arms, legs, & abdominals). Examples:

- Use of free weights (e.g. dumbbells) or weight machines
- Use of free weights during aerobic activity, like walking or dancing
- Use of one's own body as resistance or weight (i.e. sit-ups, push-ups, squats, etc)

Muscle strength benefits for *everyone* (young and old) (AHA, 2007):

- Lower risk of chronic disease & early death that is related to not being active.
- Lower risk of falls, injury from falls, and help maintain the ability to perform daily tasks longer in life (like walking and personal care).
- Reap better personal fitness, definition (tone) and physical strength, better manage health conditions that you may have now, and promote bone health.

Activity: *Develop a plan. Solve problems that stand in the way of physical activity.*

Having trouble sticking with your physical activity plan? Don't be discouraged. Even if you have taken a break and have not been as active as you would like, long term physical activity wellness is for a lifetime. Don't quit. Just get back in the swing of things.

Many of us get bored doing the same activity or we may become less motivated to keep our plans in action. Use this month's tools to help focus on what keeps you motivated and what to do when obstacles (i.e. lack of motivation) get in your way.

No access to weight lifting equipment? No problem. Helpful Downloads (1) problem-solving worksheets to help you plan for barriers to a physically active lifestyle, and (2) a slideshow for strength exercises that you can do on your own at home.

Share:

- * Download problem-solving worksheets. Talk with a friend about how they stay inspired to reach health & spiritual goals. This may lead to very good ideas.
- * Your church is listening. Announce your progress from the pulpit.

"Be strong and courageous, and do the work. Do not be afraid or discouraged for the LORD God, my God is with you" 1 Chronicles 28:20 (NIV)





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Problem Solve: Overcome Physical Activity Obstacles!



“Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God is with you” I Chronicles 28:20 (NIV)

God wants us to be spiritually and physically healthy. Being physically active helps us to lead a healthy lifestyle. It lowers risk for diseases like cancer and diabetes, and can help manage these or other health problems that you may already have. But staying regularly active is not always an easy task. Barriers can keep us from being active on a regular basis. Some of these barriers are lack of time, safety concerns, boredom, unpleasant weather or lack of peer support. Know your barriers. This will help you plan to overcome them and make physical activity part of your daily life. For example, if you know it will be too hot outside for your comfort, plan indoor activity or be active during a cooler part of the day. When barriers arise go to His Word to help you make the right choices.

Questions about the FAN Program? Please contact your church FAN Coordinator.



Problem Solve: Overcome Physical Activity Obstacles!



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Greetings FAN Cooks!

Fruit and vegetables! Fruit and vegetables! Fruit and vegetables!

When it comes to fruit and vegetables, we all know we should eat them. But how many and how much? With all the talk about servings and cups it can get a little confusing, not to mention costly when you think about buying for a whole family or stocking a pantry for your entire church.

People should eat about **3 cups of vegetables** and **2 cups of fruit per day** to get the most health benefits. If this sounds like a lot, just remember *More Matters*. Try to eat more than what you're getting now.

Remind your church that *more* fruit and vegetables means *more* fighting power against health problems like this month's focus: cancer. The more fruit and vegetables you eat, the less risk you have for getting certain cancers (breast and colon) and diseases like high blood pressure and heart disease, and the better your body can deal with health conditions you may have now (ACS, 2007).

The cost of healthful eating may be a common barrier to healthy eating among many people, but it is also a common misconception. If you think about cost per serving, fruit and vegetables pack more bang for your buck (nutrition-wise) than other foods! You just have to know the tricks of the grocery-shopping trade. Clemson is ready to help you learn. Share your "Pennies for Produce" tip sheet with church members and feed them well with this month's recipe and healthful choices for bodies, souls *and* budgets. Happy savings!



Berry Blue Salad

(brought to you by FAN and Clemson chefs)

Makes 8 servings



Ingredients:

2 cups blueberries (<i>fresh or frozen</i>) <i>*check for sales when berries are in-season*</i>	1/2 cup fat free whipped topping (e.g. "cool whip")
1/2 cup unsalted pecans, chopped	1 (15oz) can of low-sugar, crushed pineapple, drained
2 apples, diced	

Combine all ingredients in a bowl. Serve immediately or refrigerate and serve cold.
Refrigerate leftovers.

Total Fat: 6g (Unsat: 5.5g, Sat: 0.5g, Trans: 0g) Calories: 140 Carbohydrates: 24g Protein: 1g
Sodium: trace* Fiber: 4g

* trace: very small amount; almost nothing.

"So whether you eat or drink or whatever you do, do it all for the Glory of God." I Corinthians 10:31 (NIV)

Pennies for Produce

Concerned about rising grocery bills? You're not alone. Try these tips for stretching grocery pennies. Get into an investment for your health that is also healthy for your budget.



Planning is the key

Look through fliers for grocery store specials. You can plan meals for the week by foods that are on sale. And don't forget your coupons! Little savings add up.



Snack attack

Before you run to the vending machine to spend a dollar or more, grab a piece of fruit. Apples are usually about \$0.50, bananas about \$0.25, and a serving of raisins is only \$0.22! Also, try not to shop when hungry, you may come home with a basket of snacks you really don't need.



Don't forget about juice

Fruit and vegetable juices are low-cost ways to get your daily servings. Just be sure to get 100% juices because juice "cocktails" and "flavored drinks" like Hi-C, Kool-Aid, and Tang are loaded with sugar and lack natural nutrients. These drinks may claim "100% vitamin C," but it's not the healthier choice.



Shop seasonal

Fruit and veggies are at their cheapest when they are in season. Late spring and summer are great times to enjoy a wide variety of produce at a great price, like berries, tomatoes, summer squash, and green beans.



Watch out for hidden costs

- Organic is nice but often costs much more than regular produce.
- Bagged salad costs more than buying a head of lettuce and washing it yourself.
- Choose generic or grocery store brands when you can. Always check your food labels, but there is often little difference between brand names and store brand.
- Buy frozen in bulk when it is on sale—frozen veggies will keep in the freezer for months!

Still not convinced? Below is an example budget. It shows the cost of a day's produce for one person.

How does \$2.00 a day sound to you? (*prices are approximate and may vary by store*)

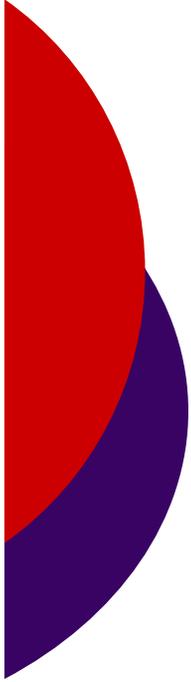
breakfast	8 oz. orange juice	\$0.37
snack	banana	\$0.25
lunch	8 oz. V8 juice	\$0.50
snack	12 baby carrots	\$0.51
dinner	1 cup fresh green beans	<u>\$0.50</u>
		** \$2.13 **

Strength Training:

FAN-tastic Tips with Tati

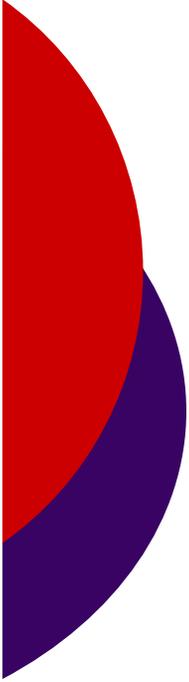


Created Especially For You By Your FAN Intervention Staff



What is strength training?

- “Strength training” refers to exercises that are done to maintain or increase the strength and size of your muscles.
- Strength training helps to make daily tasks easier such as in lifting a laundry basket, carrying groceries, or climbing stairs.

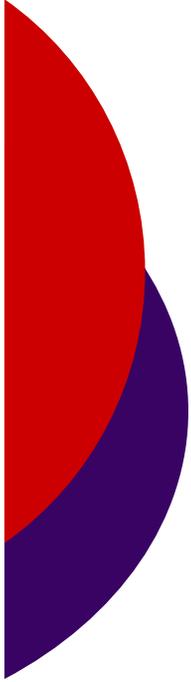


What are the benefits of strength training?

- Improves muscle strength and definition (tone)
- Makes bones stronger
- Puts less work on the heart during daily tasks (e.g. walking)
- Improves cholesterol levels
- Helps manage existing health problems (e.g. improves blood sugar regulation in type 2 diabetes)
- Lowers risk of falls and injury from falls
- Helps to support weight loss

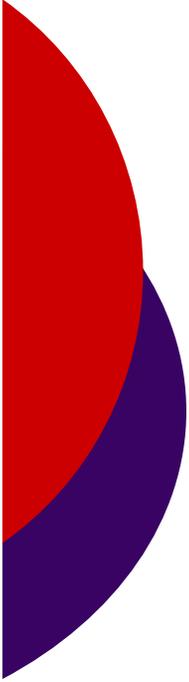


Safety First



Is it safe for you to strength train?

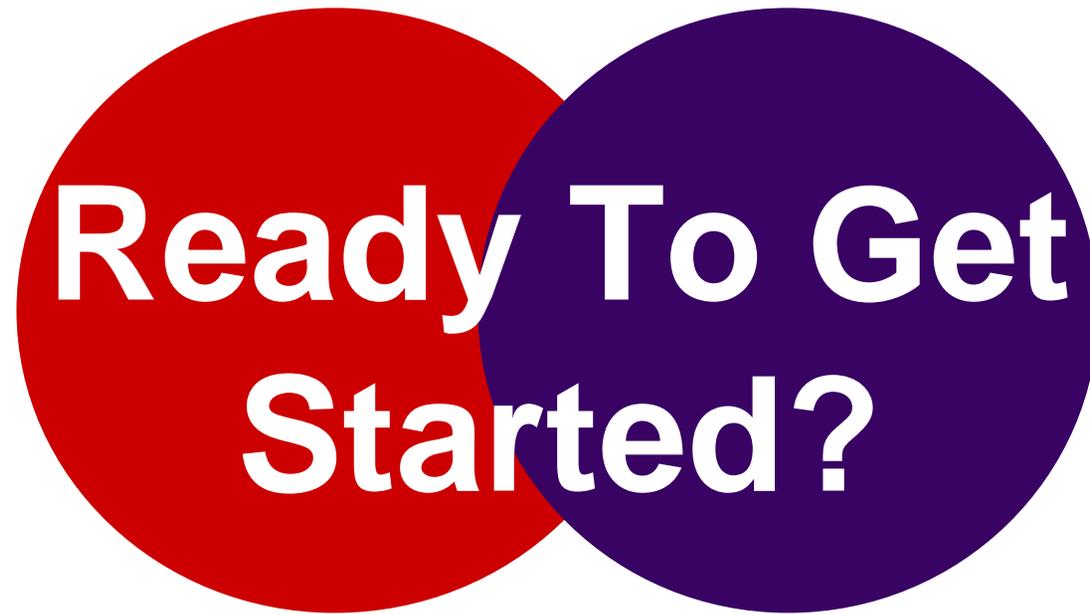
- Know your risks before starting a strength training program.
- Consult your doctor, especially if you have any health concerns.



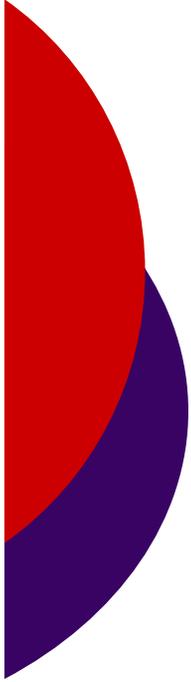
Possible risks...

- asthma
- arthritis
- diabetes
- smoking
- recent surgery
- extreme obesity
- pregnancy
- chronic high blood pressure
- chronic muscle or joint problems
- abnormal ECG or cardiac arrhythmias
- high cholesterol (total > 200)
- family history of heart disease before age of 55
- any cardiovascular disease (including chest pain at rest or during activity)

See your doctor before starting a strength training program if you have any of these conditions



**Ready To Get
Started?**



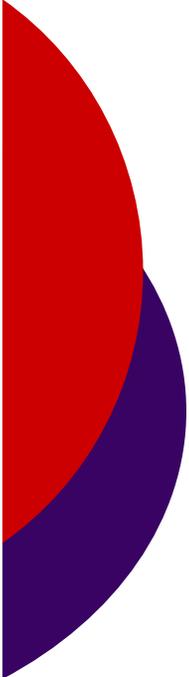
Here are some quick tips...

- ***Warm up:*** Warming up gives your body a chance to send plenty of blood and oxygen to areas that you are about to exercise.

You can warm up by walking 5-10 minutes briskly. A walk will warm your muscles and loosen your joints.

- ***Stretch your muscles:*** Stretching helps to increase and maintain muscle flexibility.

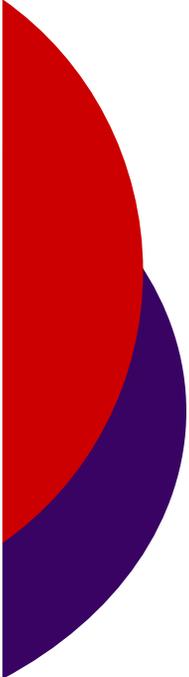
Follow these tips to help prevent injury during strength training



...More Tips

- ***Start low and go slow:*** Pace yourself. When you first start your program, keep your weight light and add more weight slowly over time.
- ***Focus on good technique:*** Go through the complete range of motion (that is, follow all the steps). Always move slowly and with control. Don't slouch – make sure your back and shoulders are in a straight line. Breathe throughout all movements.
- ***Don't hold your breath:*** (1) **Breathe out** as you contract (lift or push away) muscles and (2) **breathe in** as you relax and return to the starting position. For example, when doing a bicep curl *breathe out* as you lift your arm and *breathe in* as you lower it.

Follow these tips to help prevent injury during strength training



...More Tips

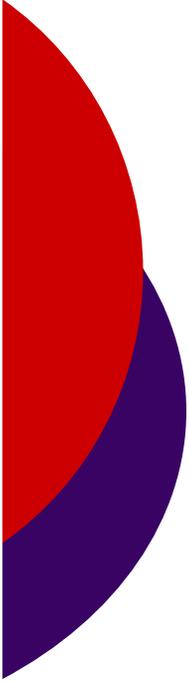
- ***Monitor your intensity:*** Many things affect how hard you should work (intensity), including your current health and physical activity goals. You can change your intensity (light, moderate or vigorous) to fit your goals and/or physical ability.

Use tools from *Month 5 FAN Mail packets* (i.e. the Borg Rate of Perceived Exertion Scale) to help you know when you are at your desired intensity.

- ***Listen to your body:*** Muscles need rest. *Each muscle group* that you train should rest 1-2 days before you strength training again. This rest helps muscles rebuild which helps you slim down (tone) and increase strength.

For example, if you focused on strengthening your leg muscles (e.g. leg curls) today, wait 1-2 days before doing more strength exercises with your legs.

Follow these tips to help prevent injury during
strength training



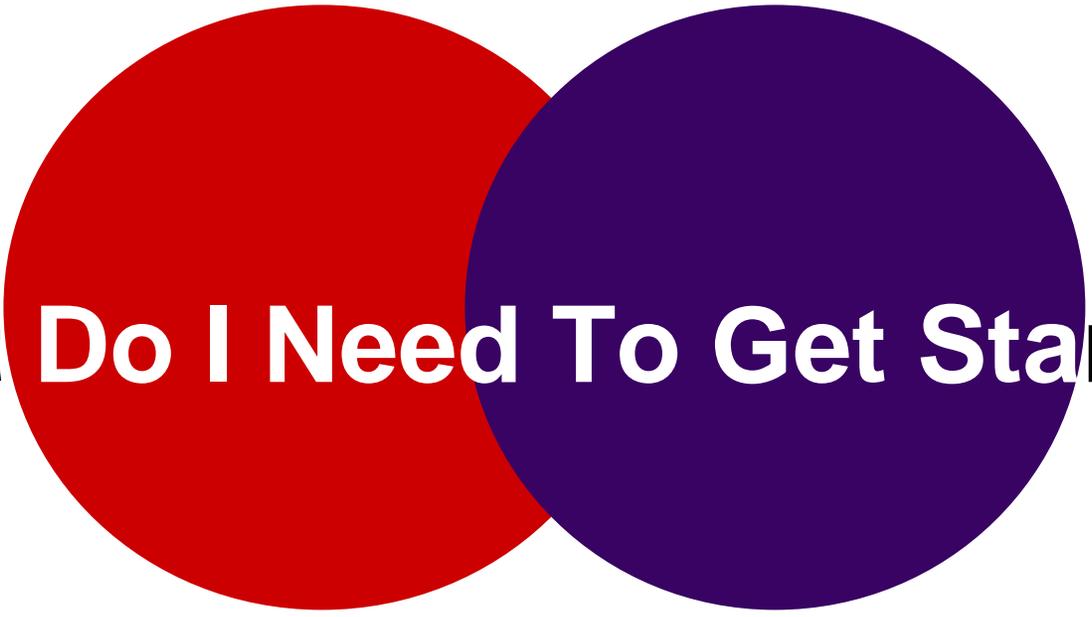
...More Tips

- ***Have you heard of “No pain, no gain”?*** This can be dangerous. You should never overwork your muscles. It is likely that they will be sore after you exercise (especially at the start of a strength training program), but you should not be in pain.

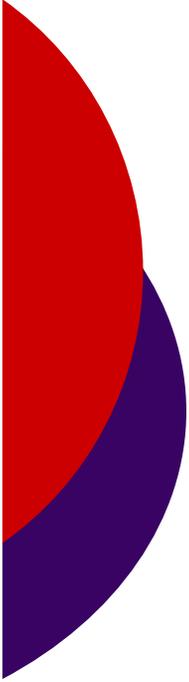
See your doctor if you have long lasting pain.

- ***Avoid jerking or thrusting:*** Try to lift weights with slow and controlled movements. Protect your joints. Avoid locking your knees and elbows as this may cause injury.

Follow these tips to help prevent injury during strength training



What Do I Need To Get Started?

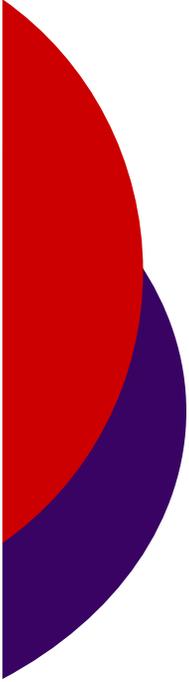


No gym? No problem.

- Weight lifting machines, dumbbells, stability balls and resistance bands are great for strength training.

But you don't need them! These tools are nice but may be costly or hard to get to.

- Try these tools for results that are just as good:
 - Use your own **body weight** as resistance
 - *Examples:* push ups and crunches
 - Use **household items** as weights
 - Got soup cans or water bottles? These items make great weights if you are starting a strength training program.

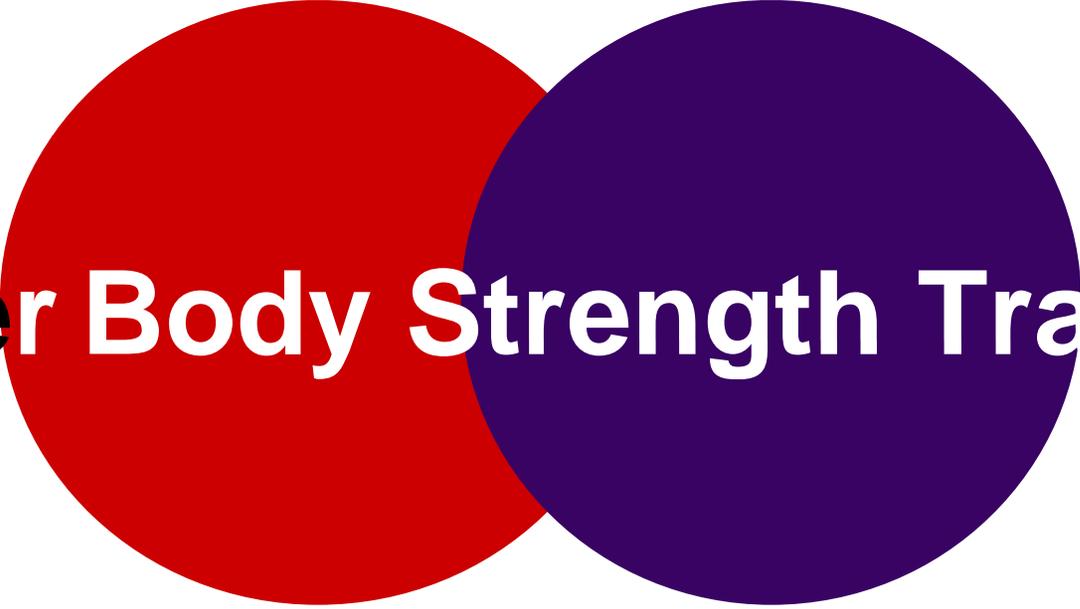


How much should I do?

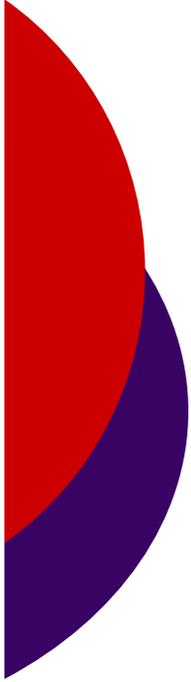
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- The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) recommend that adults:
 - Strength train *2 to 3* times per week.
 - Perform *8 to 10* exercises that target major muscle groups.
 - Adults: Perform *1 set** of each exercise (e.g. bicep curls) *8 to 12* times before moving on to another exercise.
 - Older adults: Perform *1 set** of each exercise (e.g. leg curls) *10-15* times before moving on to another exercise.
 - If you can't fully complete an exercise (full range of movement) at the suggested repetition* try the exercise with a lighter weight or no weight at all.
 - Do movements at a slow speed with control.

*Set: A group of the repeated exercises.

*Repetition: The number of times you repeat an exercise in one set.



Upper Body Strength Training



Upper Body Strength Training

- Many daily tasks require arm strength (e.g. moving, lifting or holding an object).
- We will show you a few exercises that you can do in the comfort of your home or office.
- All you need are 2 water bottles or soup cans to serve as your weights and 1 armless, upright chair. Of course, you can use hand weights if you have them!
- To get the greatest benefits, do each exercise 8-12 times!

Shoulder Press- *Starting Position*

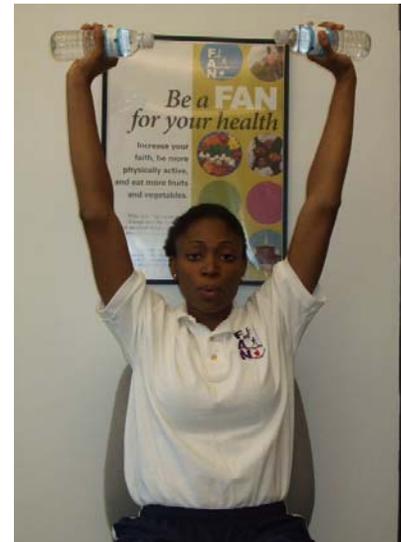
- Starting position:
 - Sit in an armless chair, with your back supported by the back of the chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hands overhead with elbows bent and palms facing forward.
 - Bend elbows at a 90 degree angle at shoulder height.



Shoulder Press- *Action Phase*

○ Action:

- Lift water bottles overhead together and towards the ceiling. **Breathe out as you lift.**
- Lower water bottles back to shoulder height slowly. **Breathe in as you relax.**



** To decrease intensity lift one arm at a time*



Shoulder Press

- * Take this time to do 8-12 shoulder presses.
- ** If you can't do 8, do as many as you can comfortably do.

Chest Press- *Starting Position*

- Starting position:
 - Sit in an armless chair, with your back supported by the back of the chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hands at chest height with palms facing down.
 - Bend elbows at a 90 degree angle.



Chest Press- *Action Phase*

○ Action:

- Push bottles away from your body and straighten arms. Remember not to lock your elbows and breathe out as you push.
- Slowly return to starting position. Breathe out as you push and breathe in as you relax.



* *To decrease intensity push one arm at a time*



Chest Press

* Take this time to do 8-12 chest presses.

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Bicep Curl- *Starting Position*

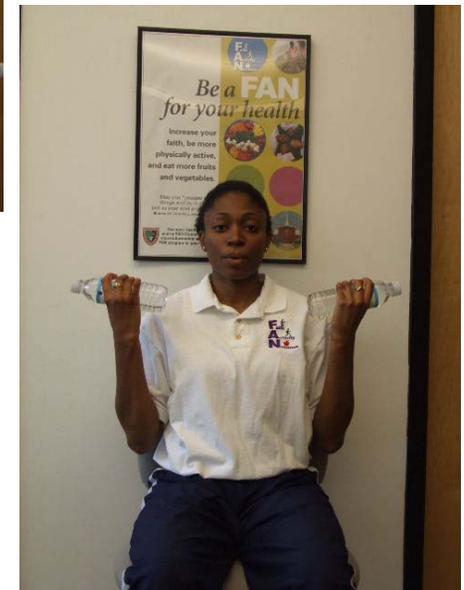
- Starting position:
 - Sit in an armless chair, with your back supported by the back of chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hands at sides with arms straight and palms facing inward.



Bicep Curl- *Action Phase*

○ Action:

- Bend elbows and lift towards chest (rotate palms to face shoulder while lifting). **Breathe out as you lift.**
- Keep upper arm stationary at side of torso.
- Hold position and slowly lower water bottles back to starting position. **Breathe in as you relax.**



* *To decrease intensity lift one arm at a time*



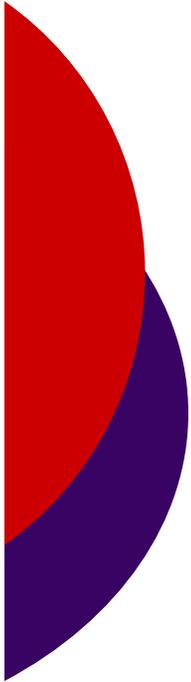
Bicep Curl

- * Take this time to do 8-12 bicep curls (you can do both arms together or separately).
- ** If you can't do 8, do as many as you can comfortably do.

Lateral Raise- *Starting Position*

- Starting position:
 - Sit in an armless chair with your back supported by the back of chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottles in hand and place arms at side.
 - Have palms facing inward.





Lateral Raise- *Action Phase*

- Action:
 - Raise arms out to shoulder height. **Breathe out as you lift.**
 - Slowly return to starting position. **Breathe in as you relax.**

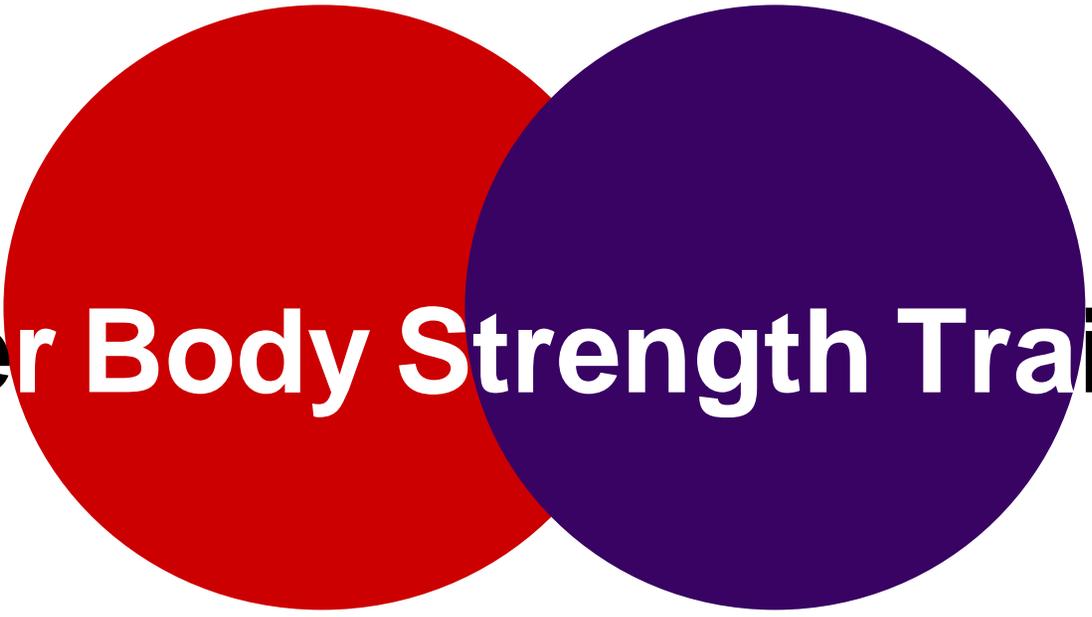


** To decrease intensity lift one arm at a time*

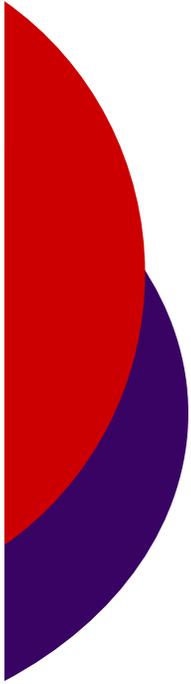


Lateral Raise

- * Take this time to do 8-12 lateral raises (you can do both arms together or separately).
- ** If you can't do 8, do as many as you can comfortably do.



Lower Body Strength Training



Lower Body Strength Training

- Many of our daily tasks require leg strength (e.g. walking, driving or standing).
- We will show you a few exercises that you can do in the comfort of your home or office.
- All you need is 1 water bottle, soup can, or hand weight and 1 upright chair with or without arms, depending on the activity.
- For best benefits do each exercise 8-12 times!

Leg Extension- *Starting Position*

- Starting position:
 - Sit upright in an armless chair.
 - Support your back with the back of your chair.
 - Have feet slightly elevated off the floor.
 - Place water bottle between feet and hold.



Leg Extension- *Action Phase*

- Action:
 - Extend feet out until legs are straight (while holding water bottle). **Breathe out while extending legs.**
 - **Don't lock your knees.**
 - Slowly return to starting position. **Breathe in while relaxing.**



** To decrease intensity don't use weights (water bottle)*



Leg Extension



* Take this time to do 8-12 leg extensions.

** If you can't do 8, do as many as you can comfortably do.

Chair Squat- *Starting Position*

- Starting position:
 - Sit upright in a stable chair towards the front of the chair (**your back should not touch the chair**).
 - Place feet flat on the floor and keep feet even with shoulders.



Chair Squat- *Action Phase*

○ Action:

- Stand up without rocking or moving foot placement on the floor. **Breathe out on the way up.**
- Slowly return to starting position. **Breathe in on the way down.**



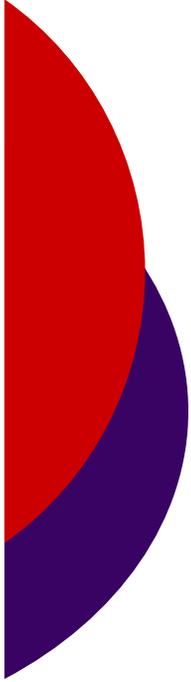
** To increase intensity add water bottles (weights) in hands*



Chair Squat

* Take this time to do 8-12 chair squats.

** If you can't do 8, do as many as you can comfortably do.



Marching In Place- *Starting Position*

- Starting position:
 - Hold water bottles in hand and place arms at side with palms facing inward.
 - Bend both elbows to a 90 degree angle.
 - Have feet flat on floor and even with shoulders.



Marching In Place- *Action Phase*

○ Action:

- Begin marching by lifting opposite arm and opposite knee at the same time.
- Now alternate knees and arms.
- Remember to breathe.



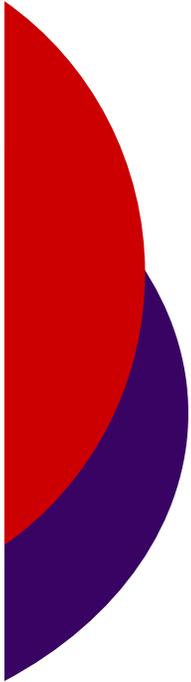
** To increase intensity lift your knees higher*



March in Place



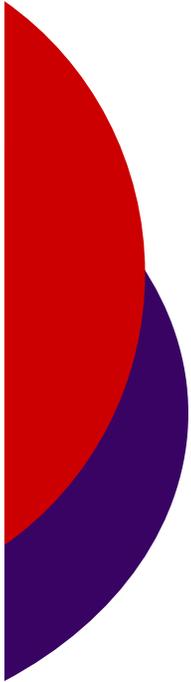
* Take this time to march in place.



Leg Curl- *Starting Position*

- Starting Position:
 - Stand up straight.
 - Place feet flat on the floor and keep feet even with shoulders.
 - Hold on to the back of a chair for balance.





Leg Curl- *Action Phase*

- Action Phase:
 - Slowly bend one knee as far as possible (feet should be lifting toward ceiling). **Breathe out as you lift your leg.**
 - Slowly lower foot all the way back down. **Breathe in as you lower your leg.**
 - Repeat with the other leg.

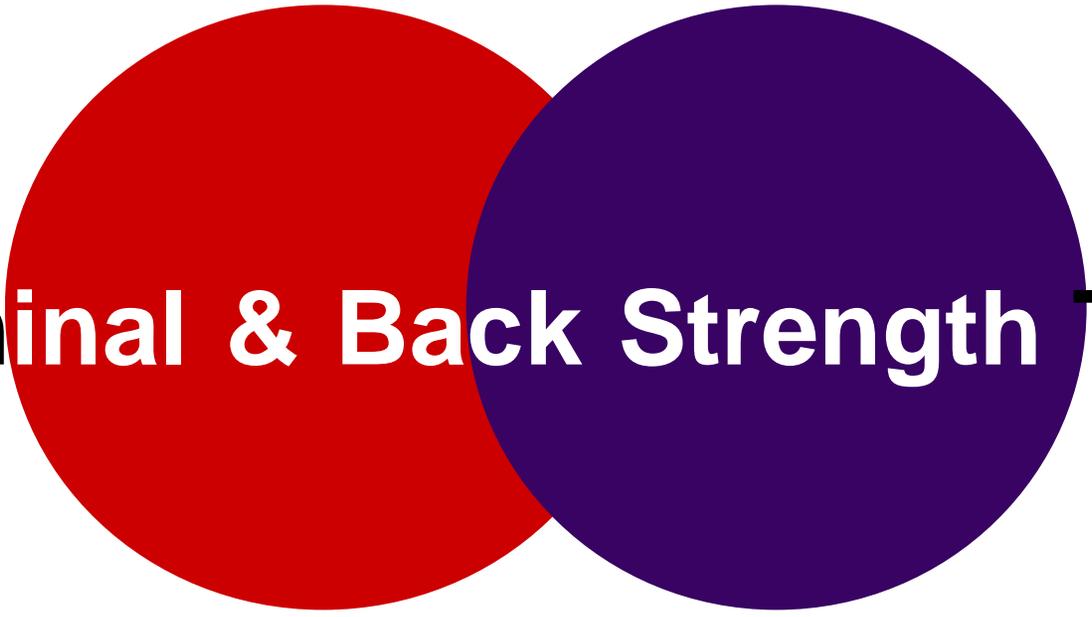




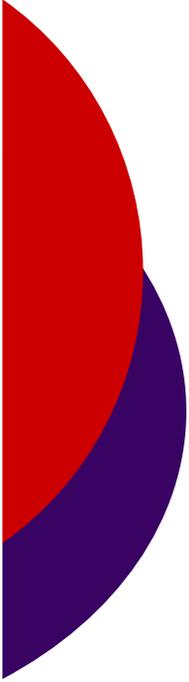
Leg Curl

* Take this time to do 8-12 leg curls with one leg.
Repeat with your second leg.

** If you can't do 8, do as many as you can comfortably do.



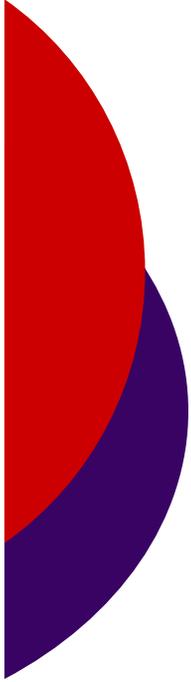
Abdominal & Back Strength Training



WARNING!

- The following exercises may not be safe for everyone.

If you have chronic back problems or back pain be sure to see your doctor before trying these exercises.



Abdominal & Back Strength Training

- We need a strong back and strong stomach for many of our daily tasks (e.g. lifting, holding an object, or singing).
- We will show you a few exercises that you can do in the comfort of your home or office.
- All you need is 1 water bottle, soup can, or hand weight 1 stable upright chair, and 1 pillow (optional).
- For most benefits perform each exercise of your choice 8-12 times!

Torso Twist- *Starting Position*

- Starting position:
 - Sit in armless chair, with your back supported by the back of chair.
 - Keep feet flat on the floor and even with your shoulders.
 - Hold water bottle at chest height and close to your chest (*but not resting on chest*).
 - Protect your back: *Make sure back and stomach muscles are in an upright position.*



Torso Twist- *Action Phase*

○ Action:

- Rotate torso to one side while keeping arms close to the chest and hips stationary (e.g. turn to the left and look over your left shoulder while keeping your hips still). **Breathe out** as you turn to the side.
- Slowly return to starting position. **Breathe in.**
- Repeat on the other side.



** To increase intensity follow all steps with arms extended from the body*



Torso Twist



**Take this time to do 8-12 torso twists on each side (so 16-24 total).

** If you can't do this many, do as many as you can comfortably do.

Back Extensions- *Starting Position*

- Starting Position:
 - Sit on a stable chair and place feet extended slightly beyond shoulder width (or as far as comfortable).
 - Hold a water bottle at chest level while bent over at the waist towards the floor.
 - Protect your back: **Make sure your back and shoulders are in a straight line as you lean forward (no slouching). Hold stomach muscles in.**



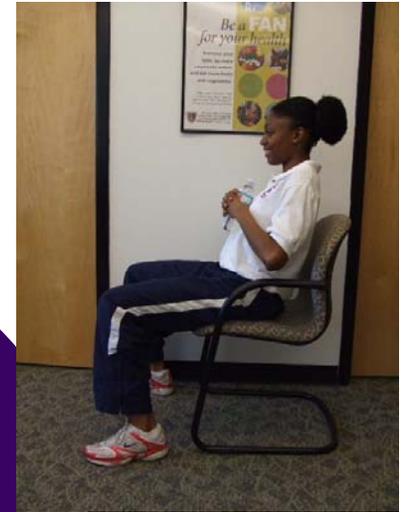
Back Extensions- *Action Phase*

○ Action:

- Sit up and extend back *slightly* past a natural, upright sitting position. **Breathe out as you sit up.**
- **Keep the weight (water bottle) at chest level throughout the exercise.**
- Slowly return to starting position. **Breathe in as you bend forward.**



* *To decrease intensity don't use weights (water bottle)*



Back Extensions

**Take this time to do 8-12 back extensions.

** If you can't do 8, do as many as you can comfortably do.

Abdominal Crunches- *Starting Position*

- Starting Position:
 - Seated on a stable chair lean back onto a pillow that is fitted between your body and the chair.
 - Hold arms and water bottle at your chest.
 - Place feet on the floor at shoulder width apart.
 - Protect your back: **Make sure your back and shoulders make a straight line as you lean back (no slouching). Hold stomach muscles in.**



Abdominal Crunches- *Action Phase*

○ Action:

- Sit upright. **Breathe out as you sit up.** Your movement should come from stomach muscles, not your back or shoulders (that is, pull yourself up by squeezing or tightening your stomach muscles).
- **Keep the weight (water bottle) at chest level throughout the exercise.**
- Slowly return to starting position. **Breathe in as you lean back.**



** To decrease intensity don't use weights (water bottle)*



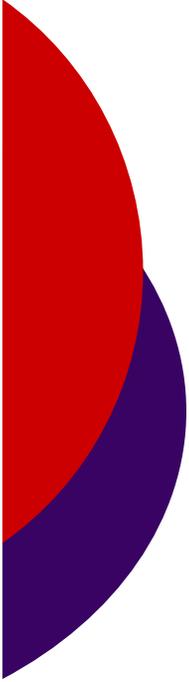
Abdominal Crunches

**Take this time to do 8-12 abdominal crunches

** If you can't do 8, do as many as you can comfortably do.

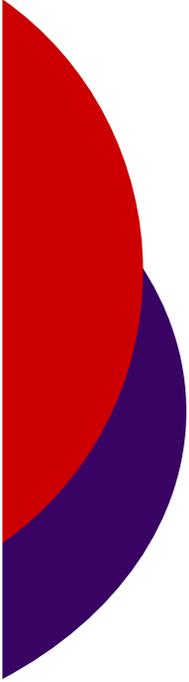


"I can do all things through Christ who strengthens me"
Philippians 4:13 (NKJV)



Resources

- American College of Sports Medicine
www.acsm.org
- Center for Disease Control and Prevention
www.cdc.gov
- South Carolina Department of Health and Environmental Control
www.scdhec.gov



Questions?

Please contact
your FAN Intervention team at
FanAmeProgram@gwm.sc.edu

or call
Gilbert Smalls, Intervention Coordinator
(803) 727-8401

Barriers to Being Active Quiz

What keeps you from being more active?

Directions: Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements:

How likely are you to say?	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
1. My day is so busy now, I just don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2. None of my family members or friends like to do anything active, so I don't have a chance to exercise.	3	2	1	0
3. I'm just too tired after work to get any exercise.	3	2	1	0
4. I've been thinking about getting more exercise, but I just can't seem to get started	3	2	1	0
5. I'm getting older so exercise can be risky.	3	2	1	0
6. I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
7. I don't have access to jogging trails, swimming pools, bike paths, etc.	3	2	1	0
8. Physical activity takes too much time away from other commitments—time, work, family, etc.	3	2	1	0
9. I'm embarrassed about how I will look when I exercise with others.	3	2	1	0
10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11. It's easier for me to find excuses not to exercise than to go out to do something.	3	2	1	0
12. I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13. I really can't see learning a new sport at my age.	3	2	1	0
14. It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15. My free times during the day are too short to include exercise.	3	2	1	0
16. My usual social activities with family or friends do not include	3	2	1	0

physical activity.				
17. I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0
18. I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19. I'm afraid I might injure myself or have a heart attack.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
21. If we had exercise facilities and showers at work, then I would be more likely to exercise.	3	2	1	0

Follow these instructions to score yourself:

- Enter the circled number in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

$$\frac{\quad}{1} + \frac{\quad}{8} + \frac{\quad}{15} = \frac{\quad}{\text{Lack of time}}$$

$$\frac{\quad}{2} + \frac{\quad}{9} + \frac{\quad}{16} = \frac{\quad}{\text{Social influence}}$$

$$\frac{\quad}{3} + \frac{\quad}{10} + \frac{\quad}{17} = \frac{\quad}{\text{Lack of energy}}$$

$$\frac{\quad}{4} + \frac{\quad}{11} + \frac{\quad}{18} = \frac{\quad}{\text{Lack of willpower}}$$

$$\frac{\quad}{5} + \frac{\quad}{12} + \frac{\quad}{19} = \frac{\quad}{\text{Fear of injury}}$$

$$\frac{\quad}{6} + \frac{\quad}{13} + \frac{\quad}{20} = \frac{\quad}{\text{Lack of skill}}$$

$$\frac{\quad}{7} + \frac{\quad}{14} + \frac{\quad}{21} = \frac{\quad}{\text{Lack of resources}}$$

Screening Guidelines: American Cancer Society

Site	Recommendation for early cancer detection
Breast	<ul style="list-style-type: none"> • Yearly mammograms are recommended starting at 40. • Clinical breast exams should occur every 3 years for women (ages 20 to 40 years) and every year for women 40 and older. • Women should know how their breasts normally feel and report any change to their doctor as soon as possible. Breast self-exam is an option for women after age 20. • Women with a family history or past breast cancer are at high risk and should ask about early mammography screening, additional tests (i.e. breast ultrasound and MRI), or having other breast exams more often.
Colon and Rectum	<p>At age 50, men and women should begin 1 of the schedules below:</p> <ul style="list-style-type: none"> • A fecal occult blood test (FOBT) or fecal immunochemical test (FIT) every year • A flexible sigmoidoscopy (FSIG) every 5 years • Annual FOBT or FIT and flexible sigmoidoscopy every 5 years* • A double-contrast barium enema every 5 years • A colonoscopy every 10 years <p><i>*People at moderate to high risk for colorectal cancer should talk with a doctor about different schedule options.</i></p>
Prostate	<p>At age 50, the prostate-specific antigen (PSA) test and the digital rectal exam should be offered yearly. Men at high risk (African American men and men with a family history of 1 or more immediate family members diagnosed with prostate cancer) should begin testing at age 45. Doctor's consult should include the benefits and limits of early detection and treatment of prostate cancer for men of moderate and high risk.</p>
Uterus	<p>Cervix:</p> <ul style="list-style-type: none"> • Screening should begin about 3 years after a woman begins having vaginal intercourse, but no later than 21 years of age. • Screening should be done every year with Pap tests or every 2 years with liquid-based tests. • After age 30, women who have had 3 normal test results in a row may get screened every 2 to 3 years; or, cervical cancer screening with HPV DNA testing and liquid-based cytology every 3 years. • Doctors may suggest a woman get screened more often if she has certain risk factors, such as HIV infection or a weak immune system. • Screening after total hysterectomy (with removal of the cervix) is not needed unless the surgery was done because of cervical cancer.
	<p>Endometrium: At menopause, all women should be made aware of risks and symptoms of endometrial cancer. Women experiencing menopause are strongly advised to report any unexpected bleeding or spotting to their doctors. At age 35, annual screening for endometrial cancer with endometrial biopsy should be offered to all women.</p>
Cancer-related check-ups	<p>During regular checkups, a cancer-related checkup should include health counseling and, depending on a person's age and gender, might include examinations for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries.</p>

Reduce Your Risk for Cancer

Be more physically active!

Regular physical activity is important for overall good health. It reduces the risk for breast, colon & possibly other cancers. It is also beneficial for cancer survivors. The American Cancer Society encourages adults to engage in *moderate to vigorous physical activity for 30 minutes or more on five or more days a week*. These recommendations are the same as our FAN goals.

Regular physical activity protects against cancer in a variety of ways. One way is by reducing overweight and obesity. Overweight and obesity are associated with increased risk of cancer of the colon, breast, endometrial, kidney and esophagus. Individuals who are physically active can reduce their risk of developing colon cancer by 40 to 50 percent. Physically active women have up to a 40 percent reduced risk of developing breast cancer and endometrial cancer.

Below are some helpful physical activity tips from the **American Cancer Society** to help decrease your risk of cancer.

Helpful Tips

- If you have not been active, start low and go slow.
- Walk briskly to be active at a moderate intensity.
- Other ways to be physically active are: biking, swimming, and gardening; even house work or dancing are beneficial.
- Try to work up to a goal of 30 minutes of activity at a moderate intensity daily.
- Do 30 minutes of activity in bouts of 10 minutes. They do not need to be continuous to gain the benefits.
- Maintain a healthy weight by combining physical activity and healthy eating.
- Cancer patients can be active but should consult their doctors about an appropriate activity plan.

