Healthy Teacher

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Overview

- Assessment
- Physical Activity
- Healthy Eating
- Stress Relief
- Healthy Work & Life Balance

Assessment

- HRA (Health Risk Assessment)
- PAR-Q (Physical Activity Readiness Questionnaire)
- BMI (Body Mass Index)
- Waist-to-Hip Ratio
- Heart Rate

HRA

- Online
  - Blue Cross Blue Shield
  - Health Status www.healthstatus.com
  - Search Free HRA
- Doctor's office
- Personal Trainers

PAR-Q & YOU

- Example of PAR-Q:

Physical Activity Readiness Questionnaire (PAR-Q)*

NAME OF PARTICIPANT _____

DATE _____

PAR Q & YOU

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check (✓) the ☐ YES or ☐ NO opposite the question if it applies to you.

YES	NO		
☐	☐	1	Has your doctor ever said you have heart trouble?
☐	☐	2	Do you frequently have pains in your heart and chest?
☐	☐	3	Do you often feel faint or have spells of severe dizziness?
☐	☐	4	Has a doctor ever said your blood pressure was too high?
☐	☐	5	Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
☐	☐	6	Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
☐	☐	7	Are you over the age of 65 and not accustomed to vigorous exercise?

If You Answered

YES to one or more questions

If you have not recently done so, consult with your personal physician by telephone or in person BEFORE increasing your physical activity and/or taking a fitness appraisal. Tell your physician what questions you answered YES to on PAR-Q or present your PAR-Q copy.

programs

After medical evaluation, seek advice from your physician as to your suitability for:
- unrestricted physical activity starting off easily and progressing gradually.
- restricted or supervised activity to meet your specific needs, at least on an initial basis. Check in your community for special programs or services.

NO to all questions

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:
- A GRADUATED EXERCISE PROGRAM – a gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
- A FITNESS APPRAISAL – the Canadian Standardized Test of Fitness (CSTF)

postpone

If you have a temporary minor illness, such as a common cold.

- Developed by the British Columbia Ministry of Health. Conceptualized and critiqued by the Multidisciplinary Advisory Board on Exercise (MABE).
  Reference PAR-Q Validation Report, British Columbia Ministry of Health, May, 1978.
- Produced by the British Columbia Ministry of Health and the Department of National Health & Welfare.

BMI

BMI (Body Mass Index) is a measurement of body fat based on height and weight that applies to both men and women between the ages of 18 and 65 years.

$$BMI = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

or

$$BMI = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters}) \times (\text{Height in Meters})}$$

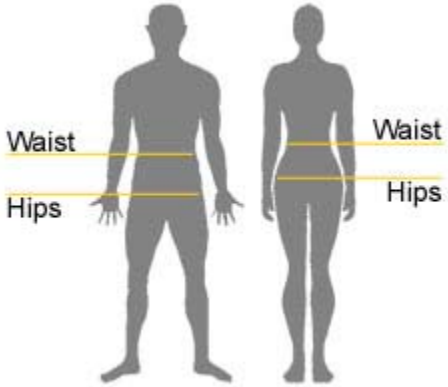
BMI Classification

18.5 or less Underweight
*18.5 to 24.99 Normal Weight
25 to 29.99 Overweight
30 to 34.99 Obesity (Class 1)
35 to 39.99 Obesity (Class 2)
40 or greater Morbid Obesity

Waist-to-Hip Ratio

- People with more weight around their waist are at greater risk of lifestyle related diseases such as heart disease and diabetes than those with weight around their hips.
- Use a measuring tape to check the waist and hip measurements.
  - Measure your hip circumference at its widest part.
  - Measure your waist circumference at the belly button or just above it.

$$\text{Ratio} = \frac{\text{Waist}}{\text{Hips}}$$



- For women, a healthy waist-to-hip ratio is .86 or less and, for men, a healthy ratio is .95 or less.

Physical Activity

ACSM recommends:

Cardiorespiratory Exercise

- At least 150 minutes of moderate-intensity exercise per week.
- 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes of vigorous-intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes)

Resistance Exercise

- Train each major muscle group 2 or 3 days each week
- 2 to 4 sets
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.
- Wait at least 48 hours between resistance training sessions.

Flexibility Exercise

- At least 2 or 3 days each week to improve range of motion.
- 10-30 seconds Hold to the point of tightness or slight discomfort.
- Repeat each stretch 2 to 4 times
- Static, dynamic, ballistic and PNF stretches are all effective.

Neuromotor Exercise

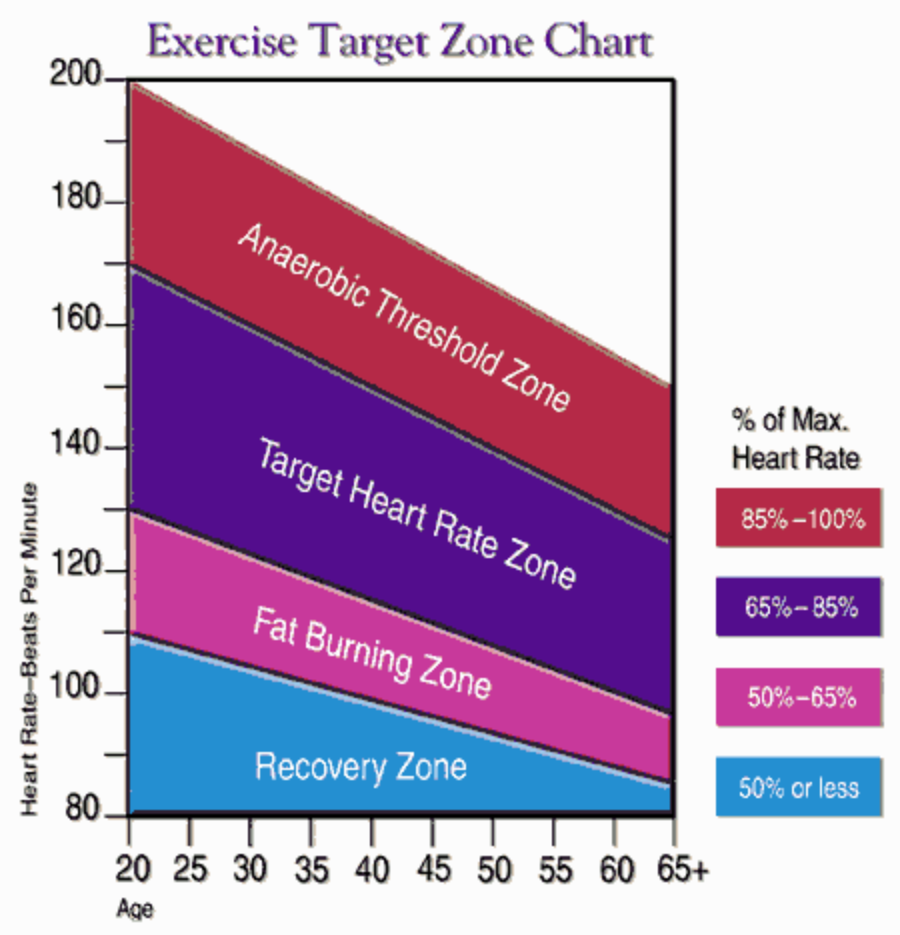
- Neuromotor exercise (sometimes called "functional fitness training") is recommended for 2 or 3 days per week.
- Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (tai ji and yoga) to improve physical function and prevent falls in older adults.
- 20-30 minutes per day is appropriate for neuromotor exercise.

Physical Activity

- 10-min walks during breaks
- Park farthest space from the door
- Take the stairs
- Sports/hobbies
- Join a gym
- Group Exercise Classes
- Personal Trainers

Heart Rate Zone

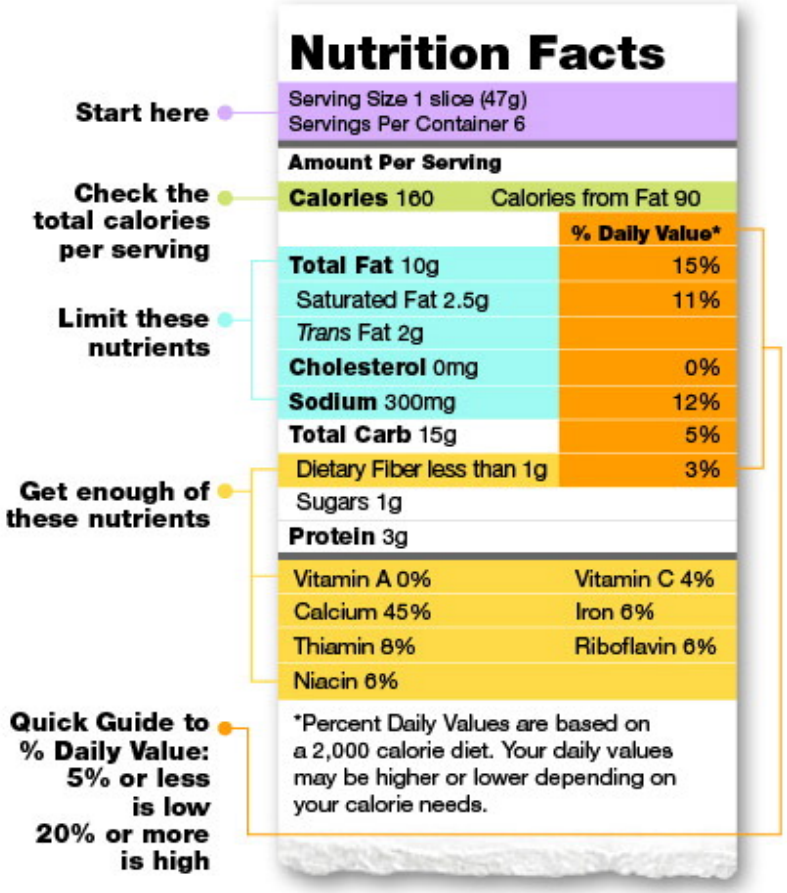
- 220-age = HR_{max}
- Heart Rate Activity



Healthy Eating

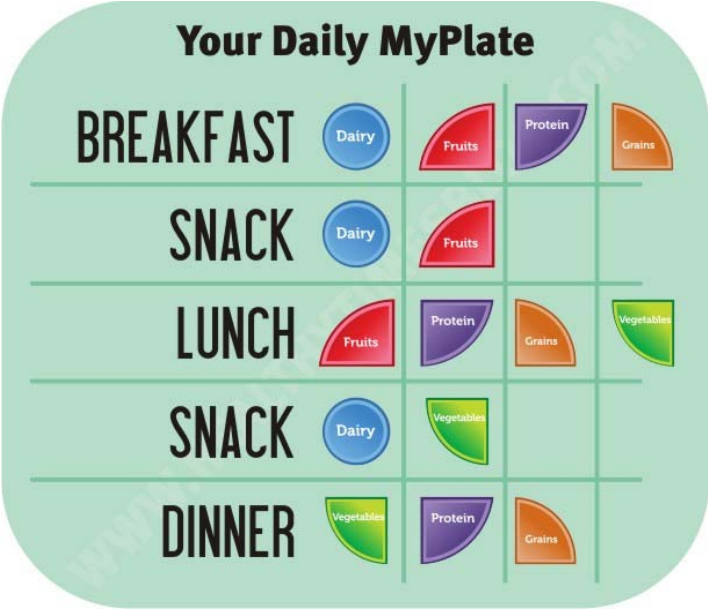
- USDA Dietary Recommendations

How to Read a Food Label



Healthy Eating

- Starting at home
  - Healthy breakfast to start the day
  - Pack healthy snacks
    - Fruits, veggies, hummus, protein, 100 calorie snacks
- Increases productivity
- Boosts energy level
- More effective teacher
- Happier mood
- More patience



Healthy Eating Tips

- Make half your plate vegetables and fruits
- Add lean protein
- Include whole grains
- Don't forget the dairy
- Avoid extra fat
- Take your time
- Use a smaller plate
- Take control of your food
- Try new food
- Satisfy your sweet tooth in a healthy way
- Drink Water!

www.choosemyplate.gov

Accountability

- Smart Phone Apps
  - Ex: Lose It
- Food & Exercise Journal
- Online Journal
  - Myplate.gov
- Workout Buddy
- Calendar
- Digital Body Monitors
  - Fitbit, BodyMedia FIT, Bodybugg

10 Simple Ways to Reduce Stress

- Get up 15 minutes earlier so mornings are less hectic.
- Avoid over-scheduling yourself
- Learn to say "No"
- Do a project you are dreading first thing in the morning.
- Learn to delegate responsibilities to others.
- Make sure to get a good night's sleep!
- Surround yourself with positive, upbeat friends and colleagues.
- Relax and enjoy a change of pace on weekends. Do some things you truly enjoy. Make time for fun, family and friends.
- Forget about multi-tasking and focus on one thing at a time. Complete one task before moving on to the next one.
- Focus on today instead of worrying about tomorrow.

http://teachers.net/gazette/NOV02/gruber.html

Stress Relief

- Do something you love!
- Exercise
- Positive attitude
- Stretch
  - Yoga
- Breathing techniques
  - Three-part breathe
  - 10

Healthy Balance Between Work and Life

- Find time for yourself
- Social Contact – friends, family, groups
- Hobbies
- Do something you love!

References

- www.acsm.org
- www.healthstatus.com
- www.myplate.gov
- http://teachers.net/gazette/NOV02/gruber.html
- http://www.veavideo.com/OnlinePreview.aspx?id=2657