



Employee Wellness

Health Road Trip



Aerobiquerque
New Mexico



The Place Where All Things Workout!

Aerobiquerque is famous for its chili pods and healthy bods. The historic conquistadors did not find the fountain of youth, but they discovered the next best thing: Aerobic exercise!

Guests of the Heart Rate Hotel receive the red carpet treatment, and everyone who stays here is assured to find a comfort zone that's right for them. Use the

following guide to make sure your heart rate is on target during exercise. For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of his or her maximum heart rate. This maximum rate is based on the person's

You can estimate your age-related heart rate by subtracting your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 50 \text{ years} = 170$ beats per minute (bpm). The 50% and 70% levels would be:

50% level: $170 \times 0.50 = 85$ bpm

70% level: $170 \times 0.70 = 119$ bpm

Welcome
to the
Heart Rate
Hotel!

INTENSITY IS IMPORTANT:

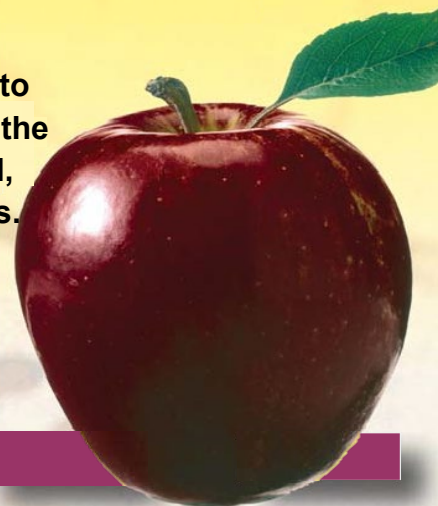
Your aerobic activity must be moderate or vigorous intensity to count.

Moderate-intensity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Walking briskly, doing water aerobics, and riding a bike on level ground are examples of moderate-intensity aerobic activities.

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you will only be able to say a few words before pausing for a breath.

Motivation U was recently founded in Aerobiquerque to study motivation, readiness, and adherence to physical activity. Researchers and professors at the University have studied and touted the health benefits of exercise for many years. Yet, despite all their efforts, many Aerobiquerque residents continue to live sedentary lifestyles.

So, the professors developed a survey and polled the residents. Much to their surprise, most residents knew what they should be doing to reap the health benefits of exercise. But they didn't know how to stay motivated, stick with an exercise plan, or make time to exercise during hectic days. Thus, the scholars turned their research efforts to focus on the hidden secrets, which are useful in breaking down the barriers that sabotage people from maintaining physically active lifestyles. Here is what they found...



Individuals who exercise regularly have developed positive mental images and messages about exercise. They see themselves as active people. They maintain a mental image of themselves regularly engaging in exercise. Practicing visualization can help you do the same. Take a few minutes each evening and visualize what it is going to look like for you to exercise the next day. Imagine packing your workout clothes and water bottle. Picture yourself leaving work and arriving at the fitness center, outdoor trail, or swimming pool. Visually walk through the exercise session in your mind. Then imagine what it looks and feels like to have completed the exercise. Remind yourself of why it is important to you to exercise regularly.

WHY IS IT IMPORTANT TO YOU?

Activities and items that we value are important to us, so naturally, these activities and items are high priorities in our life. Individuals who exercise regularly have made exercise a priority in their daily life. These folks can quickly tell you why they value exercise and why it is important to them:

- “It’s important because exercise gives me more energy so I can accomplish everything else in my life.”
- “Because it helps me manage stress, boosts my self-confidence, and gives me a deep sense of accomplishment.”

- “Exercise helps me manage my weight and blood pressure.”
- “My dad died at a young age of heart disease...I want to live a longer life and be here for my family.”

EXERCISE YOUR OPTIONS

Individuals who exercise regularly employ a variety of strategies to help them stay the course. While not everyone will have success utilizing each strategy, one of these might just be the ticket you need to make exercise a regular part of your life.

- Call it whatever you like but don't use the “e” word (exercise). Try referring to it as time for me, playtime, recess, timeout, or your workout instead. Whatever works for you, use it, and you'll feel right about doing it.
- Enlist support from family, friends, and coworkers. Delegate tasks to allow time for you to exercise. Or recruit an exercise buddy who can encourage and support your efforts and add a pinch of fun to your workouts.
- Maintain an exercise journal. Record your progress, pitfalls, and challenges. Be sure to reflect upon your progress periodically and use the information to help you set new fitness goals.
- Choose an activity that you enjoy and fits your lifestyle. There is no ideal exercise for everyone. Find something that you can look forward to doing most days.

WELLNESS CHALLENGE AEROBIQUERQUE, NEW MEXICO

Add More Activity To Your Day:

This month, each of us should be consciously working towards accumulating at least 30 minutes of aerobic exercise each day. It can be difficult to reach this daily activity goal when you are stuck at home. If you get creative, you will find that there are plenty of ways to add more activity to your day without having to change into exercise clothes.

- **Dust your furniture**
- **Vacuum**
- **Work in the garden pulling weeds or pruning**
- **Wash or wax your vehicle by hand**
- **Take your dog for a walk**
- **Sweep your garage or sidewalk**
- **Bike to the grocery store instead of driving**
- [Find an exercise video here](#) (try to focus on cardio workouts for this challenge)

It's okay to break your aerobic activity into mini-

This month HealthTrip travelers are challenged to accumulate and record 30 minutes of aerobic activity each day.

Don't forget to download your tracking sheet here:

<https://apps.weber.edu/wsuiimages/employeeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Aerobiquerque%20Travel%20Log.pdf>

Looking for more:

Take the 2020 Minutes Challenge! Accumulate 2020 minutes of physical activity between April 1 – July 31 and earn a gym bag. Get the tracking sheet here:

<https://apps.weber.edu/wsuiimages/employeeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/2020%20Minutes%20Challenge%20April.pdf>

Different people have different values. Take a minute and review the list of exercise-related values and benefits. Put a checkmark next to the statement(s) that most closely reflect why exercise is important to you.

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer
- Help you sleep more restfully
- Fill you with energy and vitality