Certified Clinical Exercise Physiologist

#### **BACKGROUND**

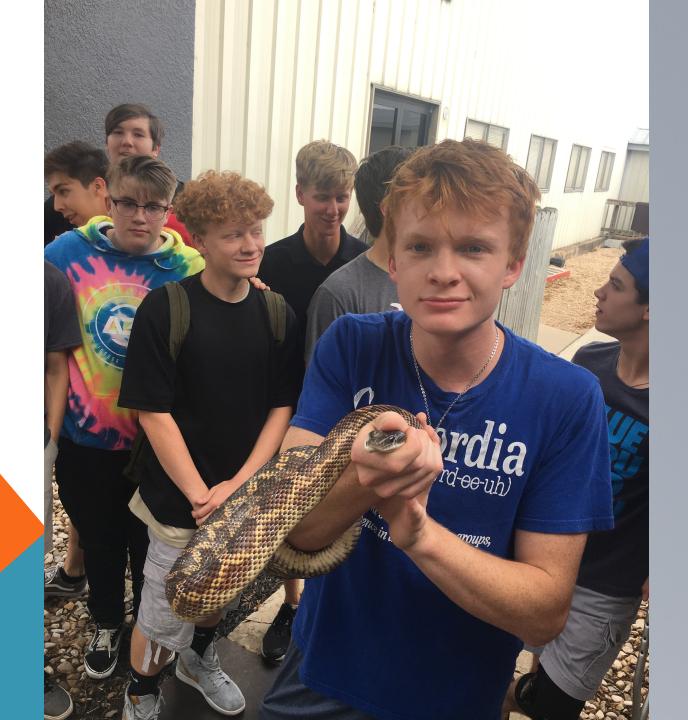
#### Concordia College Ann Arbor/CMU

....God calling to "church work" outside the walls of the church

Peoria, IL
Dothan, AL
Janesville, WI
Wheat Ridge Ambassador
WLI Speakers Bureau
Austin, TX



just for the record I was almost eaten



**GOAL: EQUIP & ENCOURAGE YOU** 

More fit & healthy:

YOU

Your congregation

**Your community** 

#### Why?

Do you lead a stressful lifestyle 24/7/365 job?

Does your spouse complain that you do not spend enough time with her/him?

Do you feel like you are getting old fast?

Does your physical health concern you?
Blood Pressure? Cholesterol? Diabetes?

WHY?

Mark 12:30

And you shall love the Lord your God with all your heart and with all your soul and with all your mind

and with all your strength.



#### Why?

Adam & Eve

**Jesus** 

1880s

1980s

**Today** 



Resources in your communities:

**Exercise Physiologists (ACSM, ACE)** 

**Wellness Coaches** 

**Health Educators** 

**Sports Medicine Trainers** 

**Physical Therapists** 

**Registered Nurses** 

**Physicians** 

#### Link #1 Resources in your community

WHERE to find resources in your communities?

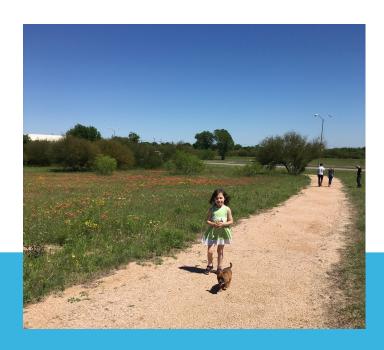
- \*Your congregation
- \*Hospital Health Education
- \*Hospital Cardiac Rehabilitation
- \*Physical Therapy Agencies
- \*YMCA & other local health clubs

Strong Women Stay Young by Miriam Nelson Strong Women Strong Bones Strong Women Strong Bodies

What RESOURCES do you use?

### RESOURCES... intergenerational draw community to your church





"Walk to" Exercise Plan



#### Link #2 CHURCH EXERCISE PLAN

#### 3 factors contributing to long term success:

- 1. Identify benefits and barriers
- 2. Exercise diary
- 3. Piece of home exercise equipment (alternate plan)

#### Link #3

https://health.gov/paguidelines/second-edition/pdf/Physical\_Activity\_Guidelines\_2nd\_edition.pdf

Link for FIT guidelines

Link for exercise log

#### F.I.T.

- F. Frequency
- I. Intensity
- T. Time type

#### Frequency:

5-6 times/week aerobic type +2-3 times/week strength training

Schedule daily



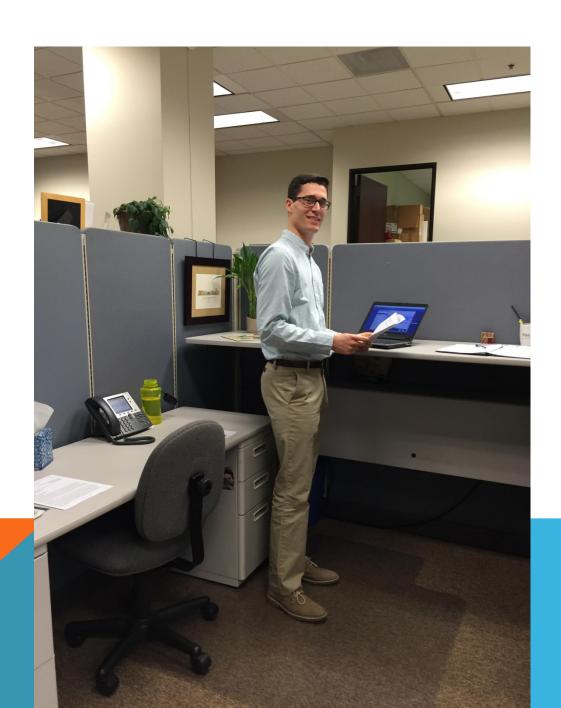
## Intensity: On scale of 1-10, exercise at 6-8 "moderate"



## Time: 30-60 mins/day 150-300 mins/week



"THE STANDING DESK HAS BEEN WONDERFUL!! I REALLY DIDN'T HAVE ANY TROUBLE GETTING USED TO IT AND I FIND THAT IT'S REALLY GREAT TO STAND UP AFTER MEALS OR DURING THAT SLEEP 3 P.M. HOUR! J I WOULD HIGHLY, HIGHLY RECOMMEND IT!"



#### **Exercise Myths: Fact or Fiction**

#### Poll

# No pain, no gain?

act of the second secon

Exercise gives you more energy?

E Rack of Fiction?

Of the 10,080 mins. available per week about 200 mins. spent on exercise is a reasonable fitness plan.

EXERCISE: FICTION?

For every pound of body fat lost, there is a 4 pound reduction of pressure on the joints?

EXERCISE: Fiction

Beer is a good thirst quencher?

P.L.A.N.

# PORTION



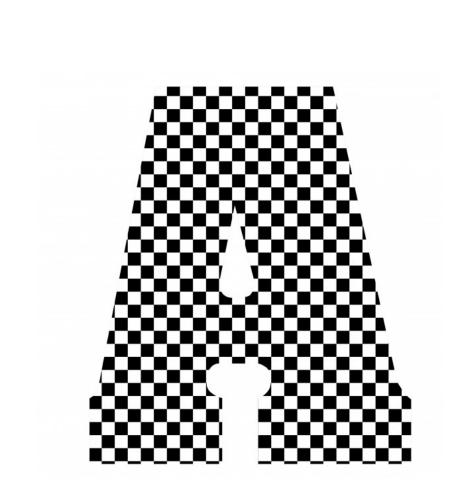
TOO LARCH With activity AMERICAN PORTION SIZE:



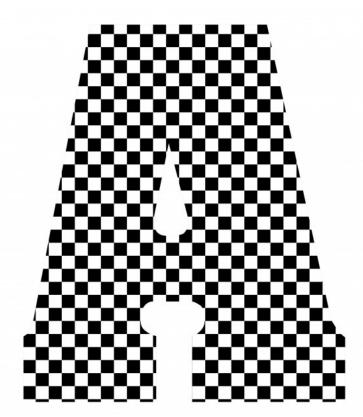


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# Accountability).





Murture



#### Link #4

http://karensuemurdy.blogspot.com/2017/01/christmas-calories-have-caught-up-with.html

#### P.L.A.N. blog post

EXERCISE: Fiction

Morning is the best time to exercise?

EXERCISE: Fiction

## Exercise increases appetite?

When diet alone is used for weight reduction, a person's metabolism slows down & some of the weight loss is muscle?

EXERCISE: Fiction?

Exercise increases HDL cholesterol?

#### Wellness

Run Hard. Rest Well <a href="https://runhardrestwell.com/">https://runhardrestwell.com/</a> Link #5 Sleep, Sabbath, Stillness, Solitude What Rejuvenates?

Nature

**Deep Breathing** 

### Church Exercise Plan "Walk to" Peace, Columbus, NE

??????



#### <u>Link #6</u>

 $\underline{http://karensuemurdy.blogspot.com/}$ 

 $\underline{http://wlicuw.org/profile/speaker-karen-sue-hinz-murdy/}$ 

http://wlicuw.org/

#### **EXERCISE!**

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WLI Speaker's Bureau