

How did the week go for you?

Did you use any strategies to get a better sleep?

What positive impacts did you notice from using new tools and strategies?

Coping with COVID Burnout

7-part Webinar Series

Team Members

Dianne Christensen, MS
Bernalillo County FCS Agent

Karim Martinez, PhD, CFLE
Family Life Specialist

Suzanne DeVos-Cole, MLA
Mora County Agent

Lourdes Olivas, MS
Extension Associate II

Bea Favela, LCSW, NMCEP, CCHW
Doña Ana County FCS Agent

Karen Plawecki, PhD, RD
Nutrition Specialist



Staying Active to Prevent Burnout



Presentation by Lourdes Olivas, MA

What is physical activity?

Why should I be physically active?

How much physical activity should I do?

How can I meet the recommended amount?

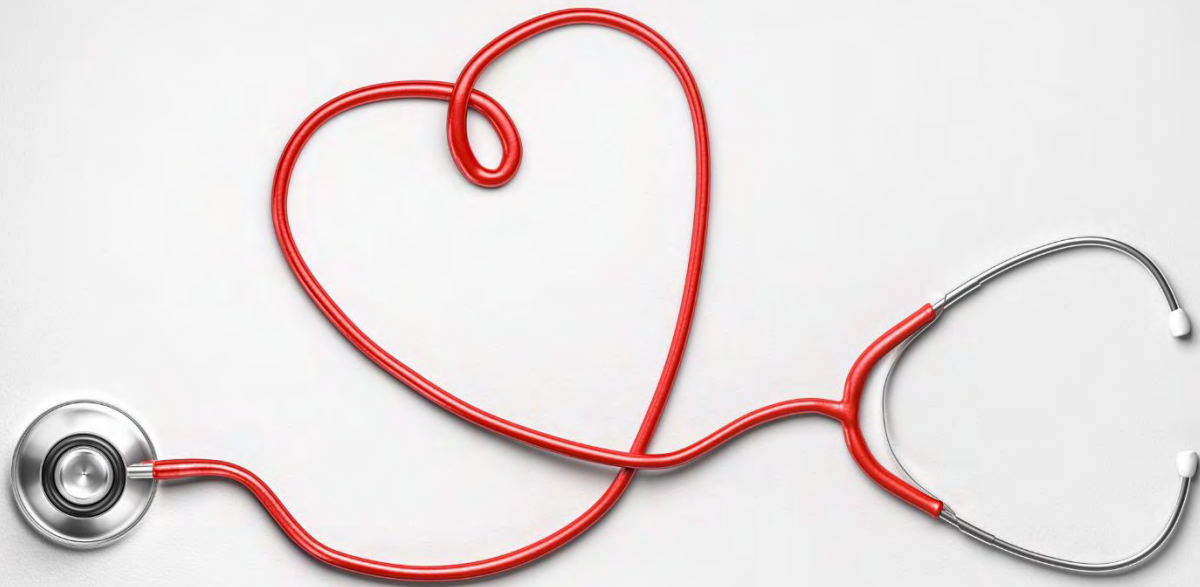




What is physical activity?

- Physical activity is defined as any bodily movement produced by skeletal muscles that results in energy expenditure. The energy expenditure can be measured in kilocalories.
 - Physical activity can be categorized into occupational, sports, conditioning, household, or other activities.
- Exercise is a subset of physical activity that is planned, structured, and repetitive.
 - There's a final goal or objective which is improvement or maintenance of physical fitness.
- Physical fitness is a set of attributes that are either health- or skill-related.

Aerobic or Cardiovascular



- Activity in which the body's large muscles move in rhythmic manner.
 - Has 3 components
 - Intensity
 - Frequency
 - Duration
- Examples
 - Brisk walk
 - Swimming
 - Bicycling
 - Running
 - dancing

Cardio/aerobic ideas

• Inside

- Walk around house (include stairs) for 15 minutes 2-3 times/day
- Dance
- Jump rope (check joints)
- Exercise videos/games
- Circuit training
- <https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month>

• Outside (as allowed)

- Walk, run, bike
 - Training programs
- Nature walk
- Gardening, yard work
 - “Seed to Supper” Extension course
<https://ican.nmsu.edu/seedtosupper>
- Sidewalk obstacle course

Resistance Activity



- Activity that increases skeletal muscle strength, power, endurance, and mass.
 - Has three components
 - Intensity
 - Frequency
 - Sets and repetitions

Examples:

- Lifting weights
- Using resistant bands
- Bodyweight exercises
- Carrying heavy loads

Strength training Ideas



Free weights

Household items

Do a strength training video.

Bodyweight movements...

Squats or sit-to-stands from a sturdy chair

Push-ups against a wall, the kitchen counter or the floor

Lunges or single leg step-ups on stairs

- 2 to 3 days of exercise to target all of the major muscle groups
- Performed at a moderate intensity
- 8 to 12 repetitions.

Flexibility



Flexibility = range of motion of joint(s)

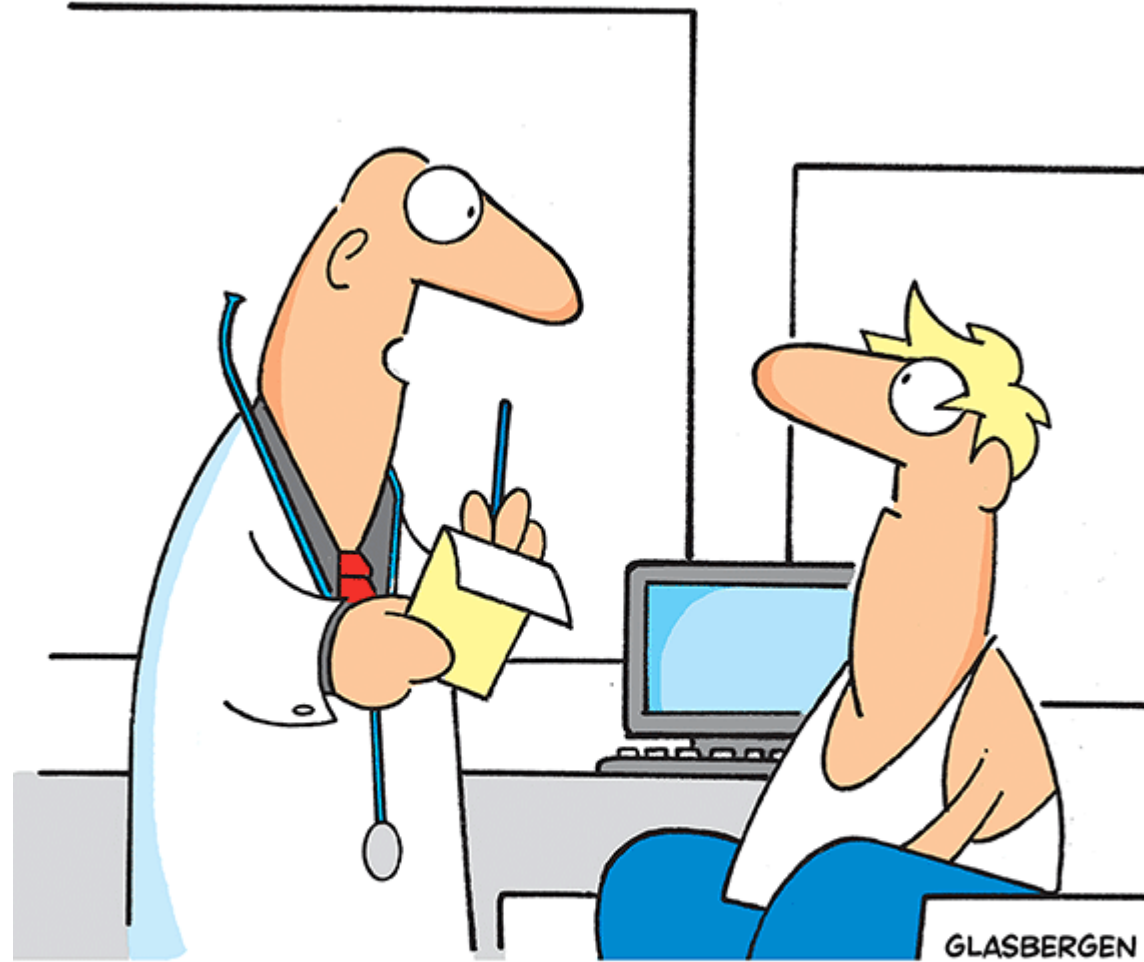
Two types: Static Stretch – hold stretch without movement and Dynamic Stretch

Examples:

- Stretching out muscles or slow movements such as arm circles
- Tai Chi
- Yoga
- Pilates

Physical Activity

© Randy Glasbergen / glasbergen.com



“I’m prescribing exercise. Think of it as a stress pill that takes 30 minutes to swallow.”

Benefits of Physical Activity

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease mortality
- Lower risk of cardiovascular disease (including heart disease and stroke)
- Lower risk of hypertension
- Lower risk of type 2 diabetes
- Lower risk of adverse blood lipid profile
- Lower risk of cancers of the bladder,* breast, colon, endometrium,* esophagus,* kidney,* lung,* and stomach*
- Improved cognition*
- Reduced risk of dementia (including Alzheimer's disease)*
- Reduced risk of depression
- Reduced anxiety
- Improved quality of life
- Improved sleep
- Slowed or reduced weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Prevention of weight regain following initial weight loss
- Improved bone health
- Improved physical function
- Lower risk of falls (older adults)
- Lower risk of fall-related injuries (older adults)*



Physical Activity: Move the body!



- Stimulates positive adaptation to stress
- Disrupts chronic stress state
- Reduce risk of illness
- Build resilience
- Any physical activity counts!!

- Disclaimers:
 - Check with your physician before beginning any exercise program
 - Hydrate (water for < 45 minutes, >60 minutes = sports drink)

Physical Activity Guidelines for Adults

- Moderate intensity: at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week
- Vigorous intensity at least 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week
- Muscle-strengthening activities of moderate or greater intensity of all major muscle groups on 2 or more days a week.



Overcoming Barriers



Time	Start with small increments of time... 10 minutes spread out
Pain	Low impact activities (Swimming)
No where to exercise	Create a spot at home (use canned goods or just your body) Utilize YouTube videos
No motivation	Friends, family, or group classes
Too tired	Start your day with an activity to get you energized!

Resources:

- Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1985). Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public health reports (Washington, D.C. : 1974)*, 100(2), 126–131.
- Jackson, Erica M. Ph.D., FACSM STRESS RELIEF: The Role of Exercise in Stress Management, ACSM's Health & Fitness Journal: May/June 2013 - Volume 17 - Issue 3 - p 14-19
- Piercy, K. L., Troiano, R. P., Ballard, R. M., Carlson, S. A., Fulton, J. E., Galuska, D. A., George, S. M., & Olson, R. D. (2018). The Physical Activity Guidelines for Americans. *JAMA*, 320(19), 2020–2028.
<https://doi.org/10.1001/jama.2018.14854>

**DON'T LIMIT YOUR
CHALLENGES.
CHALLENGE YOUR
LIMITS.**

[SLICKWORDS.COM](https://www.slickwords.com)





Thank you!

Lourdes Olivas
loumunoz@nmsu.edu

Your feedback is greatly appreciated, please complete the survey below.
https://acesnmsu.az1.qualtrics.com/jfe/form/SV_6PtcgwZE4uABXUO

The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.