

# STEPS TO WELLNESS



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# STEPS TODAY

1. Consider aspects of wellness that are important
2. Getting Ready for increased Physical Activity
3. Talk about making it a Habit
4. Thinking about the Barriers
5. Setting your SMART goals



# ASPECTS OF WELLNESS



- Engage in Regular Physical Activity
- Maintain a Healthy Diet
- Engage in Social Activity
- Brain Games
- Fall Prevention
- Personal spirituality/ religious practices.



# PERSONAL RISK FACTORS

## Non- Modifiable

### Things you can't change

- Genetic family diseases or conditions
- Access to monetarily based resources- health clubs
- How your body gains weight
- Often housing situations
- Current Diagnoses

## Modifiable

### Things you can change

- How you eat
- How much you eat
- Exercise patterns
- Social patterns
- Our behavior
- Some complications of diseases

# GETTING READY FOR MORE PHYSICAL ACTIVITY

## Questions to ask yourself:

[National Institute on Aging- National Institute of health](#)

- Am I currently exercising on a regular basis?
- How much time do I spend sitting each day?
- How much time am I active and how often each week?
- When I'm active, what kinds of activities am I doing?
- What motivated or would motivate me to start exercising?
  - To become more physically fit
  - To help prevent future health problems
  - To reduce stress
  - To manage a chronic condition, like heart disease, diabetes, or memory loss
  - To spend time with friends and family or make new friends

# EVERYDAY ACTIVITIES THAT ARE IMPORTANT TO YOU

## Endurance

1. Keep up with my grandchildren during a trip to the park
2. Walk uphill or upstairs and not get out of breath
3. Have enough energy to go out with friends
4. Rake leaves and garden
5. Shovel snow
6. Take a walk without having to stop and rest
7. Vacuum the house
8. Play a sport like tennis
9. Dance

## Strength

10. Carry groceries
11. Carry a laundry basket full of clothes
12. Get up out of a chair with ease
13. Climb stairs
14. Open a jar
15. Lift a young grandchild or a pet
16. Get out of the shower or tub safely
17. Get in and out of a car easily
18. Pull open a door

# PHYSICAL ACTIVITY BARRIERS

What barriers keep me from starting or continuing to be active on a regular basis?

- I forget
- I don't find it convenient
- I don't enjoy physical activity
- I am not motivated
- I do not live close to parks, paths, sidewalks
- I am afraid of getting hurt or falling

What are 3 strategies I could use to overcome these barriers?

- Put a reminder on my phone/ bathroom mirror/ on top of my TV
- Find an exercise partner
- Give someone permission to remind me or ask me about it
- Ask about a class or transportation
- Find safe activities/exercises

# MAKING REGULAR PHYSICAL ACTIVITY A HABIT

- 1. The following is one type of exercise or physical activity that will be easy for me to start with, or easy for me to do more of?**
- 2. What results do I hope to get from this new or increased exercise/activity?**
- 3. To start off, how many times a week can I easily do this new or increased exercise/activity?**
- 4. How long will each exercise/activity session be?**
- 5. Where are the easiest places for me to do this exercise/ activity**





# Setting SMART Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



How will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.

# SMART GOALS

Specific

Measurable

Attainable

Realistic

Timely

# SPECIFIC

**Your goal should be as specific as possible and answer your question: What is your goal? How often or how much? Where will it take place?**

- Example:
  - I will walk 2 blocks twice a week, on Tuesdays and Fridays before dinner for one month.
  - I will do balancing on each foot, every morning, at my bathroom counter, for 30 seconds, before breakfast, for one week and increase 10 seconds each week after until I reach 60 seconds on each foot.

# MEASURABLE

**How will you measure your goal?  
Measurement will give you specific  
feedback and hold you accountable.**

- Example:
  - I will log my walking on my walk calendar.
  - I check each day off each day and write my time on a large Post-It in the bathroom

ATTAINABLE  
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**Goals should push you, but it is important that they are achievable. Are they attainable? Can you reach them?**

- Think about, am I overreaching? Am I setting myself up for failure?
- Am I being too easy on myself?

# REALISTIC

- **Is your goal and timeframe realistic for the goal you have established?**
- Think about:
  - How fit am I?
  - What are my physical limitations?
    - Do I easily get out of breath?
    - Have I ever worked on my balance?
    - Do I have back or foot problems?

# TIMELY

- **Do you have a timeframe listed in your goal? This helps you be accountable and helps with motivation.**
- **Examples:**
  - I will walk 2 blocks **twice a week**, on Tuesdays and Fridays before dinner for one month. And then extend 1 block each week **until the time change** in the fall.
  - I will do balancing on each foot, **every morning**, at my bathroom counter, for 30 seconds, before breakfast, for one week and increase 10 seconds each week after until I reach 60 seconds on each foot and **continue each day thereafter**.

# AND NOW YOU!

- Questions
- Let's help each other
- Your examples





# AND ONE MORE THING

**Consider your  
approach to  
spirituality**

**One thing we heard  
from our current  
study**

Thank  
you