



# **Just Keep Moving Forward - Staying Active in Challenging Times**

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Naturally Slim**

# Overview

- Let's talk
- Exercise: Physical & Mental Health
- Exercise, Weight Loss & QOL
- Weight Loss & Covid
- Lets Problem Solve

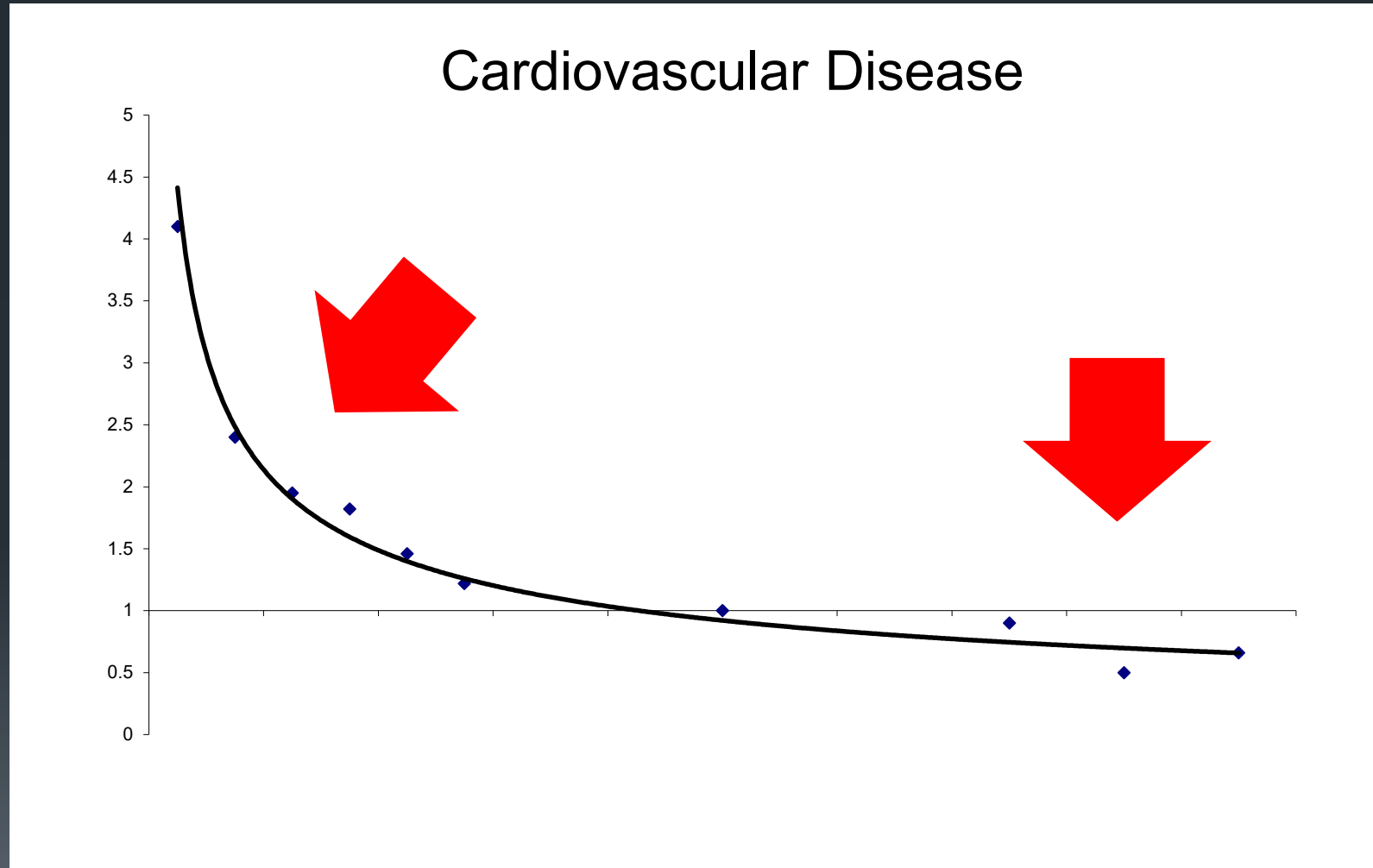
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# Shape of Mortality-Fitness Curves



# Effects of Different Doses of Physical Activity on Cardiorespiratory Fitness Among Sedentary, Overweight or Obese Postmenopausal Women With Elevated Blood Pressure

## A Randomized Controlled Trial

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**L**OW LEVELS OF CARDIORESPIRATORY fitness are associated with high risk of cardiovascular disease (CVD) and all-cause mortality, and improvements in fitness are associated with reduced mortality risk.<sup>1-6</sup> Although higher levels of fitness are associated with better CVD risk factor profiles, the fitness-CVD and all-cause mortality relation is only moderately attenuated when traditional

**Context** Low levels of cardiorespiratory fitness are associated with high risk of mortality, and improvements in fitness are associated with reduced mortality risk. However, a poor understanding of the physical activity–fitness dose response relation remains.

**Objective** To examine the effect of 50%, 100%, and 150% of the NIH Consensus Development Panel recommended physical activity dose on fitness in women.

**Design, Setting, and Participants** Randomized controlled trial of 464 sedentary, postmenopausal overweight or obese women whose body mass index ranged from 25.0 to 43.0 and whose systolic blood pressure ranged from 120.0 to 159.9 mm Hg. Enrollment took place between April 2001 and June 2005 in the Dallas, Tex, area.

**Intervention** Participants were randomly assigned to 1 of 4 groups: 102 to the non-exercise control group and 155 to the 4-kcal/kg, 104 to the 8-kcal/kg, and 103 to the 12-kcal/kg per week energy-expenditure groups for the 6-month intervention period. Target training intensity was the heart rate associated with 50% of each woman's peak  $\dot{V}O_2$ .

**Outcome Measure** The primary outcome was aerobic fitness assessed on a ergometer and quantified as peak absolute oxygen consumption ( $\dot{V}O_{2abs}$ , L/min).

**Results** The mean (SD) baseline  $\dot{V}O_{2abs}$  values were 1.30 (0.25) L/min. The mean minutes of exercising per week were 72.2 (12.3) for the 4-kcal/kg, 135.8 (19.5) for the 8-kcal/kg, and 191.7 (33.7) for the 12-kcal/kg per week exercise groups. After adjustment for age, race/ethnicity, weight, and peak heart rate, the exercise groups increased their  $\dot{V}O_{2abs}$  compared with the control group by 4.2% in the 4-kcal/kg, 6.0% in the 8-kcal/kg, and 8.2% in the 12-kcal/kg per week groups ( $P < .001$  for each vs control;  $P$  for trend  $< .001$ ). There was no treatment  $\times$  subgroup interaction for age, body mass index, weight, baseline  $\dot{V}O_{2abs}$ , race/ethnicity, or baseline hormone therapy use. There were no significant changes in systolic or diastolic blood pressure values from baseline to 6 months in any of the exercise groups vs the control group.

**Conclusion** In this study, previously sedentary, overweight or obese postmenopausal women experienced a graded dose-response change in fitness across levels of exercise training.

**Trial Registration** clinicaltrials.gov Identifier: NCT00011193

JAMA. 2007;297:2081-2091

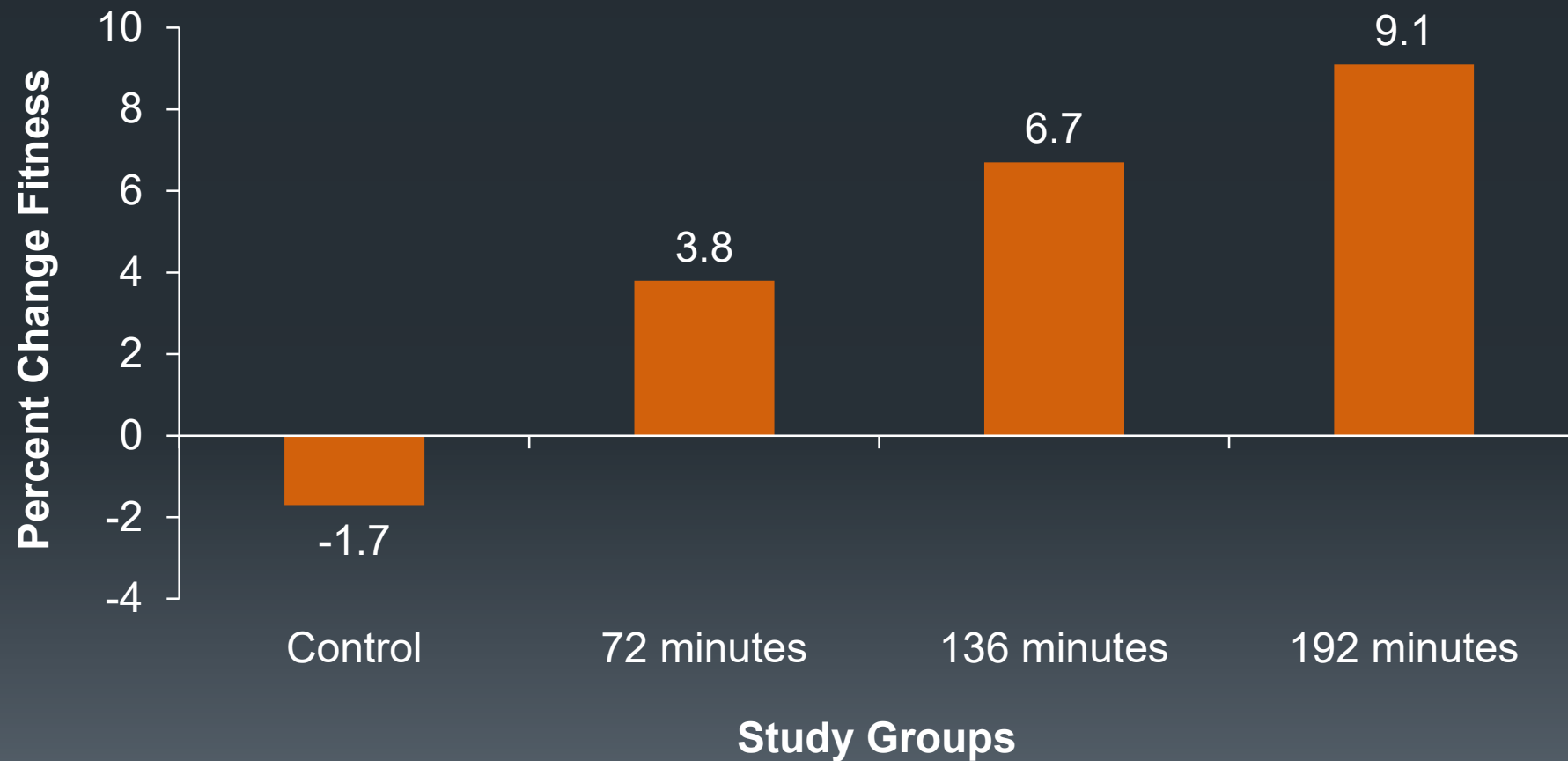
www.jama.com


JAMA, 2007; 297: 2081-2091

prove fitness is of substantial public health importance.

Even though fitness has a genetic contribution, physical activity habits are the primary determinant of fitness in adults and changes in physical activity result in changes in fitness and subsequent mortality.<sup>2,7,8</sup> Previous reports have combined the findings of different studies to create dose response curves for changes in physical

# Change in Fitness

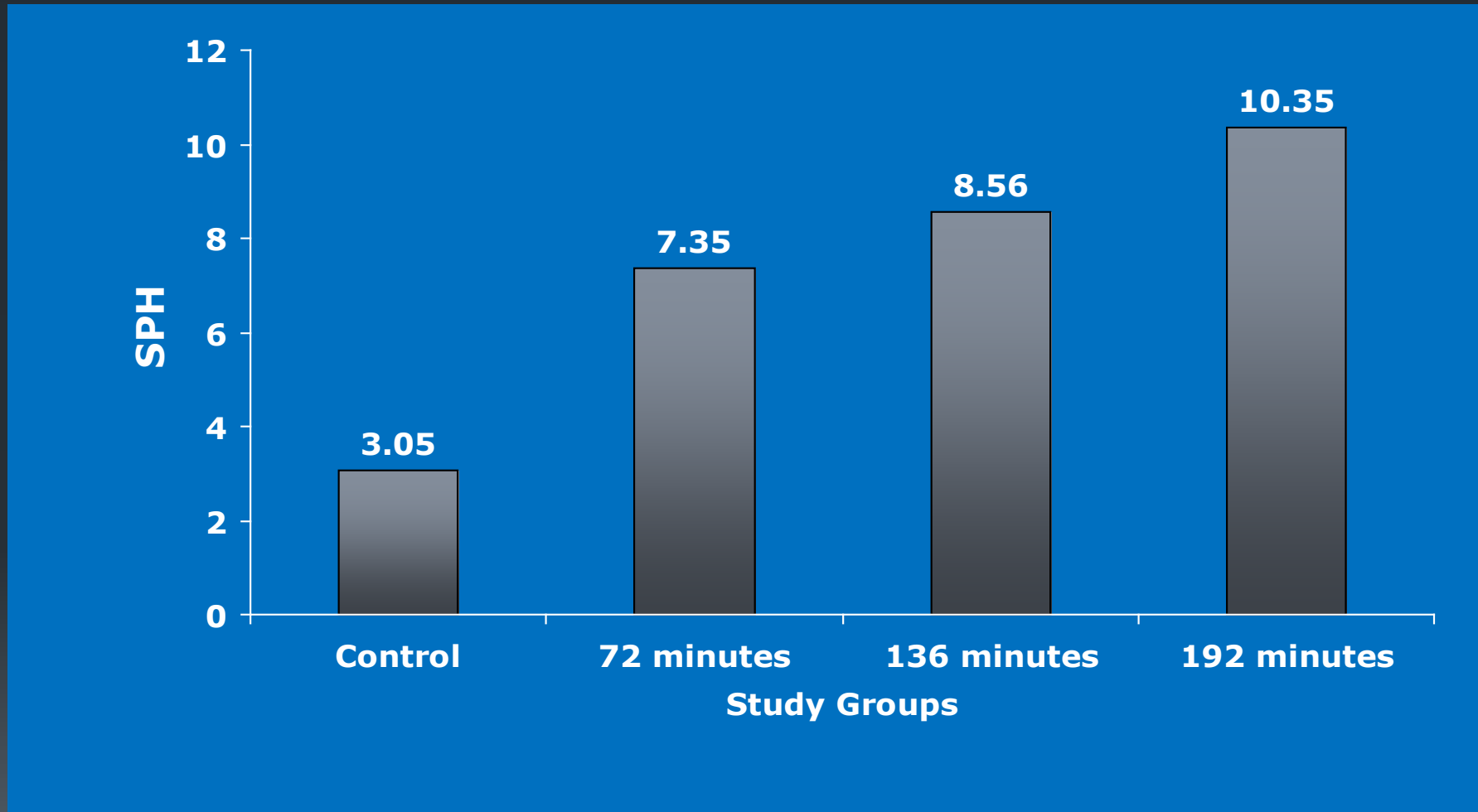




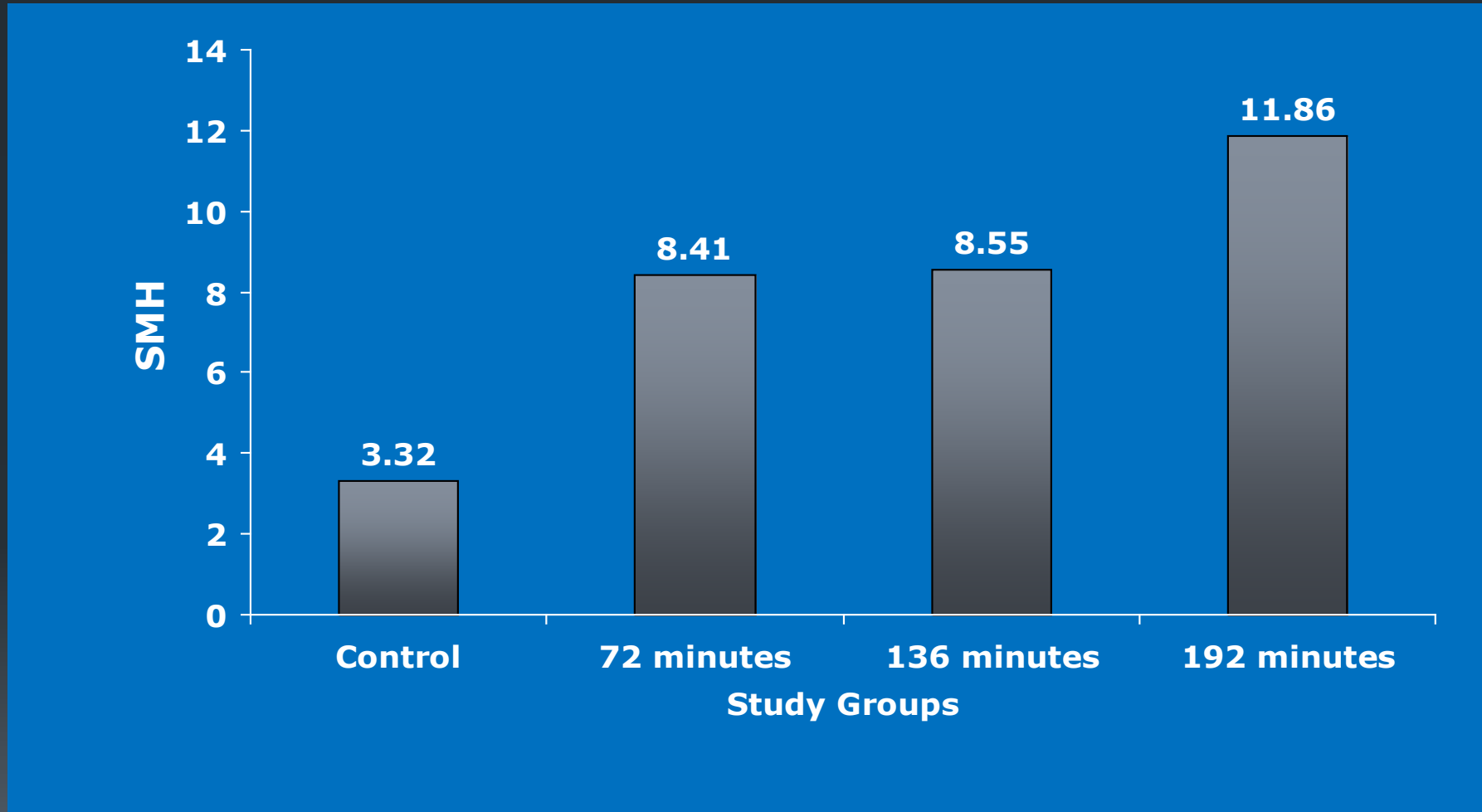
# Quality of Life Measures



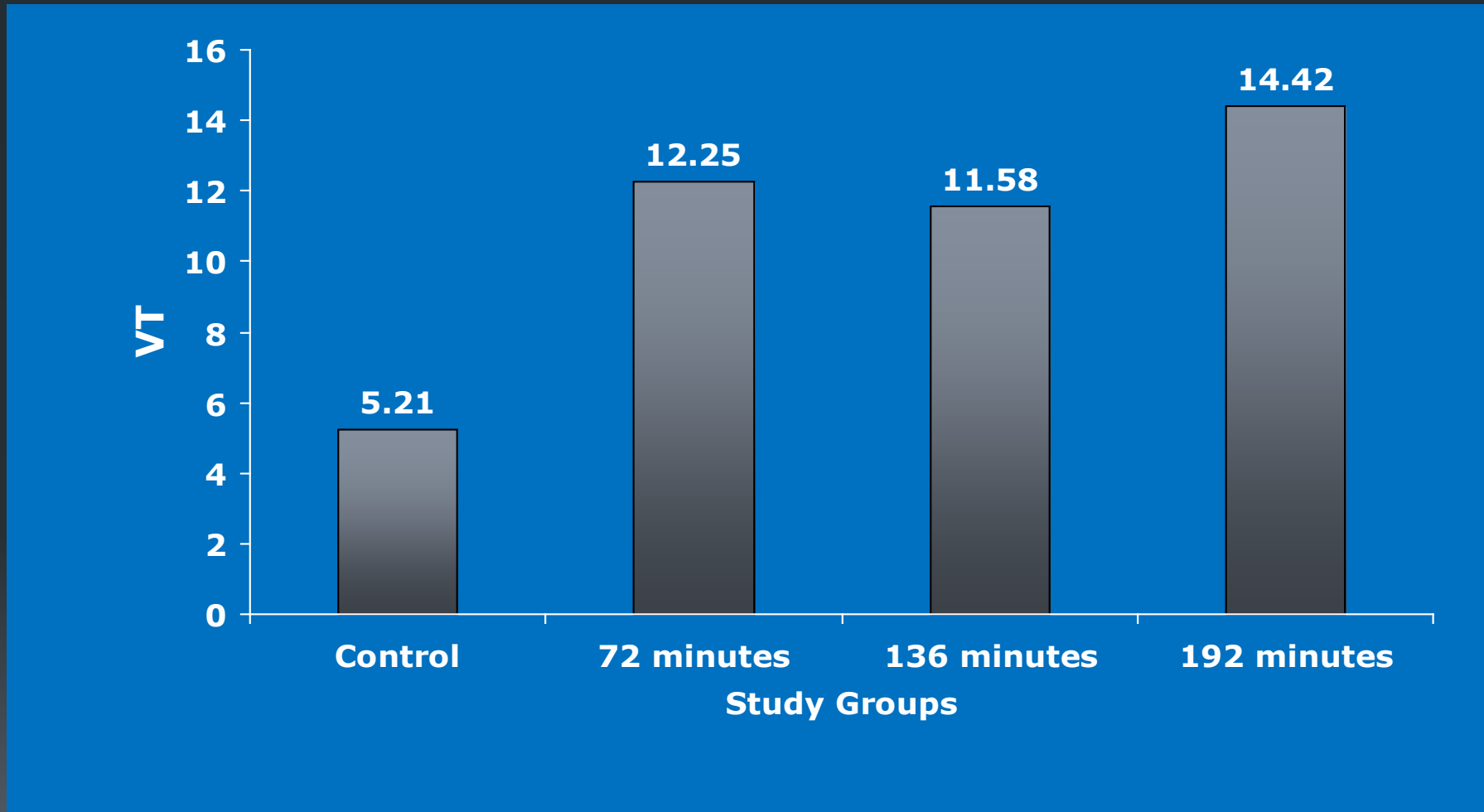
# Change in Physical Health



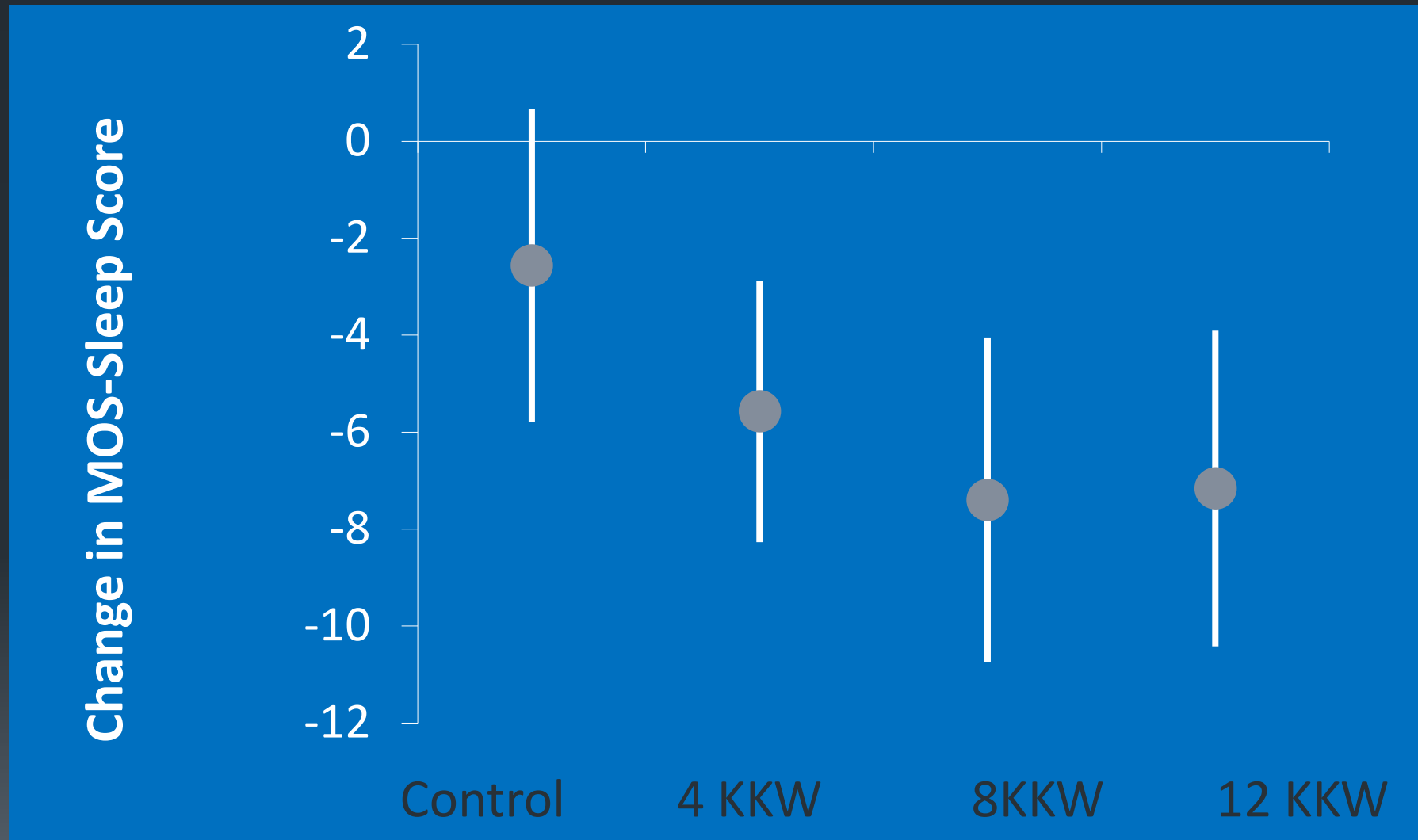
# Change in Mental Health



# Change in Energy



# Sleep Disturbances



# Cheesy Story Time



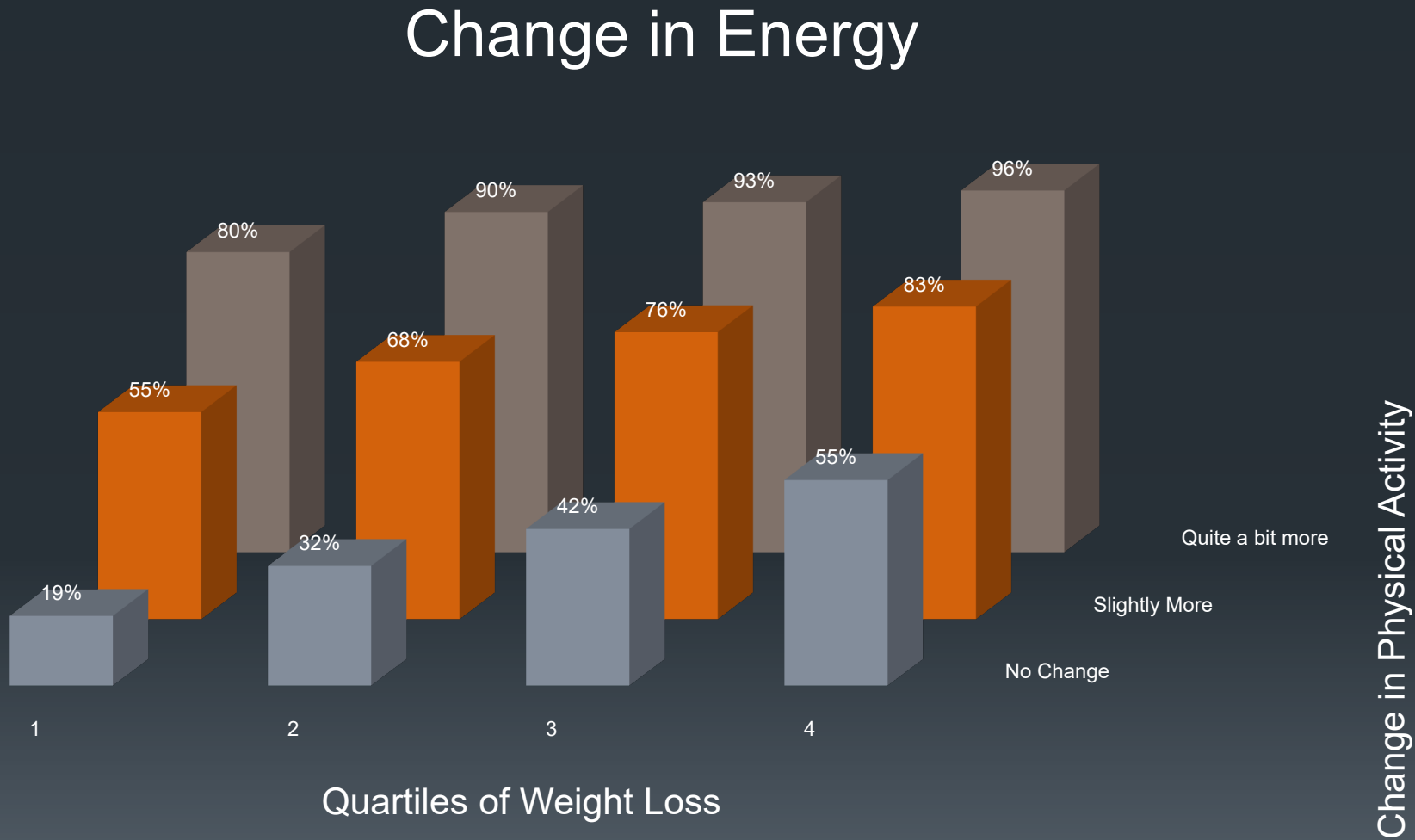
# Regular Aerobic Exercise

- More is better but something is much better than nothing

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# Interaction of Weight Loss & Exercise



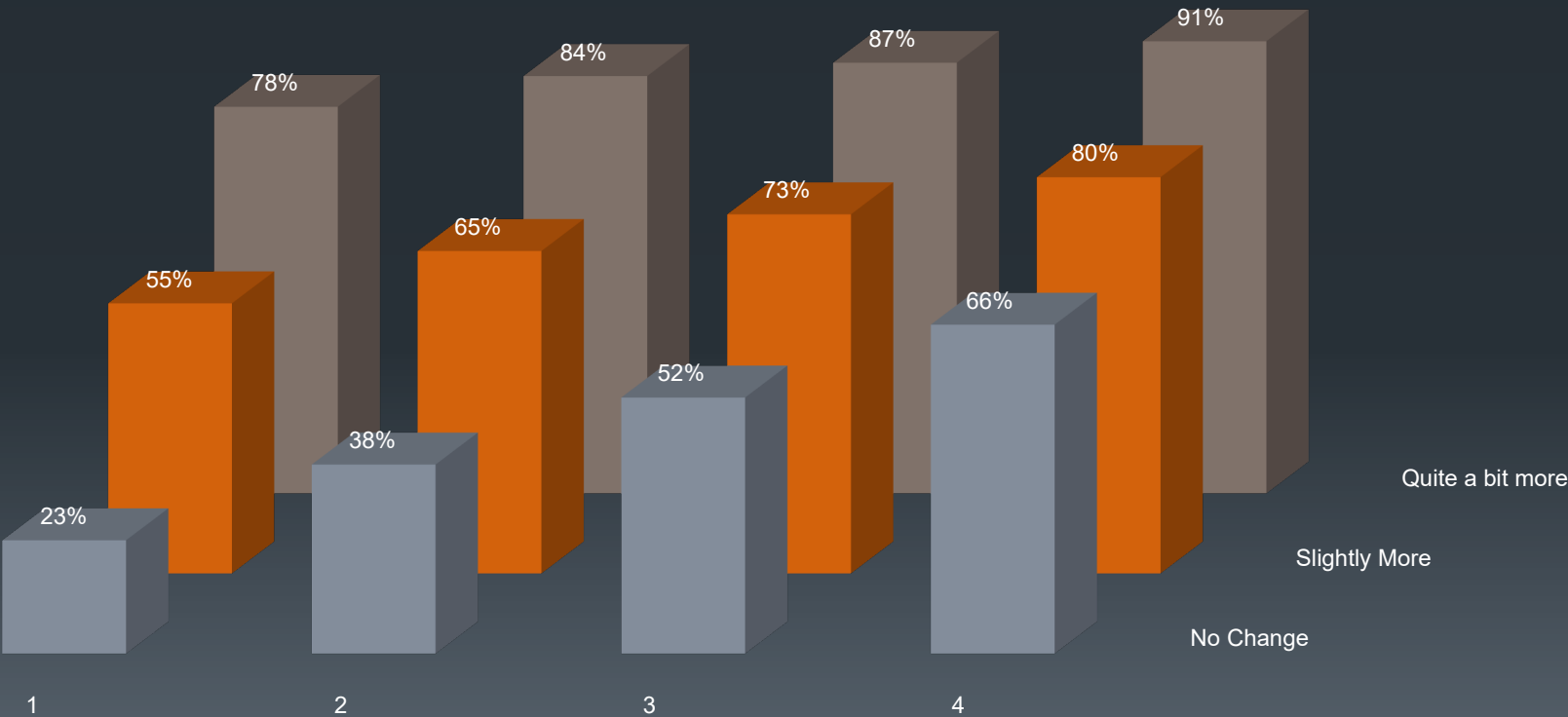
N = 23,000ish



# Interaction of Weight Loss & Exercise



## Change in Mood

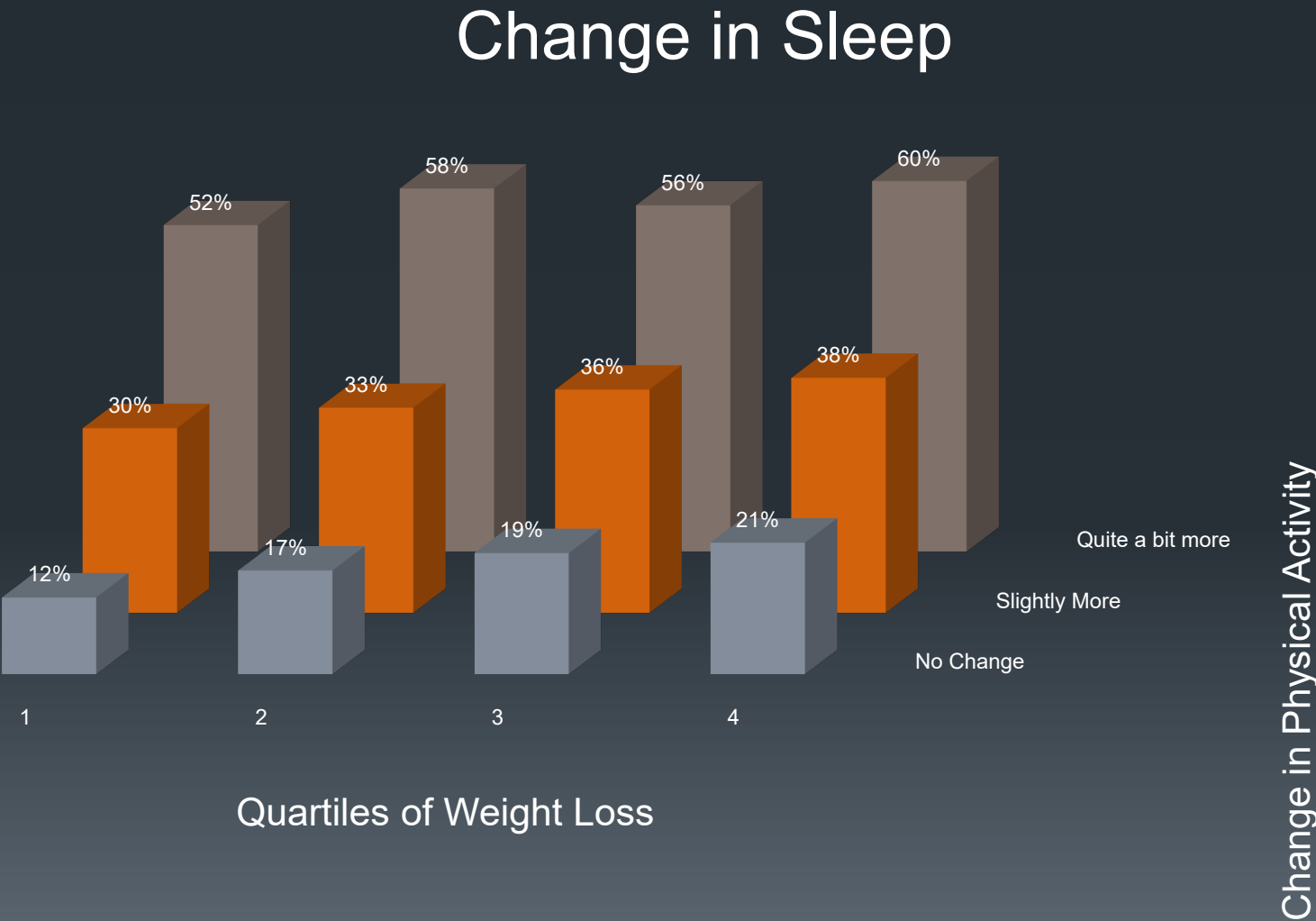


Change in Physical Activity

N = 23,000ish

Quartiles of Weight Loss

# Interaction of Weight Loss & Exercise

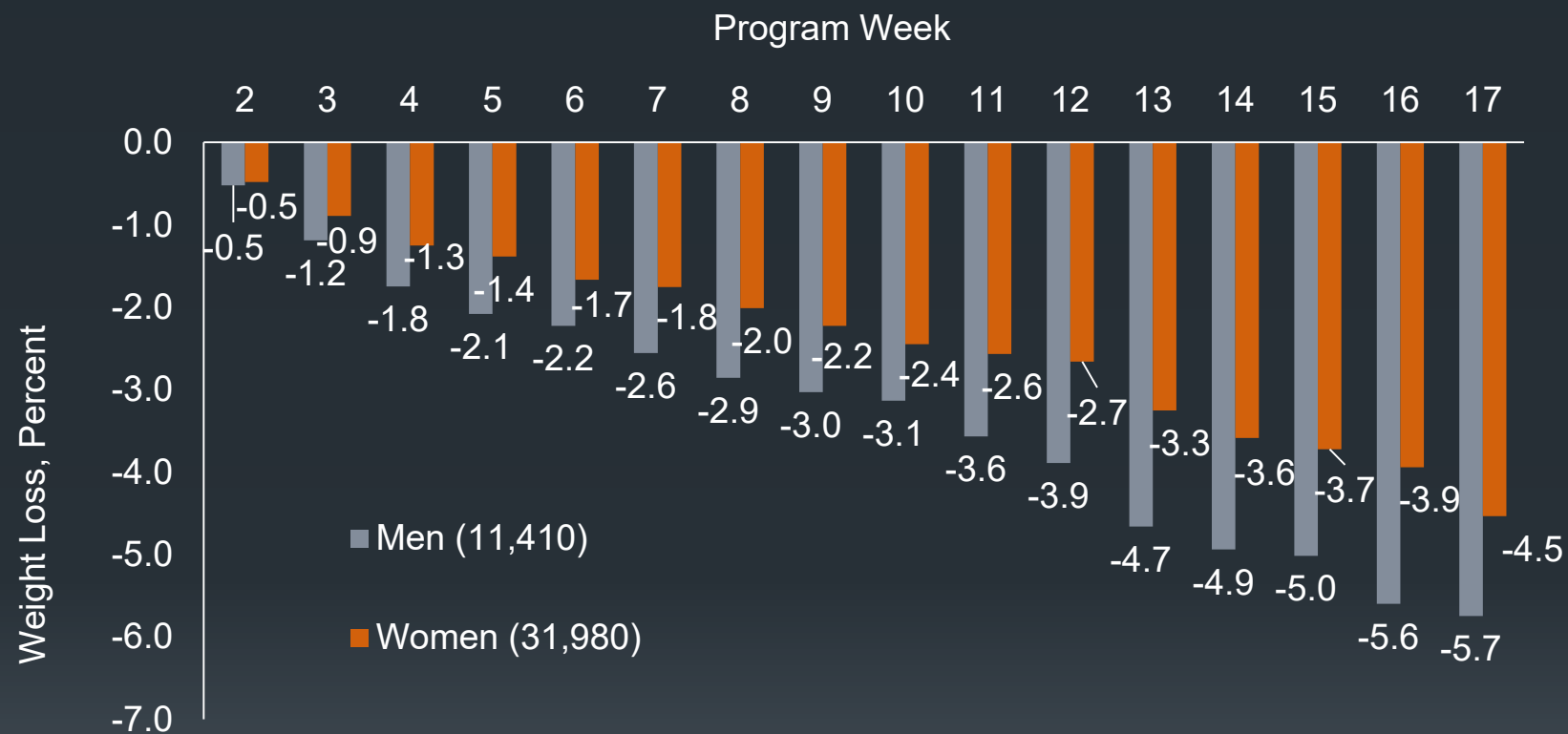


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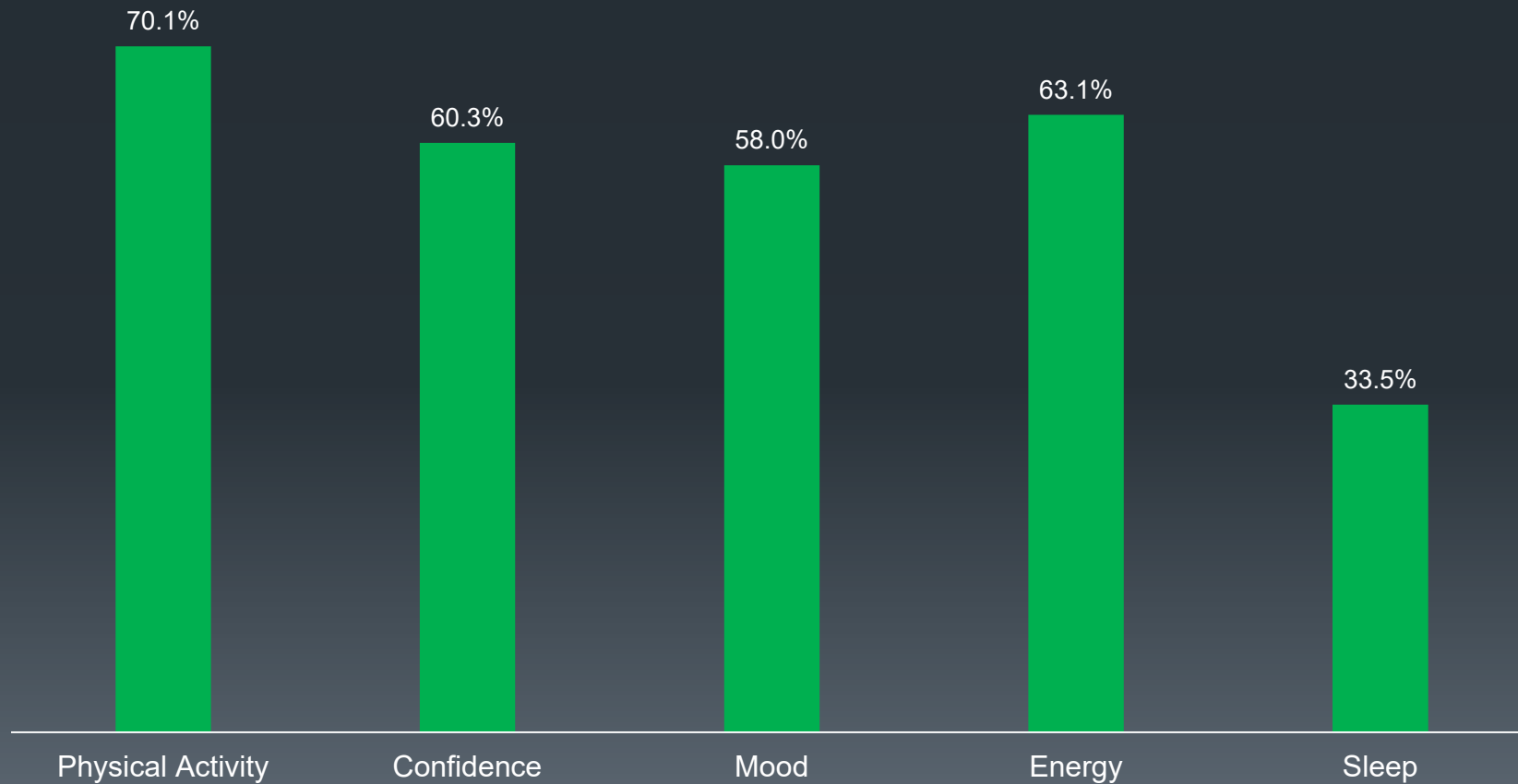
# Weight Loss During Covid



Weight Loss by Percent - For Participants that started program between Feb & May 17, 2020



## Participants (1729) Reporting Improvements in .....



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# Physical Activity Prescription for General Health

- Not Interested:
  - Get up and walk around at least once per hour
- I hear you but I am not exercising:
  - 7000 steps per day and use stairs when possible
- I am willing to try exercise:
  - 150 minutes per week of walking or 75 minutes per week of jogging or 100 of fast walking
- I am all in!!
  - Higher intensity aerobic plus 2 or more days per week of weight lifting

# Physical Activity Prescription for General Health

- Not Interested

- Get up and go

- I hear you

- 7000 steps

- I am willing

- 150 minutes  
week of

- I am all in

- Higher intensity aerobic plus 2 or more days per week of weight lifting

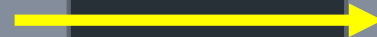




# To-Do List

# Want To-Do List

Evaluations      A/C filters  
Pay taxes      Tuition  
Groceries      Mammogram  
Pay bills      **Exercise**  
Dentist      Mow the lawn  
Change Oil



Anything  
Outdoors  
Family time      Dinner with  
Friends  
**Exercise**  
Poker night  
SEC football  
Vacation

# What do you love doing ?



# What things matters to you....



Connectiveness (community)

Promotes Resilience

Productive (sharp mind)

Raises Energy Level

Mood, not just depression & anxiety

Builds Self Esteem

# My Plan for you

- Do what you love to do !
- Identify what you need out of your program
- Make your plan fit the physical activity requirements
  - Not vis-versa

# My Plan for Covid

- Just do anything
- Preferably outside
- Do it regularly
- Get creative
  - Yoga in the park, walking business calls, walk your neighbors' dog, etc



