Welcome to LIVING WELL TOGETHER
A VIRTUAL EDUCATION SERIES
MAKE ACTIVE HABITS STICK

K-STATE Research and Extension Family & Consumer Sciences
Agenda for the evening:

▪ Learning session w/questions – approximately 1 hour
▪ Please keep your mic on “mute” and ask questions through “chat”
▪ Question breaks will be taken regularly
▪ This program will be recorded and the link sent to you

Living Well Together is a virtual learning series hosted by K-State Research and Extension, Family and Consumer Sciences (FCS) agents, in the northeast KS region. We invite you to join us every Thursday evening, at 6:45 p.m., through March 25, 2021. Topics touch on a wide variety of essential skills that empower you and your family to live, work, and thrive!

Your host tonight:
Crystal Futrell, Johnson County FCS Agent

Chat host tonight:
Susan Fangman, Shawnee County FCS Agent
K-State Research and Extension programs and materials are open to all, without regard for race, color, national origin, sex, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, or veteran status.
Make active habits stick

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K-STATE RESEARCH AND EXTENSION
Agenda

• Start with the guidelines
• Impact of COVID-19 on physical activity habits
• Strategies to cope with 3 key barriers:
  • Lack of motivation
  • Lack of access to facilities
  • Lack of time
• KSRE Can Help
  • Walk With Ease
  • Stay Strong Stay Healthy
  • Walk Kansas
Established by U.S. Department of Health and Human Services, 2008, 2018

www.health.gov

- Preschool
- Children/adolescents
- Adults
- Older adults
- Women – Pregnancy and Postpartum
- Adults – Chronic conditions, disability
COVID-related barriers

• Limited access to gyms and facilities
• Safety concerns
• Lack of motivation
• Extended screen time
• Limited need for active transportation

More than ever, we have to be intentional about inserting physical activity into our day!
A silver lining?
Unexpected COVID-related benefits

• More flexible schedule
• Opportunity to explore new ways to be active
• More outdoor activity (nature=more benefits!)
• Focus on participating in physical activity for mental health
Barrier #1
Lack of motivation
What is your why?
Find the right why

FEEL BETTER: NOW
Physical activity can help you feel better now!

- Less stressed
- More focused
- Happier, more productive person
- More energy
- Less tense
- Better mood
- Less tired
- Less tired
Forget about weight loss

- Take too long to achieve
- Take focus away from enjoyment
- Makes exercise feel like a chore
- Find other things to prioritize

The best activity is the one you will actually do.
Which images “spark joy”? What activities do you like to do?
Barrier #2: Limited access to facilities
At home – apps to help

- mapmywalk
- 7
- YouTube
- FITON
- DoYogaWithMe
- fitnessBLENDER.COM
Even more benefits if you get outside!
Make it social
Grab a buddy – 2 legs or 4!!
Make your “norm” more active

• Plan active celebrations
• Focus more on activity ... less on food
• Make shopping trips more active
• Host walking meetings, stand when you can
• Give standing ovations at work
• Explore on foot
• Push mow your lawn
• Do active house cleaning
• Get out of a rut – do things differently
Create “tiny habits”

• Link small bits of physical activity to other habits you already do reliably

- Brush my teeth
- Get a phone call
- Finish dinner
- End a Zoom meeting

- Do 10 squats
- Stand up and walk around
- Stretch for 3 minutes
- Get up and step outside
Make small changes to your home environment

- Keep equipment visible
- Wear comfortable clothes
- Keep TV/computer off
- Leave shoes and coat by the door
Barrier #3: Not enough time
Move More
Sit Less
All movement counts

- Leisure-time exercise
- Active transportation
- Physical activity at work
- Household activity
Plan ahead

WHAT: 20-minute walk
WHEN: Tues/Thurs at noon
WHERE: Work/park/trail
WITH WHOM: Paul

WHAT: Yoga Class
WHEN: Mon/Wed at 5:30 pm
WHERE: Living room
WITH WHOM: Myself

WHAT: 40-minute walk/talk
WHEN: Wed at 5:00
WHERE: Neighborhood
WITH WHOM: Karen

WHAT: 30-min stationary bike
WHEN: Saturday at 1 pm
WHERE: Home
WITH WHOM: Myself
Have a back up plan

- Treadmill at home (6:30 a.m.)
- Lunchtime walk (12:00 p.m.)
- Treadmill after work (5:15 p.m.)
- Bike ride after dinner (7:00 p.m.)
- Try again tomorrow
Break it up

Small bouts of activity count!

Take several 5-10 minute walks throughout the day

Get up and move every 30-60 minutes

Combine physical activity with other daily tasks
Set reminders to get up and move

Alexa, remind me to stand up and stretch in 30 minutes
Take home messages:

• Find your right "why"
• Choose activities you enjoy
• Start small - every little bit counts
• Create a support system
• Be intentional about planning and prioritizing PA
• Be flexible and adapt to challenges
Path for our discussion:

▪ Walk With Ease
▪ Stay Strong Stay Healthy
▪ Walk Kansas

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Walk With Ease

• Evidence based program developed by the Arthritis Foundation
• Six-week program
  • In person, 3/week
  • Virtual, 1/week plus activity
• Certified Instructors
• Free
  • Includes sessions and Guidebook
Benefits:

▪ Reduce pain and discomfort of chronic disease
▪ Increase balance, strength, walking pace
▪ Build confidence to be active
▪ Improve overall health
Evidence-based exercise program for older adults that helps prevent falls and improves health and quality of life.

Promotes balance, flexibility and strength.

Provided by KSRE trained agents

Level 1 (basic) and Level 2 (advanced)

https://www.k-state.edu/staystrong/
8 weeks
16 sessions (1 hour each)
Pre and post fitness assessment
Hand and ankle weights provided
Meets health recommendations
Trained instructor (CPR/AED/First-aid)
Social interaction
Affordable
Walk Kansas
March 28 – May 22
www.walkkansas.org
Facebook: Kansas State University Walk Kansas

Move Your Way ● Make Every Bite Count
Prevent/manage Chronic Disease
Walk Kansas is ...

- A team-based program, offered state-wide
  - Teams self selected, 6 members, 1 as captain
  - No age restrictions
- Goals/Challenge selected by team
- Cost is $10/person; Health Quest eligible no charge
- Registration opens first week of March
- Contact your local Extension office for program details
Join the fun!

March 28 – May 22, 2021

K-STATE
Research and Extension
Thank You!!

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LIVING WELL WITH DIABETES

Diabetes is a common, costly, and serious disease. Let’s discuss how diabetes can be delayed, controlled, and even prevented.

Presenters:

Dr. Sandy Procter  
Assistant Professor  
Extension Specialist  
K-State Research and Extension

Gayle Price  
Southeast Area  
Family and Consumer Sciences Specialist

Lori Wuellner  
Nutrition  
Food Safety & Preservation, Family and Consumer Science

Leah Robinson  
Nutrition  
Food Safety Festival, Family and Consumer Science

DATE: February 25th
TIME: 6:45p (CT)
LOCATION: Zoom

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Living Well Together

https://www.ksre.k-state.edu/about/stateandareamaps.html

Thank You!!

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