

# Physical Fitness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF PHYSICAL FITNESS.



## PHYSICAL FITNESS

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.

Before the Industrial Revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue or lethargy. However, with automation and changes in lifestyles, physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, improve immune system and to meet emergency situations.

Source: [https://en.wikipedia.org/wiki/Physical\\_fitness](https://en.wikipedia.org/wiki/Physical_fitness)

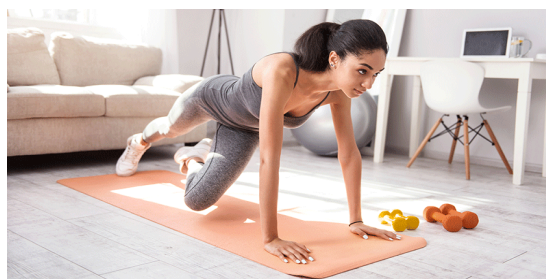


### HUMAN RESOURCES DEPARTMENT

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## Getting Active



The benefits of regular physical activity are undeniable. Something is better than nothing, and we all have to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. The American Heart Association has the tools and resources to get you on the right path to a healthier lifestyle.

### Fitness Basics

- [Getting Active](#)
- [Try the 10-Minute Home Workout](#)
- [25 Ways to Get Moving at Home Infographic](#)
- [25 Ways to Move More During Summer](#)
- [Breaking Down Barriers to Fitness](#)
- [Create a Circuit Home Workout Infographic](#)
- [Daily Tips to Help Keep Your Family Active](#)
- [Get Active with Dad this Fathers Day](#)
- [Get in the Game with Sports Fitness](#)
- [Get Into Working Out](#)
- [Get Real About Getting Active](#)
- [Get the Right Sneakers for Your Workout Infographic](#)
- [Getting Started - Tips for Long-term Exercise Success](#)
- [How to Be More Active During the Work Day](#)
- [How to Get Your Family Active](#)
- [How to Move More Anytime Anywhere](#)
- [How to Stay Active in Cold Weather](#)
- [How to Stay Active in Warm Weather](#)
- [Limit Screen Time and Get Your Kids and the Whole Family Moving](#)
- [No Time for Exercise? Here Are 7 Easy Ways to Move More!](#)
- [Staying Motivated](#)
- [Walking](#)

*Source: American Heart Association*

## WALKING

### 20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue



## FITTING IN FITNESS DURING A PANDEMIC

For many of us, the coronavirus has halted our exercise regimens. But, now more than ever, physical activity is important - it can have a huge impact on any emotions or stress you may be experiencing during these unprecedented times.

Even a small amount of movement can make a difference. Whether you're a seasoned fitness buff or just starting to exercise, here are some tips to help you stay active during quarantine:

**Get outside.** Take a socially-distanced walk, jog, or bike ride. Walking your dog, gardening, or mowing the grass are also good options. Your mental health will benefit from the sunshine and fresh air.

**Be social.** Play games like tag or hopscotch with your kids. Have a dance party. Communicate with your neighbors and coordinate fun things to see on your walks. Plan a social distance scavenger hunt.

**"Sneak" movement into your routine.**

Use your chores. When done at a brisk pace, household tasks like scrubbing, sweeping, dusting, and vacuuming can all add up. Plus, they work your arm and leg muscles.

Exercise during commercial breaks. Many of us are watching more TV, so why not make the commercials count? Add in some squats, jumping jacks, push-ups, or lunges.

Take advantage of pauses. When you're waiting for that next Zoom meeting to start, do some arm exercises or sit-ups.

Move around the house more. Walk around while you're making calls. If you have stairs, go up and down them a few times throughout the day.

**Use technology.** YouTube is a great resource for free workouts. Check your gym to see if they're offering virtual classes. This can keep you accountable and provide that social connection many of us are lacking during this time. Activity video games like those from Wii are another option.

Source: <https://www.helpguide.org/articles/healthy-living/exercise-during-coronavirus.htm>



# Fitness



**Regular physical activity is one of the best ways to improve your health.** It may help lower your risk for heart disease, diabetes and cancer. Staying fit helps build healthy bones, muscles and joints. It also can help you get a good night's sleep and live a longer, more active life.

It's no secret that exercise is good for you. But why, and how much do you need? A daily habit – 30 minutes or more – of brisk walking can help you stay healthy. It can help you:

- Manage your weight
- Lower your cholesterol
- Strengthen your heart
- Delay or prevent diabetes
- Cut the risk of health problems in the future

Research shows that only half of adults get the physical activity they need to help prevent and control chronic conditions. Adults should engage in aerobic activity and strength training to help stay fit. Each week, aim for:

- At least 150 minutes of moderate aerobics or 75 minutes of vigorous aerobics (for example: brisk walking, swimming, running, riding a bike, jumping rope)
- At least twice a week do strength training to keep your muscles in shape (for example: lifting weights, doing push-ups, using resistance bands)

Here are some steps to help you get started with a fitness plan:

1. See your doctor — Older adults and women who are pregnant should talk with their doctor before starting a fitness program. Also, be sure to check with your doctor if you have certain health issues such as:

- Diabetes
- Heart or kidney disease
- High blood pressure
- Obesity
- Arthritis
- Cancer

2. Check your fitness level — The American College of Sports Medicine says that you should check your heart and muscle fitness, flexibility and body make-up. You can learn more about your fitness level taking an online health assessment.

3. Design your program — Try to include the four parts of fitness into your program:

- Cardio
- Strength
- Flexibility
- Weight control

Start slow, vary your routine and rest so that your muscles and joints can recover. Keep in mind that healthy weight depends on regular exercise and healthy eating. Set up your equipment – it doesn't have to be expensive. It can be as simple as sneakers and homemade weights made of old socks filled with beans or pennies.

4. Get started — Look for ways to fit exercise into your way of life, such as watching TV while walking on a treadmill or reading while using a stationary bike. Always listen to your body and be flexible, speeding up or slowing down if you need to, or going for shorter or longer lengths of time. Other tips include:

- Get some fresh air. Head outside for a brief walk during your morning and afternoon breaks. Even better, find a walking buddy and help drive each other to make it a routine.
- Put down the phone. Instead of calling a co-worker with a question, walk over and talk face-to-face.
- Walk the dog. When out walking the dog, add an extra 10 minutes onto your walk. If you have kids, take them with you.
- Move between commercial breaks. Do some push-ups or jumping jacks while waiting for your program to come back on.

5. Make your workouts longer — To control weight gain, add more time to your daily workouts as you progress. Try adding an extra 10 to 15 minutes per day each week.

6. Measure your progress — How do you know if your fitness level has gotten better? It's a good idea to retake a personal fitness assessment every few months. That way you can see if you need to make changes to your fitness program.

- Set simple goals and then work toward longer-range goals.
- Try different types of activities to help avoid boredom.
- Get support by exercising with a friend, family member or co-worker.
- Measure and record your progress on the same day each week to help move you to work toward your goals.
- Listen to your favorite music while exercising.
- Reward yourself by sharing feelings of success, or buying something new like a pair of walking shoes or a compact disc.

Use these tools to learn more:

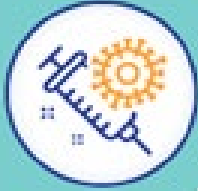
- **Exercise Activity Calculator** – Find out how many calories you burn during a daily activity or workout
- **Physical Activity Tracker** – Keep track of your fitness goals each week
- **Move Your Way Activity Planner** – Tailor a weekly plan to meet your fitness routine

Sources: Centers for Disease Control and Prevention (CDC) , Mayo Foundation for Medical Education and Research , The American College of Sports Medicine , American Cancer Society , Office of Disease Prevention and Health Promotion , [health.gov](https://www.health.gov)



## Exercise and Physical Fitness

## Did You Know?



# CITY OF MISSION EMPLOYEE VACCINE INCENTIVE



**Active City of Mission Employees who have received a COVID-19 vaccine may collect a \$100 THRIVE gift card.**

**Still need a vaccine? Hidalgo County Health Department will be providing on-site vaccinations.**



**Online Registration Required**



**JANUARY 20, 2022  
8-12PM & 1-5PM**

CWV Gym - 115 S. Mayberry Road





## Last Month's Events:

**December 1, 2021**

"Lab Results Consultation"

**December 2, 2021**

"SOFA-Financial Blunders Seminar"

**"Diabetes Awareness Seminar"**

"Alzheimer's Awareness"



## Upcoming Events:

**Walking Program - Beginning 01/18/2022**

Tuesdays and Thursdays  
4:30PM at your designated facility

**Vaccine / Thrive Gift Card Event**

Thursday, January 20, 2022

9:00 a.m. - 5:00 p.m.

Location: CWV Gym

**Health & Wellness Seminar**

"Physical Fitness"

Tuesday, January 25, 2022

2:30 p.m. - 3:30 p.m.

**Vaccine / Shingles 2<sup>nd</sup> Dose**

Friday, February 4, 2022

Time & Location

To Be Determined

## Let's Get Moving

| SUN  | MON   | TUES  | WED   | THU   | FRI   | SAT  |
|--|---|---|---|---|---|--|
|  |   | 1<br>10 plie squats<br>20 crunches<br>10 tricep dips      | 2<br>7 push-ups<br>10 sec wall sit<br>20 jumping jacks        | 3<br>25 crunches<br>10 regular squats<br>20 donkey kicks  | 4<br>REST DAY<br>DRINK UP!!                             | 5<br>12 toe touch<br>15 sec wall sit<br>12 tricep dips |
| 6<br>10 minute walk<br>25 jumping jacks<br>15 crunches | 7<br>12 plie squats<br>20 donkey kicks<br>12 supermans    | 8<br>REST DAY<br>PREP YOUR FOOD!                          | 9<br>30 crunches<br>10 regular squats<br>25 donkey kicks      | 10<br>15 plie squats<br>15 supermans<br>10 tricep dips    | 11<br>30 jumping jacks<br>15 toe touches<br>15 min walk | 12<br>REST DAY<br>READ A GOOD BOOK!                    |
| 13<br>10 push ups<br>20 sec wall sit<br>15 tricep dips | 14<br>20 regular squats<br>20 crunches<br>25 donkey kicks | 15<br>15 supermans<br>15 min walk<br>35 jumping jacks     | 16<br>REST DAY<br>STRETCH!                                    | 17<br>20 toe touches<br>25 sec wall sit<br>15 tricep dips | 18<br>12 pushups<br>30 donkey kicks<br>20 plie squats   | 19<br>15 supermans<br>20 crunches<br>20 tricep dips    |
| 20<br>REST DAY<br>DO A GOOD DEED,<br>PAY IT FORWARD    | 21<br>24 toe touches<br>20 min walk<br>20 tricep dips     | 22<br>15 pushups<br>30 crunches<br>30 sec wall sit        | 23<br>12 regular squats<br>40 jumping jacks<br>25 tricep dips | 24<br>REST DAY<br>DRINK UP!!                              | 25<br>35 donkey kicks<br>30 minute walk<br>20 supermans | 26<br>28 toe touches<br>35 crunches<br>40 sec wall sit |
| 27<br>15 plie squats<br>15 pushups<br>45 jumping jacks | 28<br>REST DAY<br>PREP YOUR FOOD!                         | 29<br>30 minute walk<br>40 donkey kicks<br>30 tricep dips | 30<br>25 supermans<br>45 crunches<br>60 sec wall sit          | 31<br>20 pushups<br>45 crunches<br>50 jumping jacks       | YOU DID IT!!  |  |

