Physical Activity

Lecture Objectives

- Recognize the components of a balanced diet and an active lifestyle.

- Understand how diet and physical activity can impact risk of disease and contribute to weight management.
Unhealthy eating and sedentary lifestyles are responsible for **400,000** deaths a year.

These are the **second-leading** preventable causes of death in the United States.

**Exercise goes a long way...**

- Women who exercise just 1 hour per week or more are
  - 33% less likely to die from cancer,
  - 50% less likely to die from cardiovascular disease,
  - 66% less likely to die early than women who do not exercise.
Meeting guidelines for aerobic physical activity, Adults, 2010

Source: Healthy People 2020
No leisure-time physical activity, adults, 1997–2010

Source: Healthy People 2020

Components of Physical Fitness

- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility
Gender Gaps in Physical Activity

Women are...
- Half as strong in upper body areas of shoulders, arms, and back
- Two-thirds as strong in lower body and legs
- Less lean body weight
- Higher % of body fat
- Lower blood volume, smaller hearts, less lung capacity

...compared to men.

What influences women’s physical activity?

Brownson et al, 2001
### How Women Can Maintain Healthy Weight

<table>
<thead>
<tr>
<th>Properly</th>
<th>Improperly</th>
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<tbody>
<tr>
<td>• Caloric input = caloric output</td>
<td>• Yo-yo dieting</td>
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<tr>
<td>• Increase basal metabolic rate via exercise</td>
<td>• Diet pills</td>
</tr>
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<td>• Keep food diary</td>
<td>• Fad diets</td>
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<td>• Hunger or starvation</td>
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Your Own Physical Activity and Nutrition

- How do you do in terms of energy balance?
- Do you get the recommended macronutrients?
- What are some challenges you face?

Class Wrap Up

- **Key Terms:**
  - Exercise, Physical Activity
- **Individual Health Importance:**
  - Understand the key components of living a healthy lifestyle, which includes physical activity.
- **Public Health Importance:**
  - Physical activity can impact many morbidities in the US, especially obesity.
- **Social/Political Importance:**
  - Sociocultural, political, and environmental factors influence physical activity.