

Physical Wellness



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8 DIMENSIONS OF WELLNESS



Wellness

- Active process of becoming aware of and making choices toward a healthy and fulfilling life

Physical Wellness

- Proper care of our bodies for optimal health and functioning

Some Ways to Physical Wellness





Does sleep matter?

Sleep deprivation can cause the following:

- **shortened life spans**
- **increased risk of heart disease**
- **decreased immune response**
- **increased risk of accidents**
- **impaired mood, memory and concentration**
- **marital, social and employment relationship stress**
- **Weight gain**





Sleeping just one hour less a night can prevent you from learning or functioning normally.





Sleep Hygiene Basics

- **Protect your sleep**
 - set aside 7-9 hours for sleep every day
- **Keep regular sleep hours**
 - Erratic schedules mess up your biological clock
 - Use same sleep times at night and wake up in morning
- **Avoid vigorous exercise before sleep**
 - Not in 2 hours before sleep
- **Avoid late afternoon or evening naps**
 - Less than 30 minutes, no later than 3 pm
- **Avoid large meals before bed**
- **Do not allow yourself to lie in bed and worry**
 - get up and do something to alleviate the worry such as journaling.



Sleep Hygiene Basics

- **Avoid caffeine before bed**
 - $\frac{1}{2}$ life of caffeine is 5 hours (when $\frac{1}{2}$ caffeine is gone)
- **Take a warm bath before bed**
- **Listen to soothing music**
- **Use your bed only for sleeping**
 - DO NOT read, watch TV, or study in bed
 - Ensure a dark, quiet, cool environment
- **Avoid oversleeping or lying in bed for prolonged periods**

Physical Activity



- **Strengthening Exercise:**

- Train major muscle groups, 2-3 days a week
- 2-4 sets, 8-12 reps improve strength/power, 10-15 reps improve strength in middle-age and older, 15-20 reps improve muscle endurance
- Wait 48 hrs between sessions

- **Aerobic Exercise:**

- Vigorous: ≥ 25 minutes ≥ 3 days per week
- Moderate: ≥ 30 minutes ≥ 5 days per week
(Sessions at least 10 minutes)

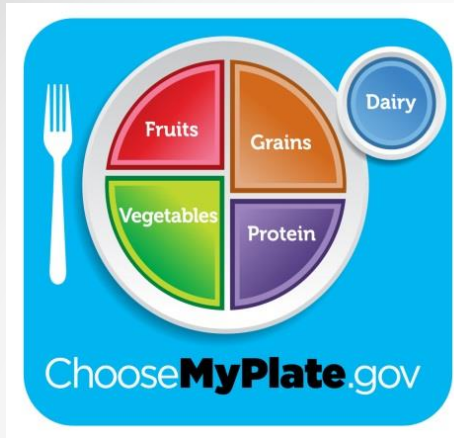
- **Flexibility Exercise:**

- 2-3 days per week
- Most effective when muscles are warm
- Hold each stretch 10-30 sec, repeat 2-4 times

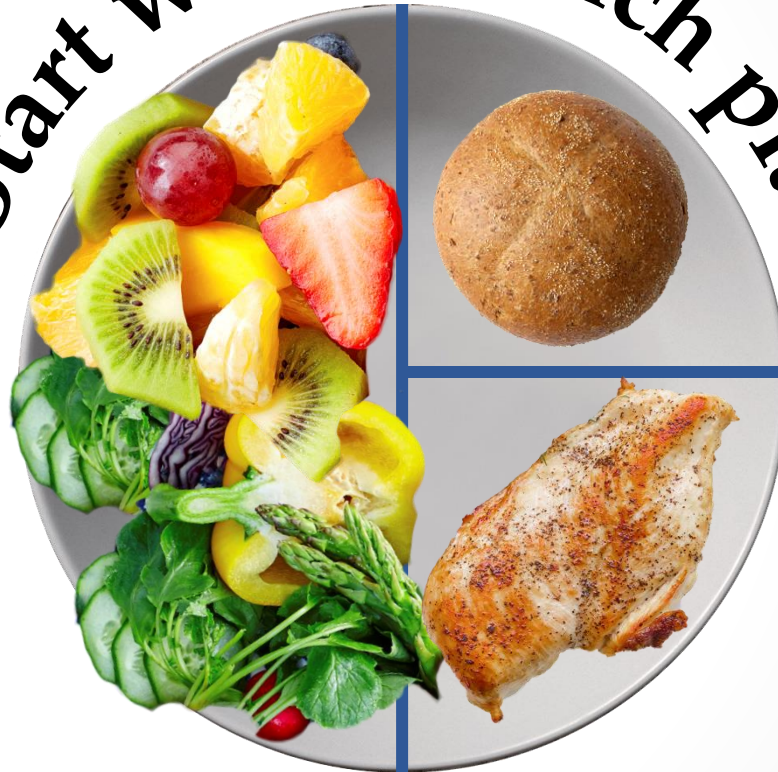
- **Neuromotor Exercise (Functional Fitness training):**

- 2-3 days per week; 20-30 minutes
- Exercises involve balance, agility, coordination, gait (Yoga, Tai Chi)





Start with a 9 inch plate



Simple is best



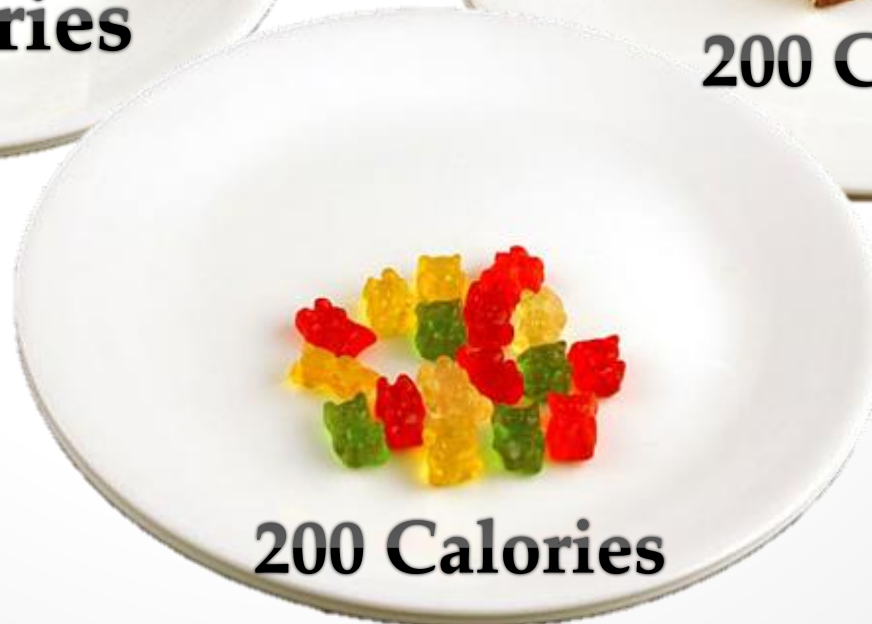
200 Calories



200 Calories



200 Calories



200 Calories



200 Calories



200 Calories



200 Calories



200 Calories



Weight Loss



Calories In = Calories Out



If you wash the car for 1 hour and 15 minutes, play golf for 40 minutes, or jog for 25 minutes you will burn approximately 220 calories.*

Fat vs Muscle



1 pound of stored body fat represents 3500 calories of unused energy.

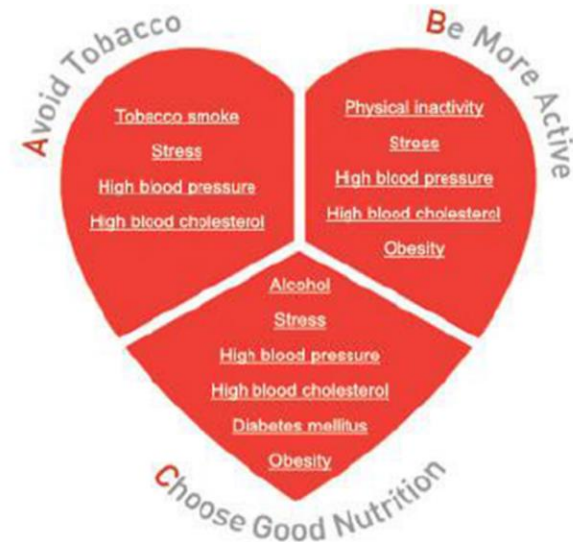
To lose 1 lb per week cut daily energy consumption in food by 250 calories and burn 250 calories of energy with activity

The Need for Self Care

Chronic diseases – such as heart disease, asthma, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems in the United States.

- **The major causes of chronic disease are...**
 - **Tobacco use**
 - **Unhealthy eating**
 - **Sedentary lifestyle**
 - **Unhealthy alcohol use**

Source: NH Citizens Health Initiative





Boredom makes you feel sleepy,
even if you have had enough sleep.

**Be warned:
I'm
bored.**

**This could
get dangerous!**

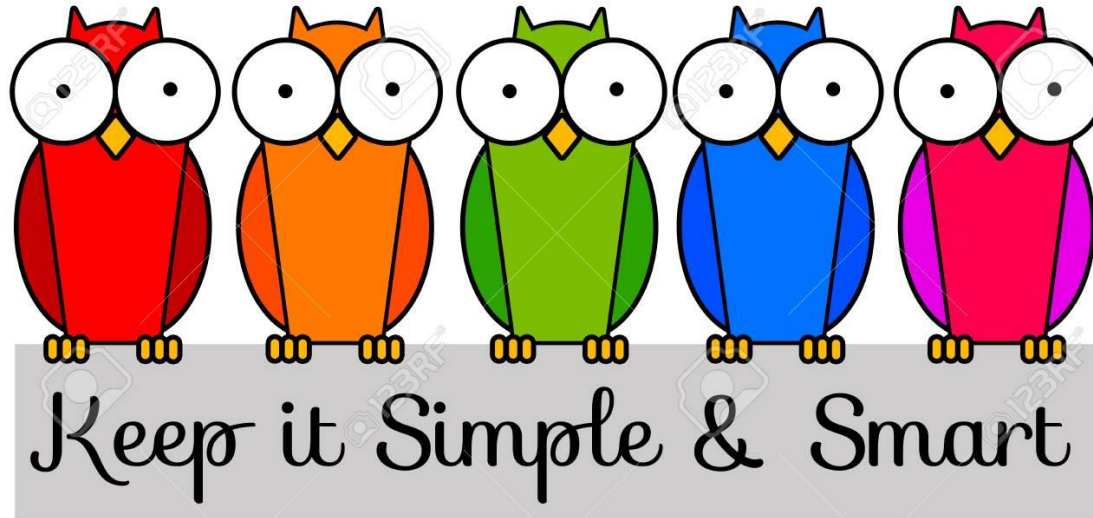


Change?



Self-awareness- pay attention and then select areas to insert new routines that support your strengths

Habits build Health



Habit- behavior that is recurrent, happens without much thought, and acquired through frequent repetition

- 40% of our everyday behavior, shapes our existence and our future
- The key to Wellness

Little by little, a little becomes a lot.

GOAL



- Specific
- Measurable
- Action-Based
- Realistic
- Time-lined

Example:

- I will walk on my treadmill or outside for 30 minutes after work (1630-1700) 5 days a week.
- I will block out 2 hours (1330-1530) Tues, Wed, Thur. this week to complete tasks (1-4) on current project list.



No matter how sleepy you are, you can force yourself to stay awake.



Internet Tools to Assist Physical Wellness

- **Free Internet Fitness Workout Videos**
 - <https://www.fitnessblender.com/videos>
 - <http://jessicasmithtv.com/free-workout-videos/>
 - <https://www.acefitness.org/acefit/exercise-by-video/>
 - <https://www.youtube.com/user/popsugartvfit>
- **Online Nutrition/Fitness Trackers**
 - <https://www.myfitnesspal.com/>
 - <https://mynetdiary.com>
 - <https://www.fatsecret.com>
- **Relaxation Strategies Website**
 - <https://www.verywellmind.com/popular-relaxation-techniques-2584192>

Check your app store for other free apps

Your Wellness Center



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