



Healthy Raiders – Get Moving!

Guidelines for Healthy Physical Activity

Texas Tech University

faculty, staff, and students should be leaders in healthy lifestyles. Eating healthy and being physically active should be a part of every Techsan's life. However, with today's busy schedules and long work days, Techsans may find it hard to fit these in. It has become increasingly important for us to be physically active and to eat healthy while at the workplace or at school. For tips on eating healthy, take a look at "Eat and Be Smart Raiders."

Texas Statistics for Physical Activity

- **More than 2/3 of Texans do not get the recommended amount of physical activity (30 minutes/day)**
- **29% report not being physically active because of a lack of time**
- **37% report not being physically active because of a lack of facilities and programs**

Regular physical activity greatly reduces the risk of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits,

and medications. Physical activity does not need to be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

Move More in Meetings

Department and organization meetings are a great time to include physical activity. They can promote an active lifestyle and give examples of how to include physical activity into daily life. Meeting participants will also feel more energized and have better concentration. Including a physical activity component to all meetings and conferences is a great way to show support for a healthy lifestyle. This also adds some excitement and amusement to our day.

Physical Activities in meetings can include:

- Having people stand up and walk in place when they want to discuss a topic
- Provide stretch breaks with a leader to lead the stretches
- **Play fun games like Red Raider Says or Raider, Raider, Longhorn instead of Simon Says or Duck, Duck, Goose**
- Turn on music during breaks and dance
- Provide fun props like hula hoops, jump ropes, etc.

Move More in Everyday Life

Although a daily regular exercise routine is great, not everyone can find time to spend 30 minutes or more a day at the gym or at a fitness class. The good news is that even short periods of physical activity can add up. For example, 10 minutes of stretching in the morning, plus a 10 minute *fast* walk to class, plus 10 minutes of dancing during a study break can add up to the minimum recommendations, and would be a big improvement for many adults.

Promoting healthy, active choices can include:

- Providing clean and attractive stairwells that are easy to recognize with large signs
- Encouraging people to use the stairs when possible
- Using breaks for physical activity
- Organize lunchtime walking groups
- Using a pedometer and trying to get a certain number of steps a day

Ways to Move More

As a Resident Hall Community:

Take the stairs instead of the elevator and when you take study breaks, go for a walk instead of turning on the TV. Go visit a friend on another floor instead of talking to them on the computer or on the phone.

Become involved on campus by trying to go to the Rec on a regular basis with friends. If you like sports, join an intramural team. Get involved in some group that is physically active, like the FIT Tech program for some support and activities to attend.

As a Student Organization:

Try to do some activity during each meeting that makes people get up and move. This is a great way to break the ice and promote fun and interaction. It can be a fun way to begin or end any meeting. When possible, hold meetings outside on a nice day.

Leaders should encourage your members to be physically active every day and encourage participation in University events where physical activity is included.

As a Department:

Adopt a physical activity policy. Try to do some sort of activity during each meeting that makes people get up and move. Use lunch breaks for physical activity and promote stair use in your building with fun and creative signs, such as the one provided at the end of this document. Walk to someone's office to tell them something instead of emailing or using the phone.

People should be encouraged to participate in University events where physical activity is included. If your department does not get involved, try to get together a group of people who do want to be physically active and come up with good ideas together.

Tips for all Techsans

- Use the Stairs!!
- Support a physically active campus by being considerate of pedestrians and bikers
- Decrease sedentary activity like watching TV and playing on the computer
- Walk instead of taking the bus
- Move more everyday

Make Moving More Fun!

Physical activity does not have to be a chore or something that should be dreaded. It should be fun and something you look forward to each day. Find something you love to do and do it. Better yet, take a friend or two along so you can all benefit. By moving more, Red Raiders will be healthier and be able to enjoy life to the fullest.

FIT Tech

FIT Tech has many activities planned for Texas Tech. We also have other resources for you. Please visit our website at www.ttu.edu/fittech for more information.

Contest

Have a great way to increase physical activity? Share it with us!

If you are adopting these Guidelines for Healthy Techsians, we want to hear about it. Submit the healthy activities you are doing, and you could win a prize.

Please submit the name of the organization or department, the name of the person submitting it, a phone number and email, and a description of what you have done to become more active.

Please submit these by November 17, 2006 to: FIT Tech email at: FITTECH@ttu.edu. See the FIT Tech website (www.ttu.edu/fittech) for more details.

References Used:

Centers for Disease Control and Prevention; Physical Activity for Everyone: The Importance of Physical Activity. <http://www.cdc.gov/nccdphp/dnpa/physical/importance/index.htm> (accessed October 1, 2006).

Collins, Lynn and Holmes, Betty; Walking the Talk: Incorporating Physical Activity into Conferences and Meetings; J Nutr Educ Behav. 2005; 37: S121-S123

Texas Department of State Health Services/Texas BRFSS. Physical Activity Among Texans 1998 Survey Data. <http://www.dshs.state.tx.us/wellness/pdf/PABRSS.pdf>

Other Resources for Physical Activity:

www.eatsmartbeactivetx.org

www.aahperd.org

www.fitness.gov

www.tvturnoff.org

<http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1524889/k.BFFA/Home.htm>

<http://www.mypyramid.gov/>

Be A Fit **T**echsan



One Step @ A Time

*Make the SMART Choice,
Take the STAIRS!*