



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Returning to Movement After the COVID-19 Pandemic

Katie Fuchs

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Katie Fuchs

Assistant Fitness Manager

Katie Fuchs is the Assistant Fitness Manager at the Scotts Miracle-Gro site in Marysville, OH. Upon graduating from the University of Dayton and receiving her Personal Training Certificate, she began her journey to guide and motivate clients to become more physically active as her parents did for her. She wants to give others the same gift her parents gave her... confidence! Being physically active regularly builds self-esteem and makes you feel good about yourself! She wants to help everyone feel the same way.

Over 20 years later, Katie has been able to fulfill her passion by becoming a Certified Health Coach and Medical Exercise Specialist. With the combination of these credentials, Katie now specializes in working with clients that have a wide range of medical conditions and unique needs. She uses behavior change and motivational interviewing to guide her clients to meet their vision of being healthy for a lifetime.

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Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.

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COVID-19 Disclaimer

- This presentation references COVID-19 but is not intended to be a substitute for medical evaluation or guidance. If you are experiencing COVID-19 symptoms, have been diagnosed with COVID-19, or continue to experience post-COVID-19 symptoms, please consult with your healthcare provider.

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Statement

- The past year has transformed nearly every aspect of our world. When COVID-19 abruptly upended our lives last year, it separated us, almost completely, from the routine and events that usually root our lives in time (and help us commit it to memory)—work, school, social outings, sports events, ceremonies, travel, the things we plan for and look forward to. Fitness centers, corporate and commercial shut down across the country and disrupted fitness routines. Therefore, physical activity levels dropped, significantly.
- Now many are still left wondering, how do I get back on track?

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Outline

- The Power of "Why?"
- Consistency
 - Set SMART Goals
 - Healthy Habits
- Adaptability
 - Address Potential Barriers & Provide Solutions
 - Seek a Support System
- Growth
 - Be Mindful
 - Re-Connect with your "why"



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The Power of "Why?"

- Why do you get off track?
- Why did you get started in the first place?
- Why is it important to make physical activity a priority?



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Success Story

- "I turned 60 in May and want to be able to keep up with my handsome grandson, who is a toddler."
- "I know movement is the only way to try and combat the insidious process of aging, so I tried to keep moving."
- "Nothing is better on this planet than grandkids, and I want to be able to keep up with mine."
- "I won't be running any marathons, but I will be closely trailing them until their legs are longer than mine."



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Consistency, Adaptability, Growth



Consistency

- Set SMART goals to build healthy behaviors & habits



Adaptability

- Address potential barriers & provide solutions
- Support system



Growth

- Be mindful
- Connect with your "why"

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Consistency

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Set SMART Goals

Example: I want to increase my energy level. How can this turn into a SMART goal?

- **Specific:** I will exercise 3 days per week on my lunch break.
- **Measurable:** I will track this by adding an appointment on my work calendar.
- **Attainable:** I will start with 10 minutes a day. Then, I will move to 15 and so on.
- **Relevant:** I want to keep up with my family/grandkids or I want to be more productive and alert at work.
- **Time-Bound:** I will work on this goal for 2 months.

Takeaway:

You can't improve what you don't measure. Setting daily and weekly goals will keep you on track and aware of your improvement. Don't set yourself up for failure; make sure your goals are SMART.

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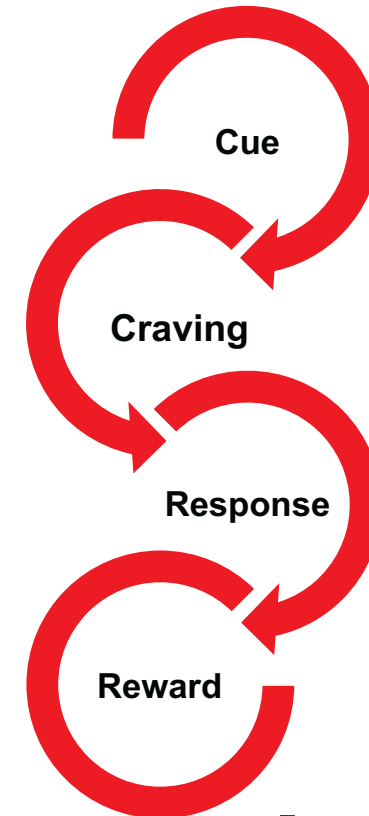
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Healthy Behaviors, Healthy Habits

- Adopting healthy habits is a process, not an event!
 - The actual amount of time depends on your situation, but it generally takes approximately two months for a new behavior to become automatic.
- **Cue:** this reminder triggers your brain to initiate a behavior.
- **Craving:** without motivation, there is no reason to act.
- **Response:** the actual habit performed (action).
- **Reward:** the end goal of every habit.

At the end of the day, how long it takes to form a particular habit doesn't really matter that much. Whether it takes 50 days or 500 days, you must put in the work either way. The only way to get to Day 500 is to start with Day 1.



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Adaptability

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Barriers and Solutions

Address Potential Barriers – “If”	Create Solutions – “Then”
Currently have COVID-19 or recovering from COVID-19	Work with your Primary Care Physician to determine the right path for your health and fitness goals.
Required to wear a mask, etc.	Consider outdoor options or developing your "home gym"
Limited Time	Identify at least three, 30-minute slots in your day or 10–15-minute slots Select activities that fit into your home or work routine
Lacking Motivation/Energy	Plan ahead! Schedule PA for specific days/times; check it off the list Determine what “time of day” you have more energy
"On-demand" isn't providing enough accountability	Consider scheduling specific times to be active, attend live classes, or work with a Premise Healthcare Professional
Don't like working out alone (COVID safety)	Identify a workout buddy that you can meet outdoors or online for your workout sessions
Not a fan of working out	Go back to your WHY! Its about moving more and sitting less.
Resources, Equipment or Space	Select activities that require minimal facilities or equipment Attend the Equipment presentation
Limited/No Support System	Build a strong support system

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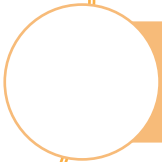
Seek a Support System



Have a 'heart-to-heart' with your family members



Find a buddy, an accountability partner



Surround yourself with cheerleaders and connect with like-minded people



Your On-Site Premise Health Team is here for you!



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Growth

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Be Mindful

- **FITT Principle = Gradually increase movement**
 - **F**requency – How often will you exercise?
 - **I**ntensity – How hard will you work?
 - **T**ime – How long will each session be?
 - **T**ype - What kind of activity will you do?
- **Implement proper self-care**
 - Focus on proper hydration daily
 - Include a dynamic warm-up and gradual cool-down
 - Plan for recovery days
 - Listen to your body!

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold a short conversation. Still somewhat comfortable but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc.

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Re-connect with your "why"

- After a 6-8 weeks, it's time to check-in on your goals
- Monitor progress, re-evaluate, and assess risk of burn out
- Determine if changes to your plan are needed
 - May help with improving or re-establishing motivation
- Progress is not always linear!
 - Focus on progress over time. If you don't see a change immediately, don't give up.

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Recap

- Go back to your "why" or your purpose for returning to movement.
- Consistency and Adaptability are important for Growth.
- Set SMART Goals and try new behaviors and stick with them. It's a process!
- Have solutions for your barriers.
- Seek support from your family and friends.
- Be mindful and take care of yourself.
- Your On-site Premise Health Team is here for you!
- Start moving today!



Thank you for attending



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Resources

- The Impact Of Coronavirus On Global Activity (2020, March 23) Fitbit [Click Here](#)
- Social Support - Does it really matter? (2013, November 1) American Council on Exercise [Click Here](#)
- Getting Back to Exercise Safely After Pandemic Lockdown (2021, May 13) John Hopkins Medicine [Click Here](#)
- Goal Setting – Create a Goal the SMART Way (2017, February 14) American Council on Exercise [Click Here](#)
- Aerobic exercise: How to warm up and cool down (2019, July 9) Mayo Clinic [Click Here](#).
- The Tree: A Symbol of Consistency, Adaptability & Growth (2020, May 31) Healthy Mind Body Life [Click Here](#)
- Breaking Down Barriers to Fitness (2018, April 18) American Heart Association [Click Here](#)
- Book - Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (2018) James Clear

Presentations will be available for reference on the event landing page after the full day event has ended.

