

Move for Your Health: Every Step Counts

Prostate Cancer Support Group Meeting
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Overview of Presentation

Exercise, Physical Activity, and
Sedentary Activity

Physical Activity Goals

Whole of Day Approach to Physical
Activity

Move for Your Health Study

Physical Activity
vs.
Exercise

Physical Activity vs. Exercise

Physical activity

- Any bodily movement that:
 - Involves skeletal muscles
 - Requires energy

Physical Activity vs. Exercise

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Exercise

- Specific form of physical activity
- Planned, structured, & repetitive
- Purpose is to improve or maintain physical fitness

Physical Activity vs. Exercise

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Exercise

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**So, all exercise is physical activity,
but not all physical activity is
considered exercise**

FITT Principle

Frequency

Intensity

Time

Type

FITT Principle

Frequency: how often you exercise (days per week)

Intensity: how hard you exercise

- Light
- Moderate
- Vigorous

Time: how long you exercise (minutes or hours)

Type: what kind of exercise you do

- Aerobic: brisk walking, running/jogging, swimming, bicycling
- Muscle-Strengthening: lifting weights, using resistance bands, carrying heavy loads, heavy gardening
- *Bone Strengthening: running, jumping rope, lifting weights

* Could also be aerobic or muscle-strengthening

Physical Activity Guidelines for Americans, 2nd edition

Physical Activity Guidelines for Adults

Intensity	You are ...	Recommended Amount
Moderate	<ul style="list-style-type: none">• Breathing faster• Starting to sweat more• Able to talk, but not able to sing	150 minutes per week e.g., 30 minutes per day for 5 days per week
Vigorous	<ul style="list-style-type: none">• Breathing hard• Sweating a lot• Difficult to talk	75 minutes per week e.g., 25 minutes per day for 3 days per week

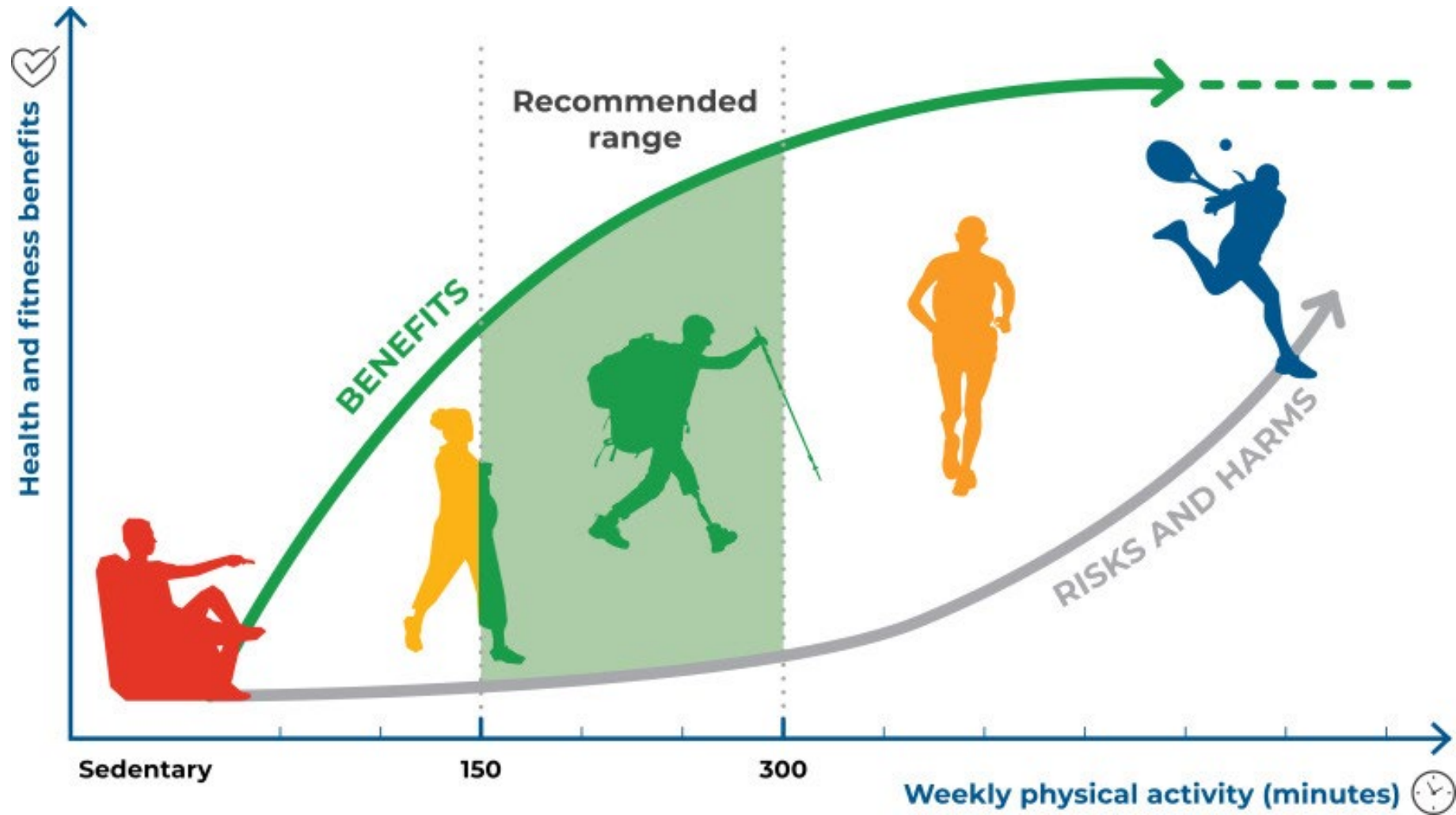
Plus, muscle-strengthening activity
At least 2 days a week

American Heart Association; American Cancer Society;
Physical Activity Guidelines for Americans, 2nd edition

Health Benefits of Physical Activity

- Strengthens bones & muscles
- Reduces risk of stroke, heart disease, type II diabetes, hypertension
- Lower risk of falls; fall-related injuries
- Improves mood
- Improved bone health
- Helps control weight
- Reduces risk of depression, anxiety
- Better physical and cognitive functioning
- Better quality of life
- Increases chance of living longer
- Improved sleep
- Reduced risk of dementia

Any Activity Counts



Some physical
activity

is better than
none

Sedentary Activity

Continuum of Activity



Sedentary Behavior

Also referred to as “too much sitting”

Definition: prolonged sitting or reclining with minimal energy expenditure

Abundance of opportunities for sitting

- At meals
- Transportation
- At work
- Leisure-time activities: tv, movies, computers



Health Risks of Sedentary Behavior

Weight gain

Heart disease

Diabetes

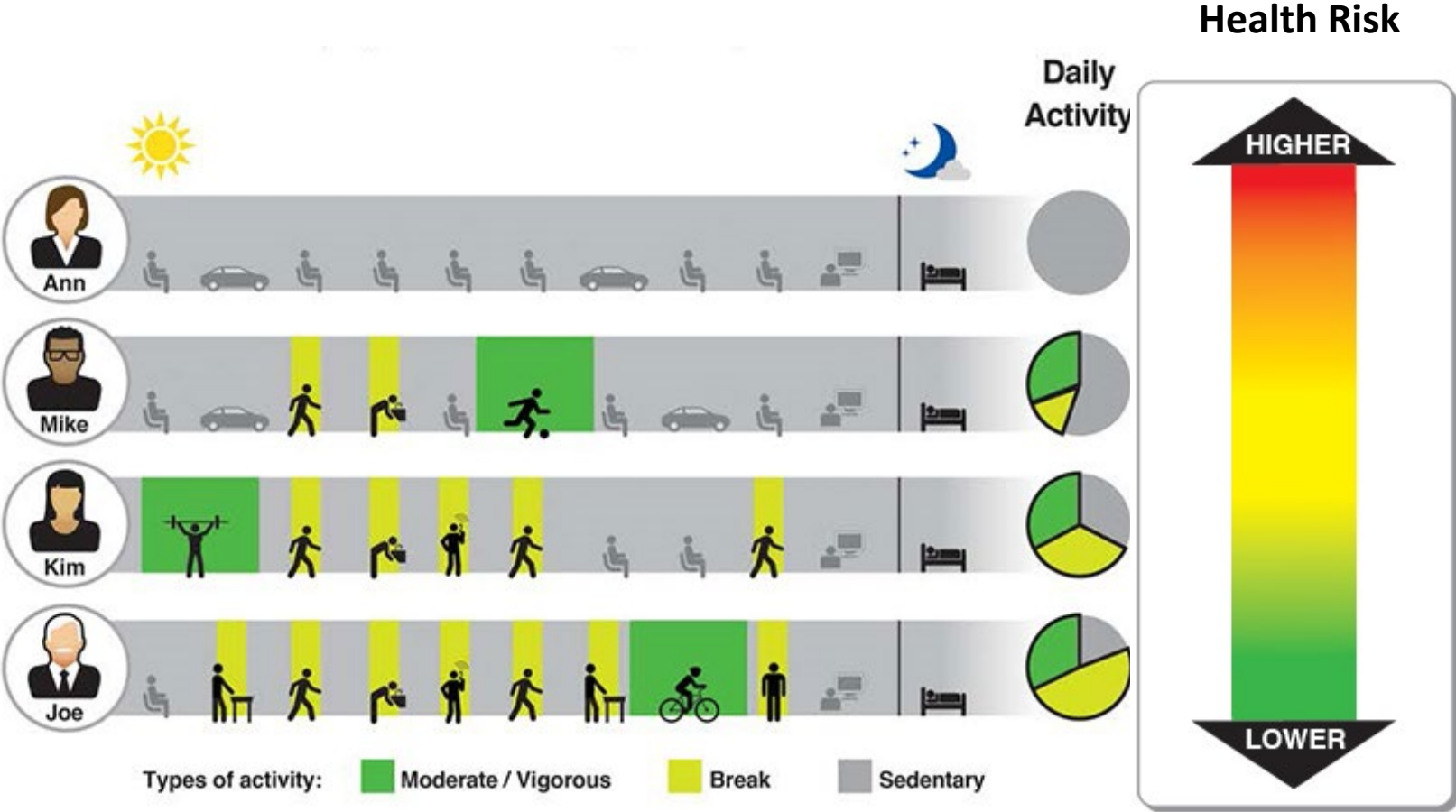
Back / neck pain

Decreased physical
function

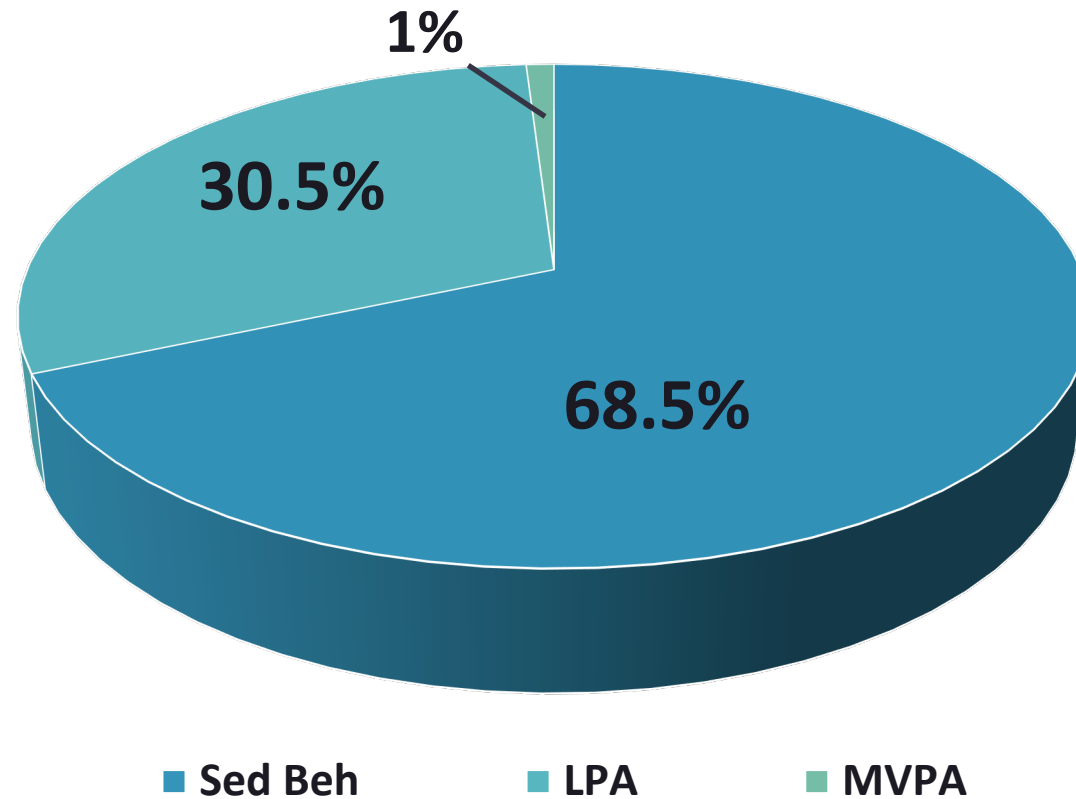
Poor quality of life
(anxiety, fatigue,
depression)

Early death

Accumulation of Sedentary Time

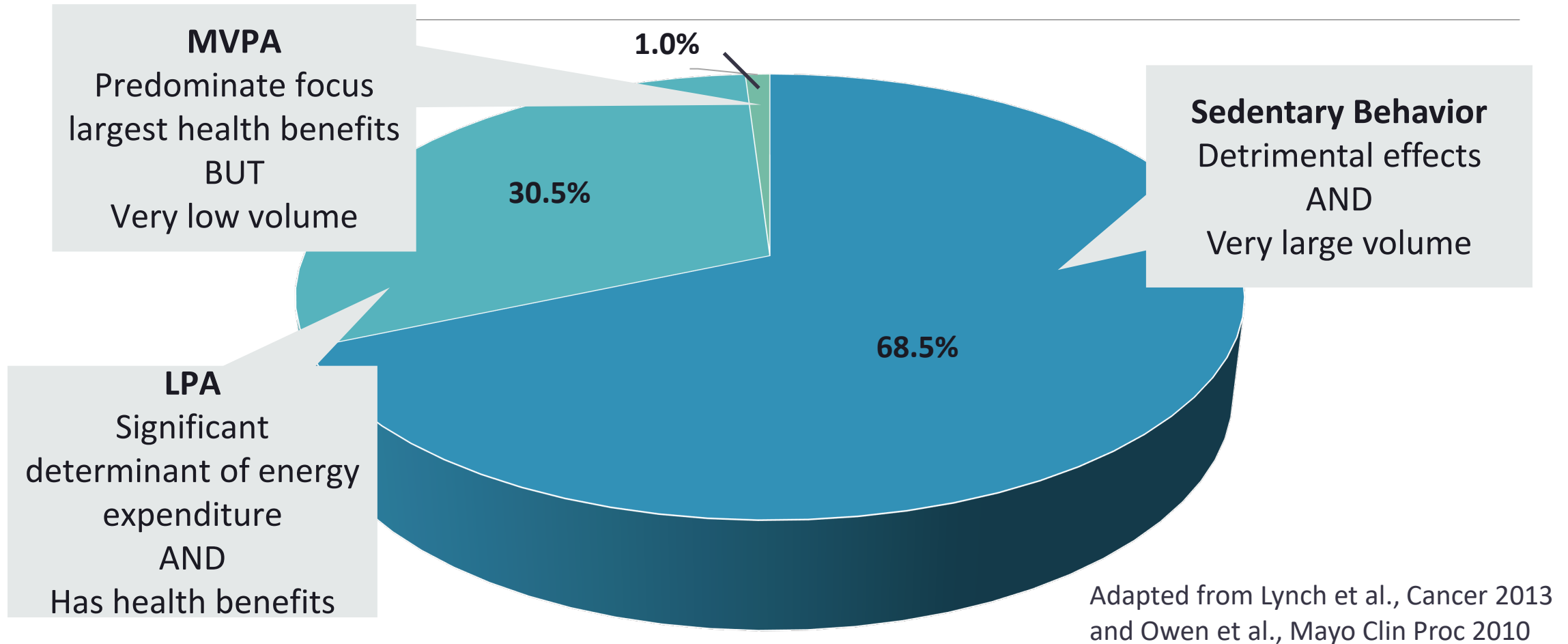


Sedentary behavior & physical activity among older cancer survivors

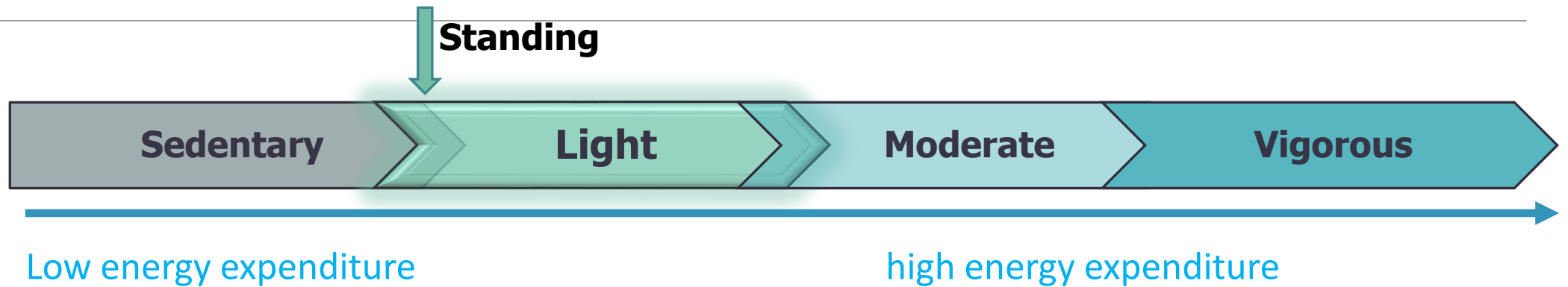


Adapted from Lynch et al., Cancer 2013 and Owen et al., Mayo Clin Proc 2010

Sedentary behavior & physical activity among older cancer survivors



Light Physical Activity



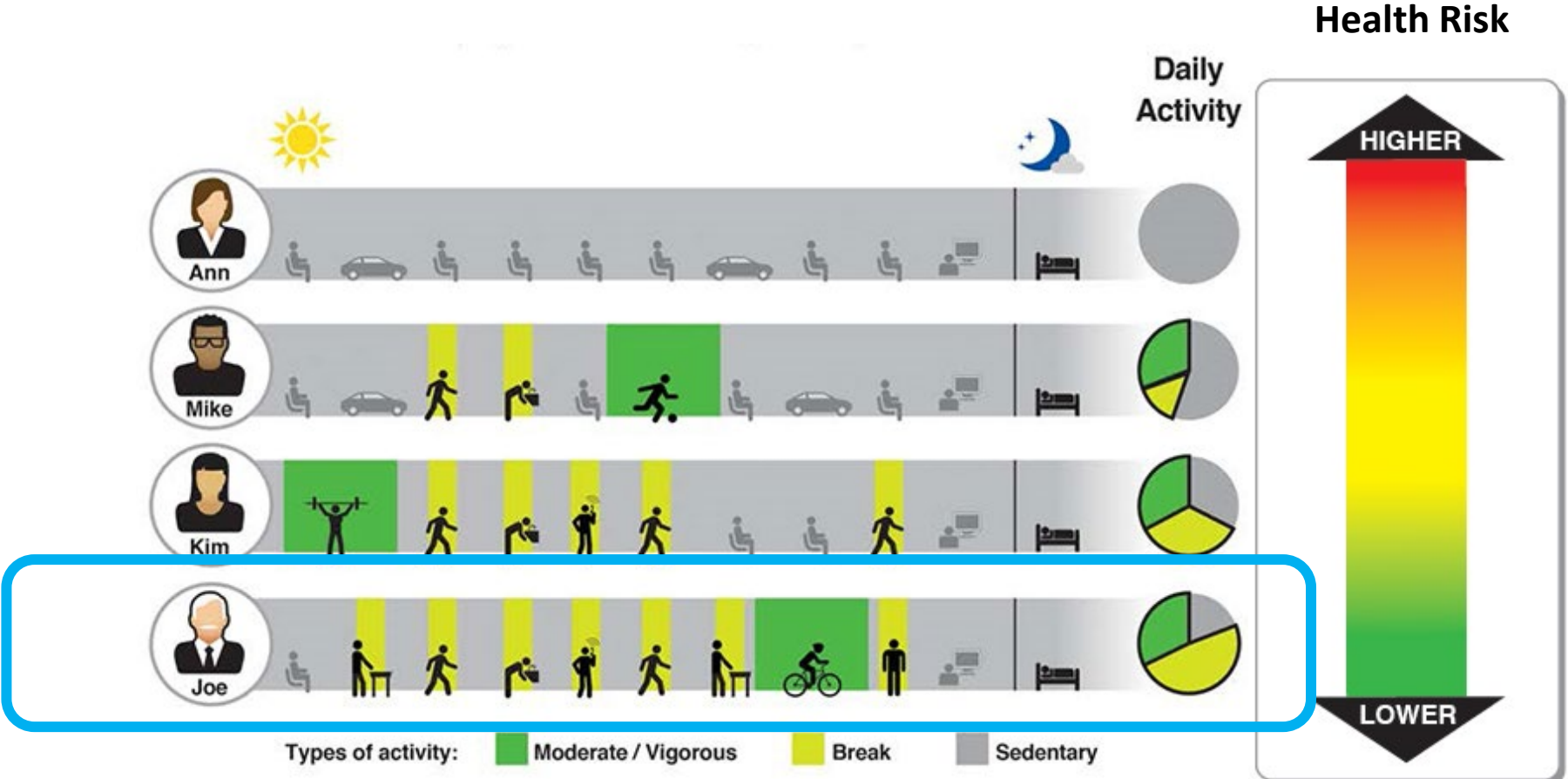
Breathing easily, possibly light sweating

More common

Examples: leisurely walking, gardening, (light) household tasks, (light) yard work, walking from one room to another, etc.

(more activity is better), but **SOME ACTIVITY IS BETTER THAN NONE**

Whole-of-Day Approach to Physical Activity





Move For Your Health Study

EVERY STEP COUNTS

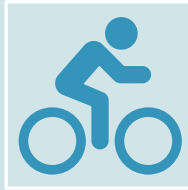


Walking

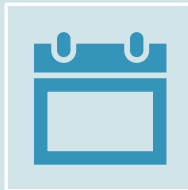
- ❖ One of the most common physical activities
- ❖ Can be done year-round (many settings)
- ❖ Can be done at a variety of intensities (leisurely, moderate, brisk)
- ❖ Generally safe

Move For Your Health Study

EVERY STEP COUNTS



The **MY Health Study** tested whether a Fitbit® activity tracker can help people be more active throughout the day.

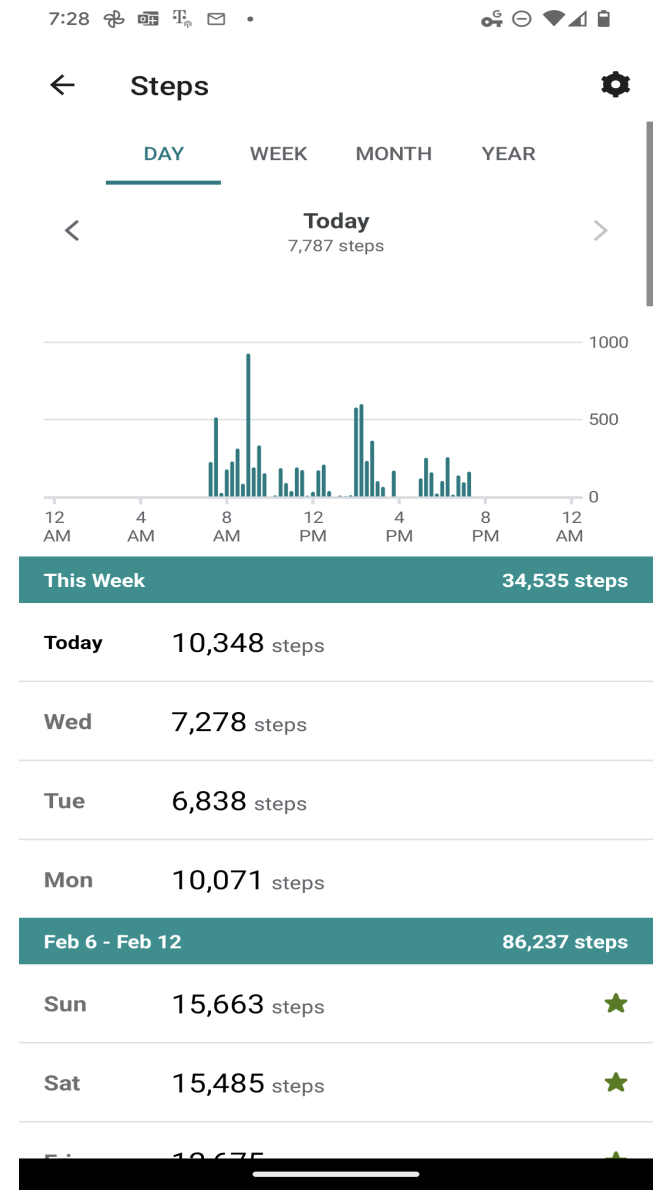
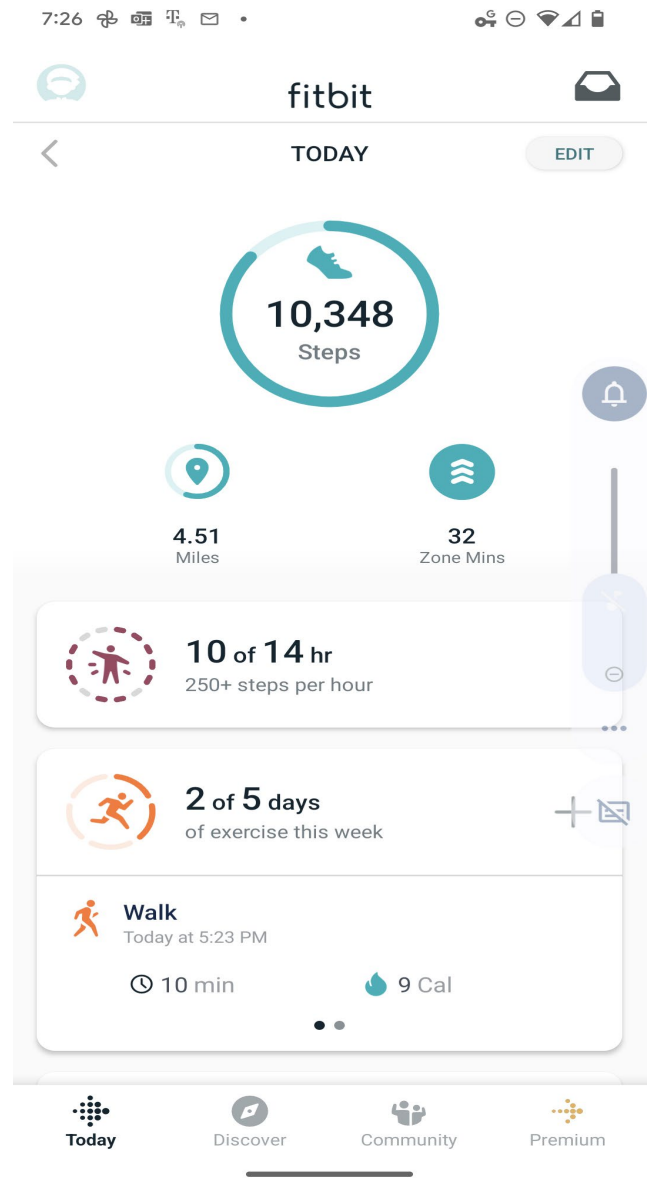


Each participant is given a Fitbit activity tracker (counts steps, reminders to move).



Each participant works with a health coach to set activity goals and create plans to achieve goals.

Fitbit tracker & App



Health Coach

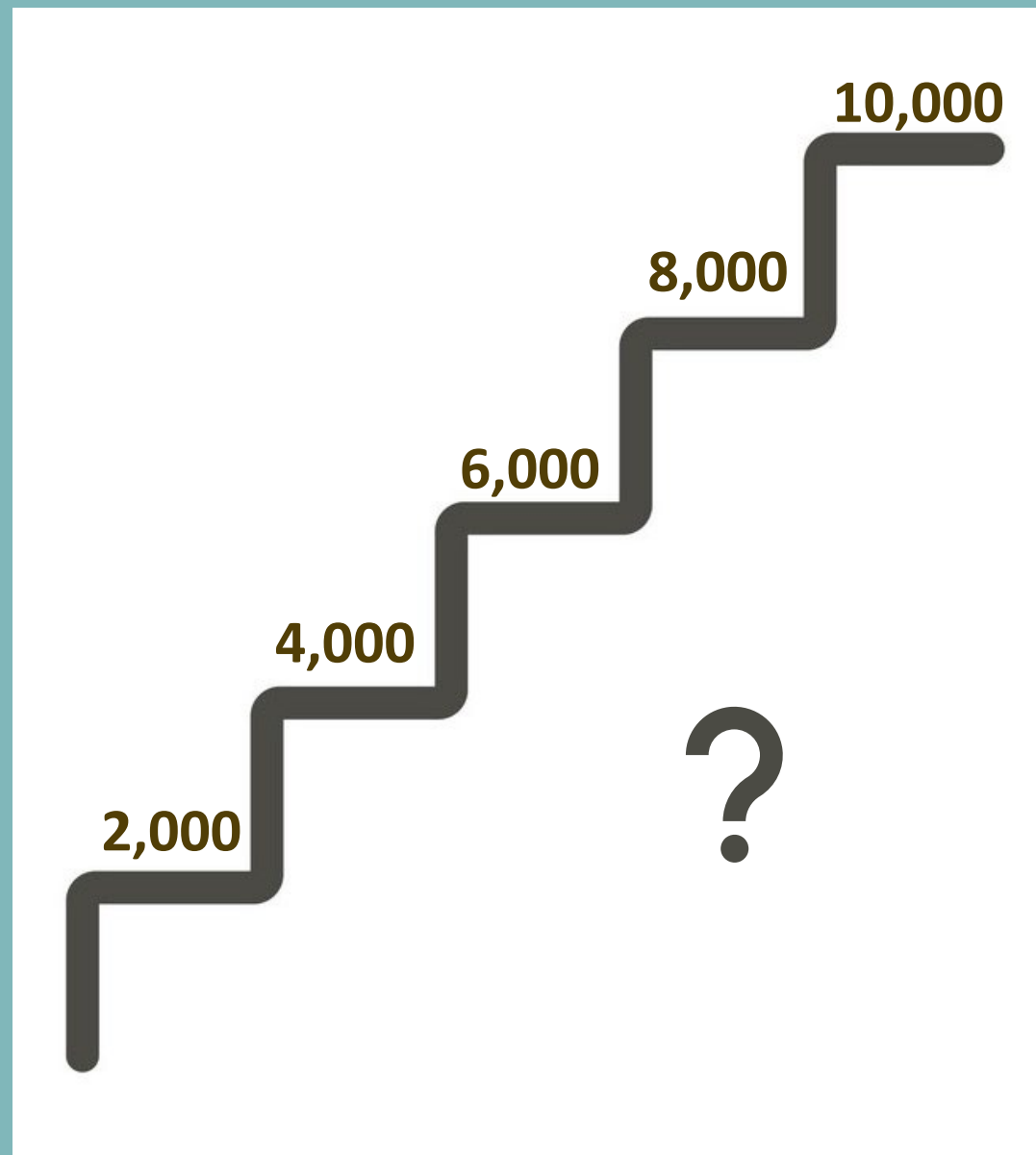
Provide
technical
support

- Fitbit tracker & (free) smartphone app

Provide
encouragement
and support

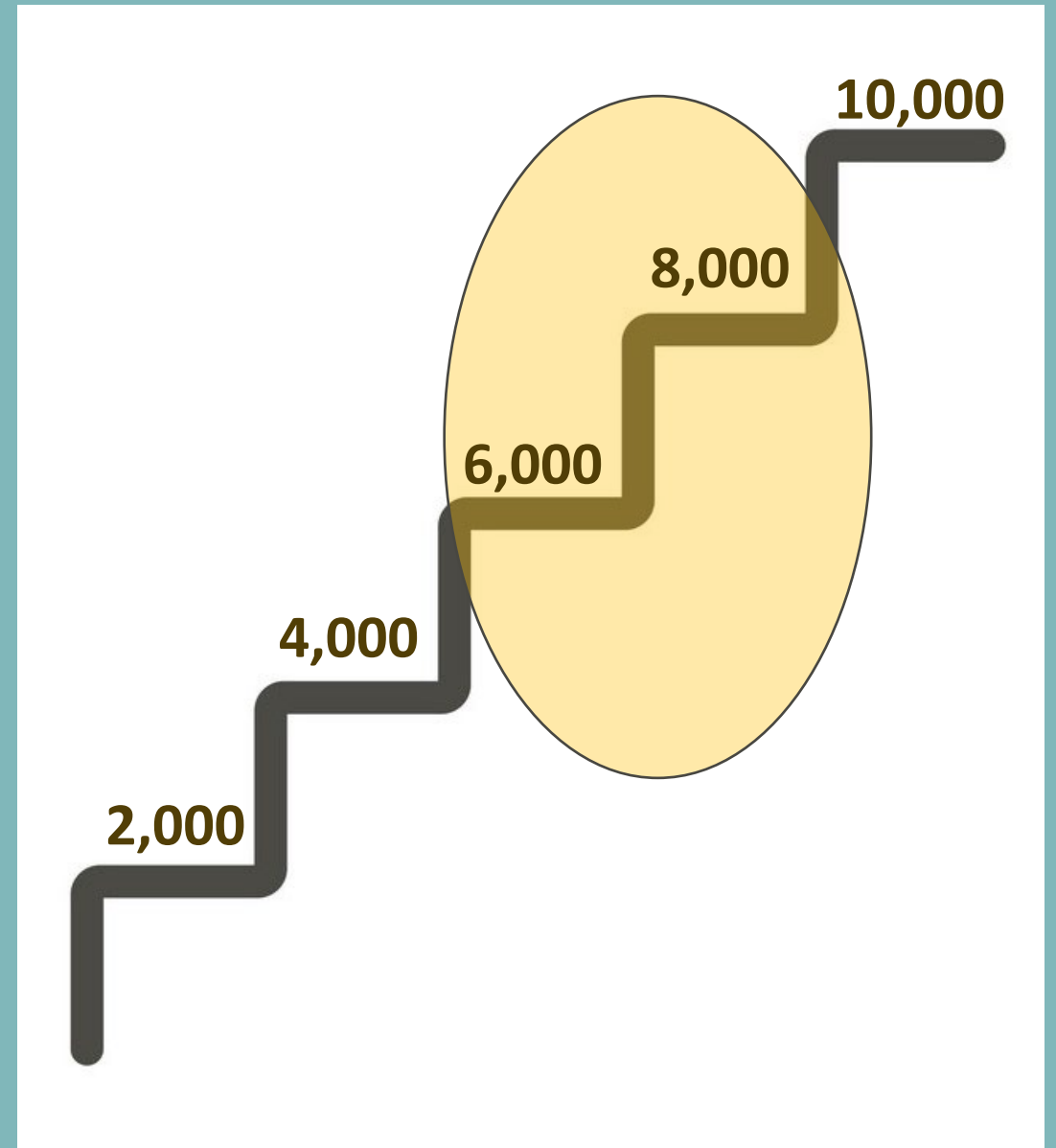
- 5 bi-weekly telephone calls
- Weekly goals
- Identify strategies to increase daily steps

How many steps per day provide the most health benefit?



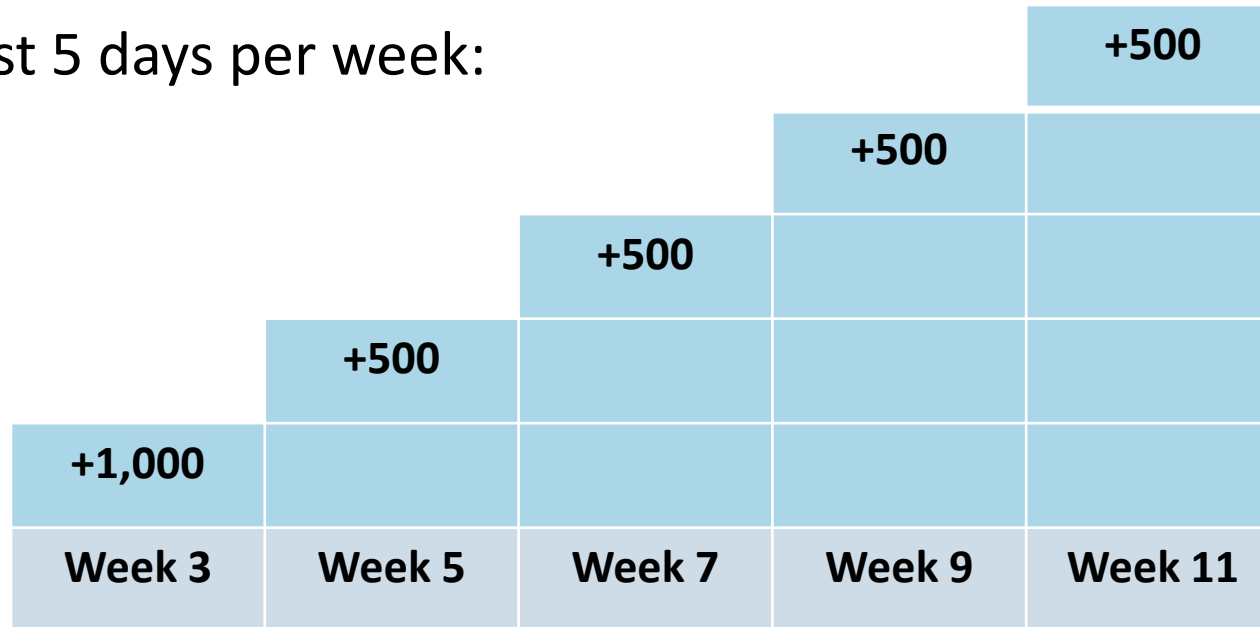
8,000 steps per day is associated with good health

*Even 6,000 steps per day has some benefits



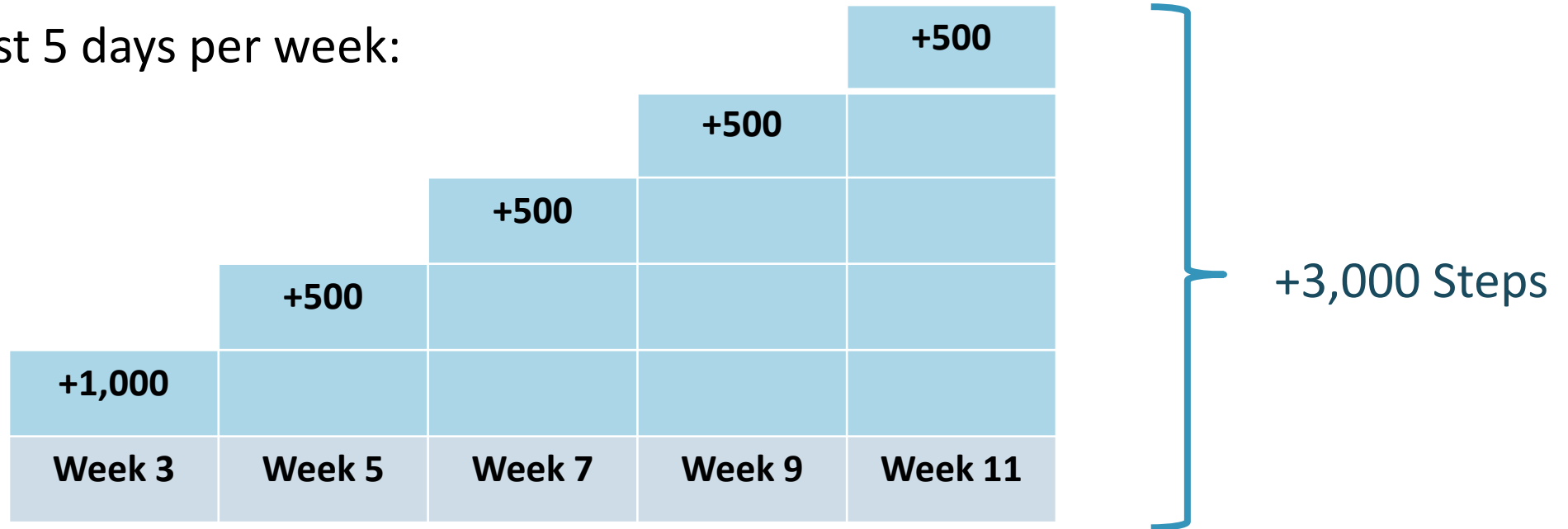
Weekly Step Goals

At least 5 days per week:



Weekly Step Goals

At least 5 days per week:



What does an extra 1,000 steps look like?

Examples of 1,000 extra steps

The Brisk Plan

One 10 minute or two 5-minute brisk walks

The Leisurely Plan

One 15-minute leisurely walk

The Incremental Plan

Add an extra 150 steps each hour for 6 hours

Reasons it is important to be physically active

To be healthier

Maintain a good quality of life

**Improve mood;
reduce stress
and anxiety**

Increase energy levels

Improve sleep

Improve muscle strength

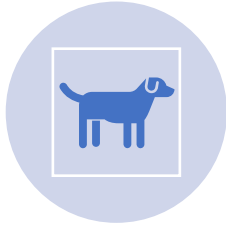
Maintain weight

Enhance balance

To feel better

Remain independent

Strategies used to add more steps to their day



WALK THE DOG



PARK FURTHER
FROM AN
ENTRANCE



WALK IN PLACE OR AROUND
HOUSE DURING TV
COMMERCIALS



WALK UP & DOWN EVERY
AISLE OF A STORE



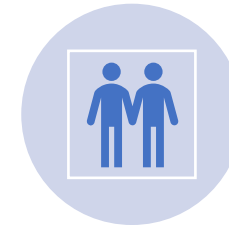
PLAY MUSIC AND
DANCE



LISTEN TO PODCASTS OR
MUSIC WHILE WALKING



TAKE A 5-10 MINUTE
WALK



WALK WITH A
FRIEND



HOUSE OR YARD
WORK

Results

Characteristics of Study Participants

	Percent
Sex	
Males	28%
Females	72%
Residence	
Rural	41%
Urban	59%
Cancer Type	
Breast	45%
Prostate	19%
Other	36%

	Mean (range)
Age	73 (65 to 88 years)
Number of Comorbidities	3.6 (0 to 9)
Number of Symptoms	3.2 (0 to 7)

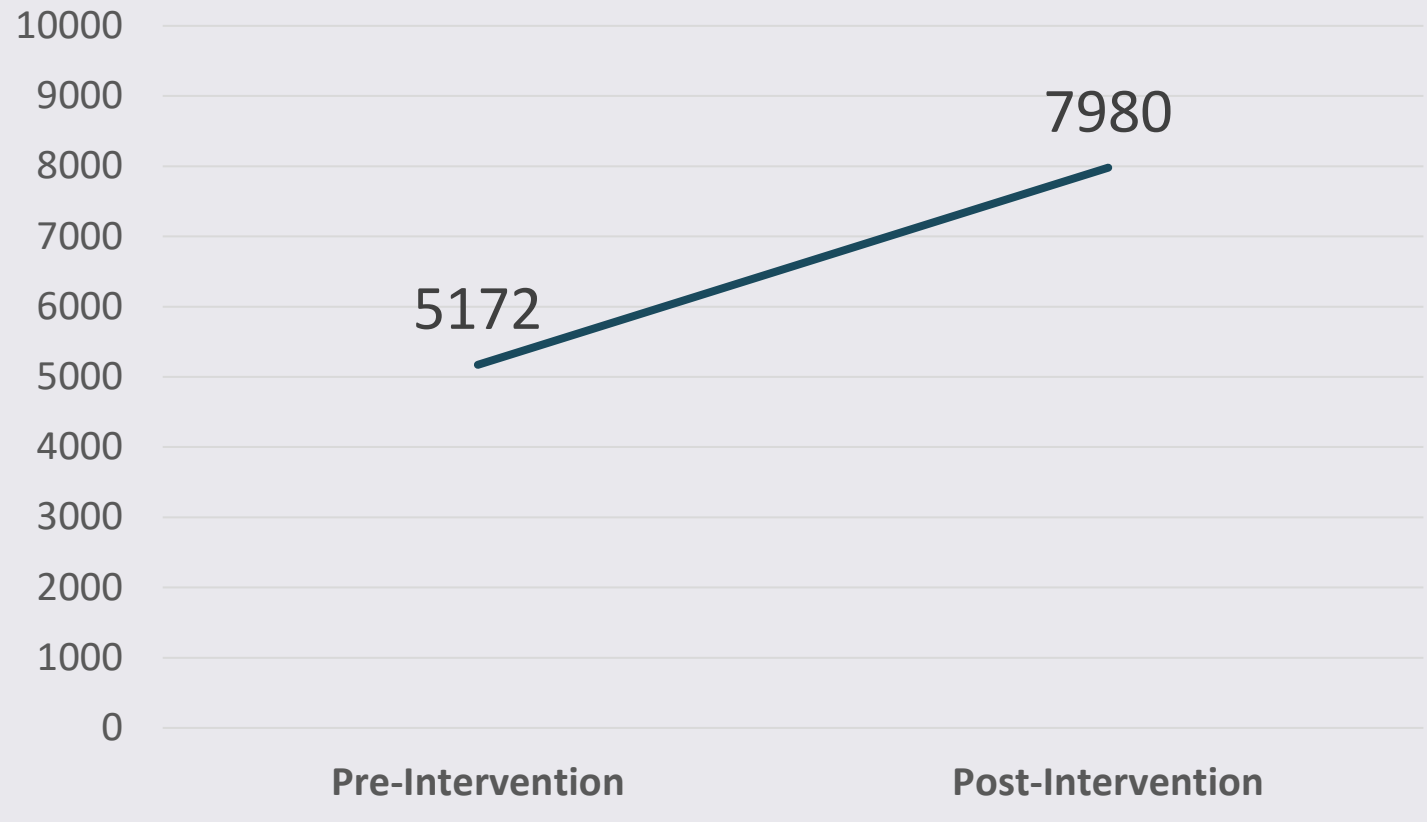
Most common comorbidities:

- Arthritis
- High blood pressure
- Osteoporosis

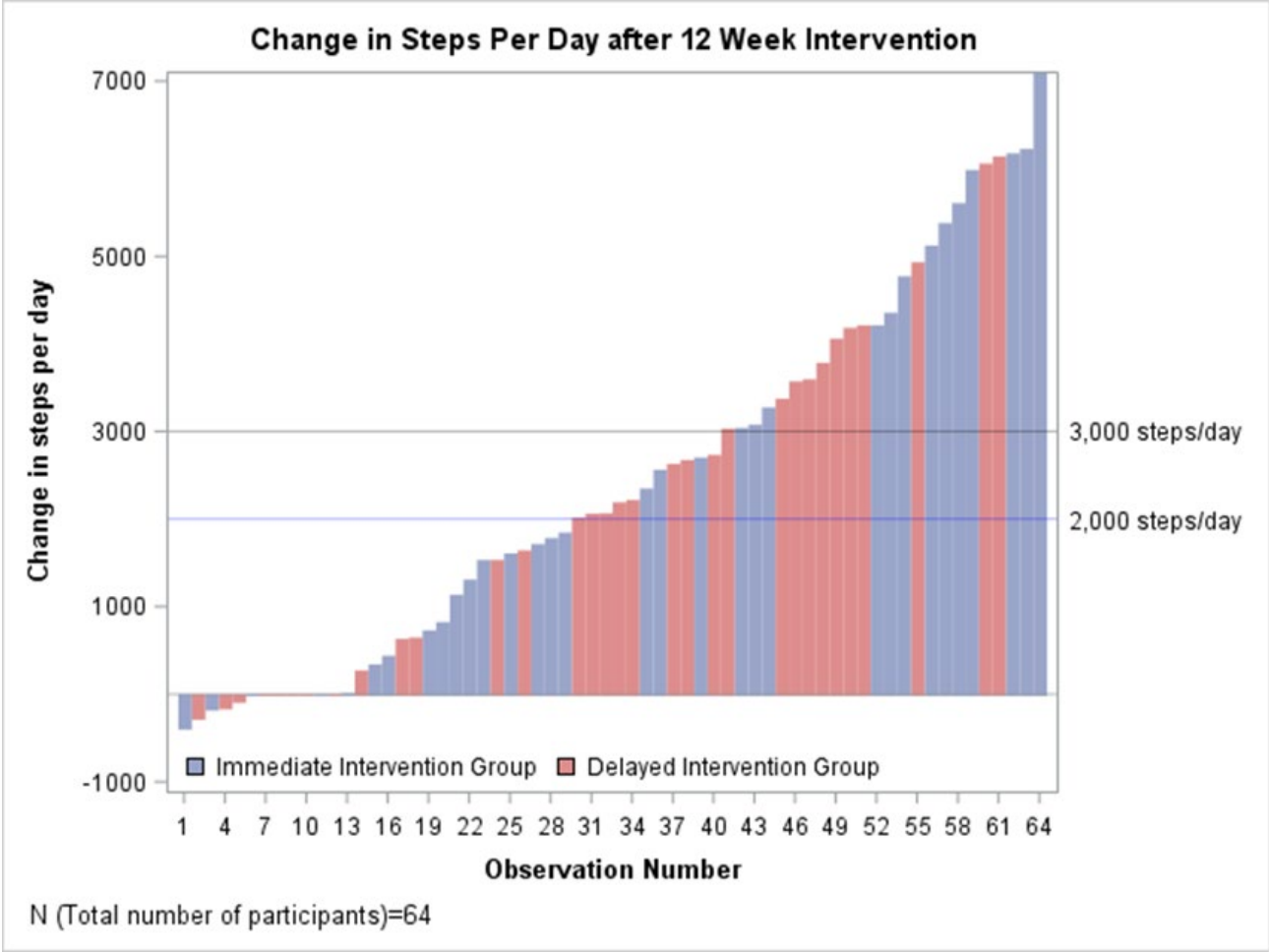
Most common symptoms:

- Feeling tired
- Pain
- Shortness of breath

Change in Daily Steps



+ 2,808 steps



Comments from Participants...

“Seeing definite progress in my personal movement! I felt I was finally doing something good for me!”

“Truly one of the best things I did this year. Helped me to regain a lot of strength and cutdown on some of my symptoms.”

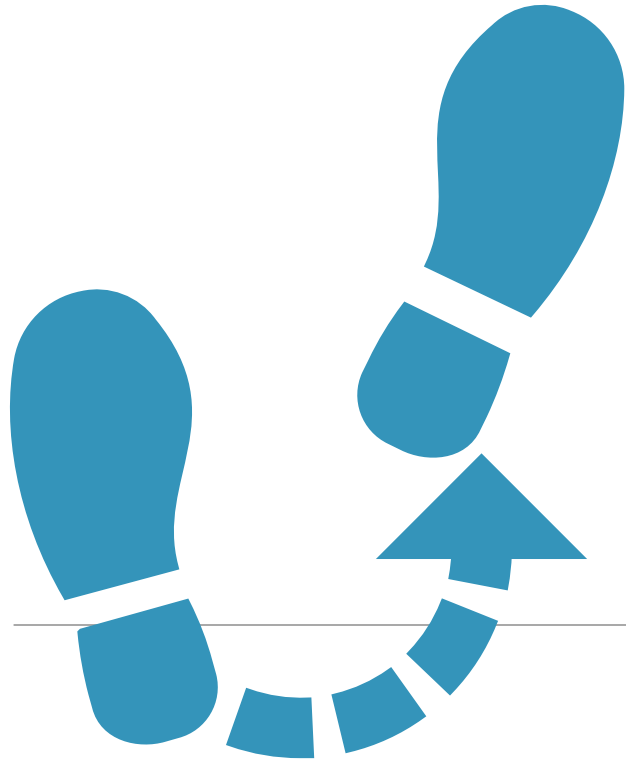
“It made me aware that I could move more without falling. I found that hiking poles allowed me to navigate uneven terrain and allowed me to walk faster on uneven surfaces.”

“I am more aware of how I feel after walking. Taking walks on a regular basis really became a habit that I hope to maintain”



“Your program not only reminded me to keep moving, it also had me thinking about improving other aspects of my health journey”

Special thanks to the
participants of the
Move for Your Health
Study



Thank you!
Questions?

*Move for Your Health
Every Step Counts*

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Additional Information

Falls Prevention

- Senior Health Center: <https://unmhealth.org/services/senior-health.html>
- Mayo Clinic Fall Prevention – Simple tips to prevent falls: <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>
- National Institutes on Aging: Falls and Falls Prevention: <https://www.nia.nih.gov/health/topics/falls-and-falls-prevention>
- CDC Older Adult Fall Prevention: <https://www.cdc.gov/falls/index.html>

Meeting Physical Activity Guidelines using a recumbent bike

* Aim for 30 minutes per day, 5 days per week (less if combined with other physical activity)

Resources for Physical Activity

Physical Activity Guidelines for Americans, 2nd edition

<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>

Move Your Way[®] website includes tools, videos, and fact sheets to make it easier to become more active. Also includes an Activity Planner.

<https://health.gov/moveyourway>

<https://health.gov/moveyourway/activity-planner>

Resources for Physical Activity

National Institutes on Aging: Exercise and physical activity (includes web links to multiple articles on topics like benefits, staying motivated, maintaining mobility, finding the right fitness shoes and clothes, and more)

<https://www.nia.nih.gov/health/topics/exercise-and-physical-activity>

Tracking Tools and Worksheets for exercise and physical activity

<https://www.nia.nih.gov/health/exercise-and-physical-activity-tracking-tools>

<https://www.nia.nih.gov/sites/default/files/physical-activity-habit-worksheet.pdf>