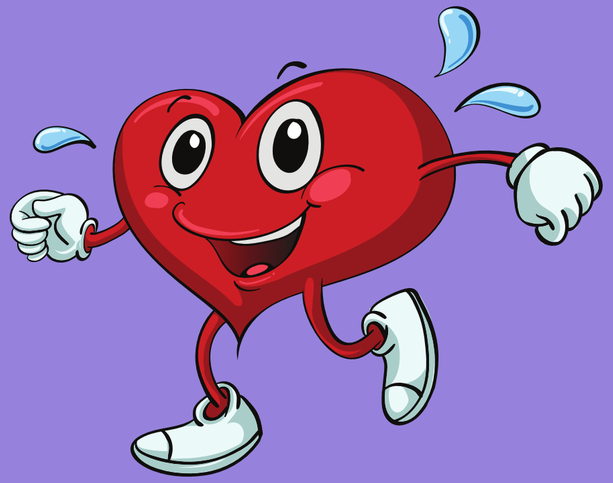
Lesson 5

LET'S GET MOVING!







Family Health CHALLENGE

Committee of Interns and Residents SEIUHealthcare

WHO ARE WE AND WHY ARE WE IN YOUR CLASSROOM?



- We are doctors and union members!
- We want you and your families to be happy and healthy.
- We will break it up to make it FUN for YOU

How will this go?





We will move

New challenge

Fun activity

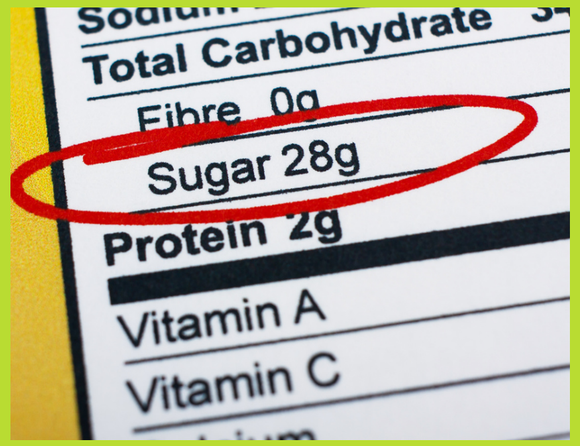
LET'S MOVE OUR BODIES!

You move how you move



Let's Review

What to do about sugar?

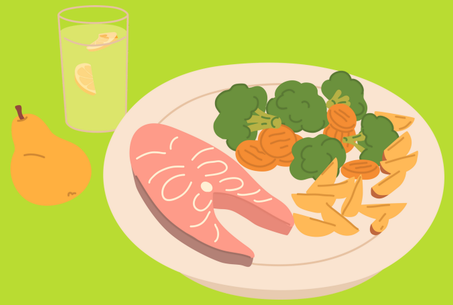


Aim for less than 24g/day













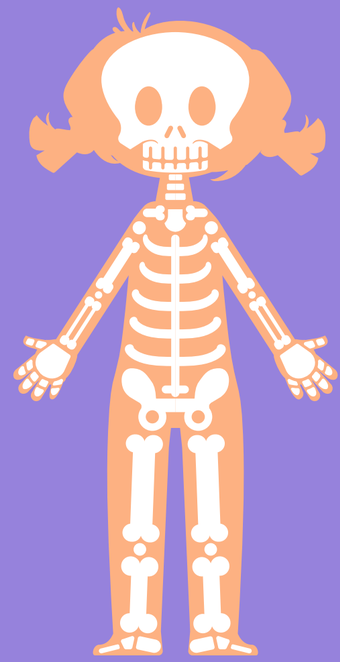
A little movement goes a long way!













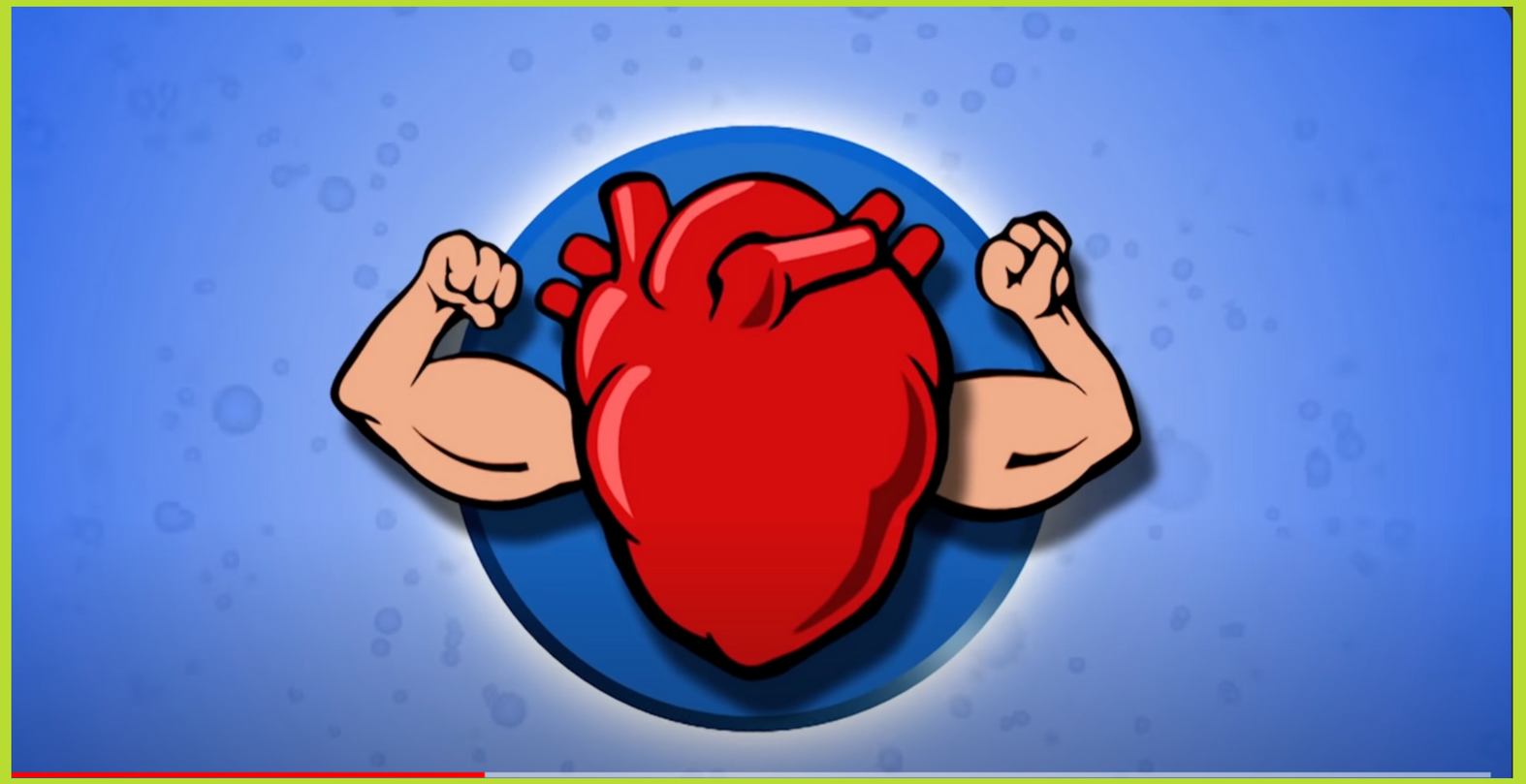
Why should we move?





Heart health and pulse





Source: Exercise Your Heart (KSPS Fit Kids, 0:41)

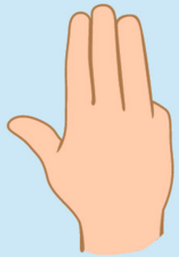
Let’s take our pulse

How to Check Your Pulse



1

Turn one arm, so your palm is facing up.



2

Place the middle three fingers of the other arm in the upper groove of the upturned wrist, below where your thumb connects to your wrist.



3

Press firmly. You should feel a subtle pulsing beating or throbbing) sensation. If you can’t feel anything, apply more pressure with the tips of your fingers.



Stay hydrated

Drink water before, during and after moving your body!

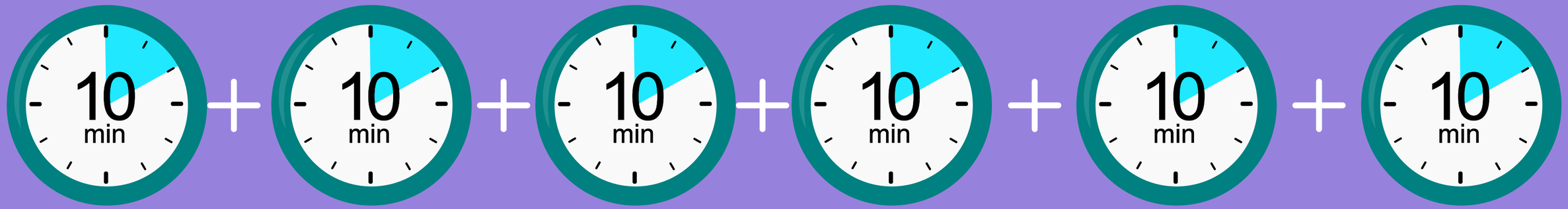






How long should we move?





How long should we move?



Walk to school from home

+



Go to gym class at school

+



Walk home from school

… But I don't have <u>time</u> to move around…



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… But I don't <u>like</u> to move around…



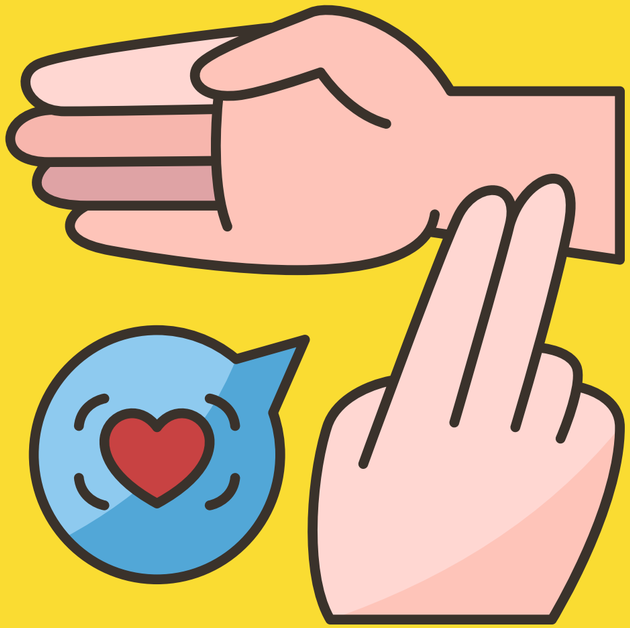
… But I don't have space to move around…



Family Health CHALLENGE

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ACTIVITY



Let's practice taking our pulse!





RECAP

How can we fit more movement into our day?

SHARE IT!

Who can you tell about your challenge?