Candice McField

FITNESS

Arise!®

Spring into Wellness

April 14, 2021

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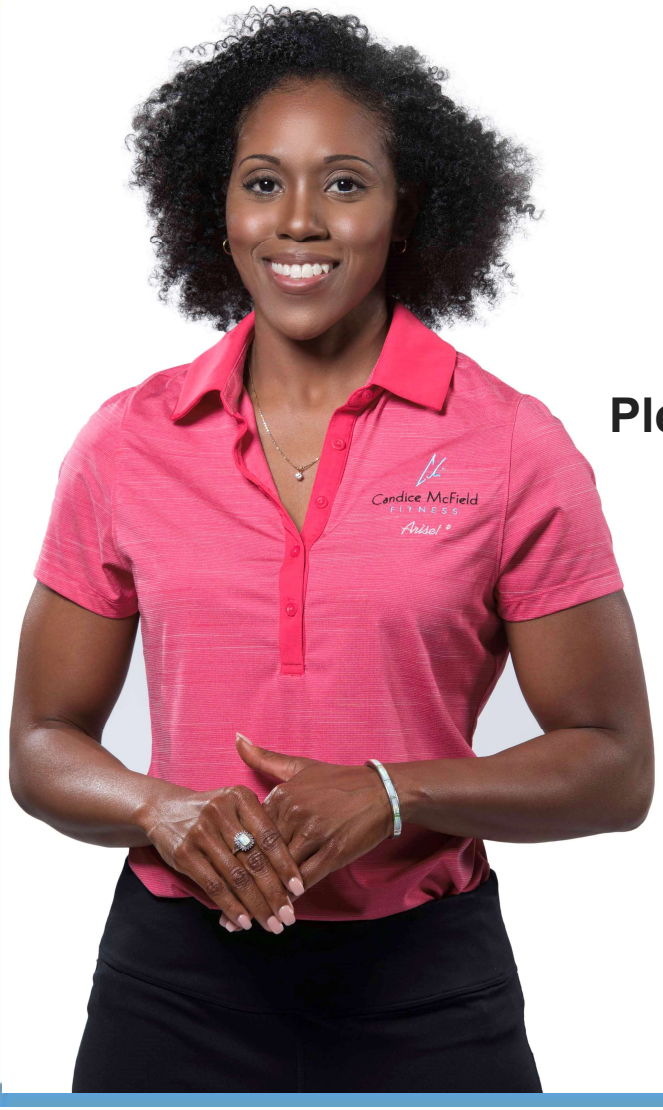
Spring into Wellness



Welcome and thank you for joining!

Please introduce yourself in the chatbox by sharing:

1) Your name

2) Your favorite spring activity

Technical Tips

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Candice McField

- Founder, Candice McField Fitness
- Author, *As for Me and My Body*
- ACE Certified Health Coach
- 15+ Years Industry Experience
- Kansas Governor's Council on Fitness
- Fox 4 Kanas City Fitness Expert
- MBA in Global Management

Fun Fact:
My favorite color is red

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Agenda

Hydrate

Move

Rest

Have your Worksheet Ready

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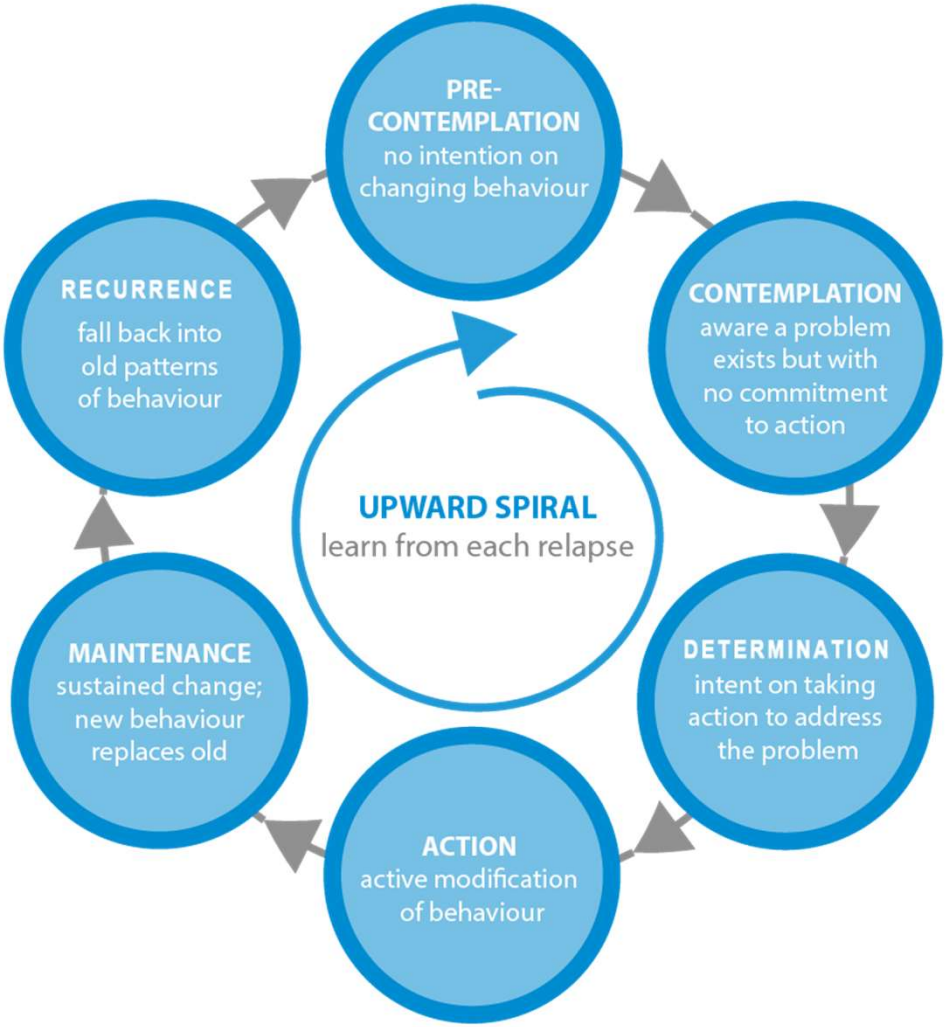
Poll: Stages of Change

Think of your top wellness goal.

Where do you see yourself in terms of accomplishing it?



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Poll

Think of your top wellness goal. Where do you see yourself in terms of accomplishing it?

A. Precontemplation

B. Contemplation

C. Determination

D. Action

E. Maintenance

F. Recurrence

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Positive Affirmation

I will…

Live healthy at home and well at work.

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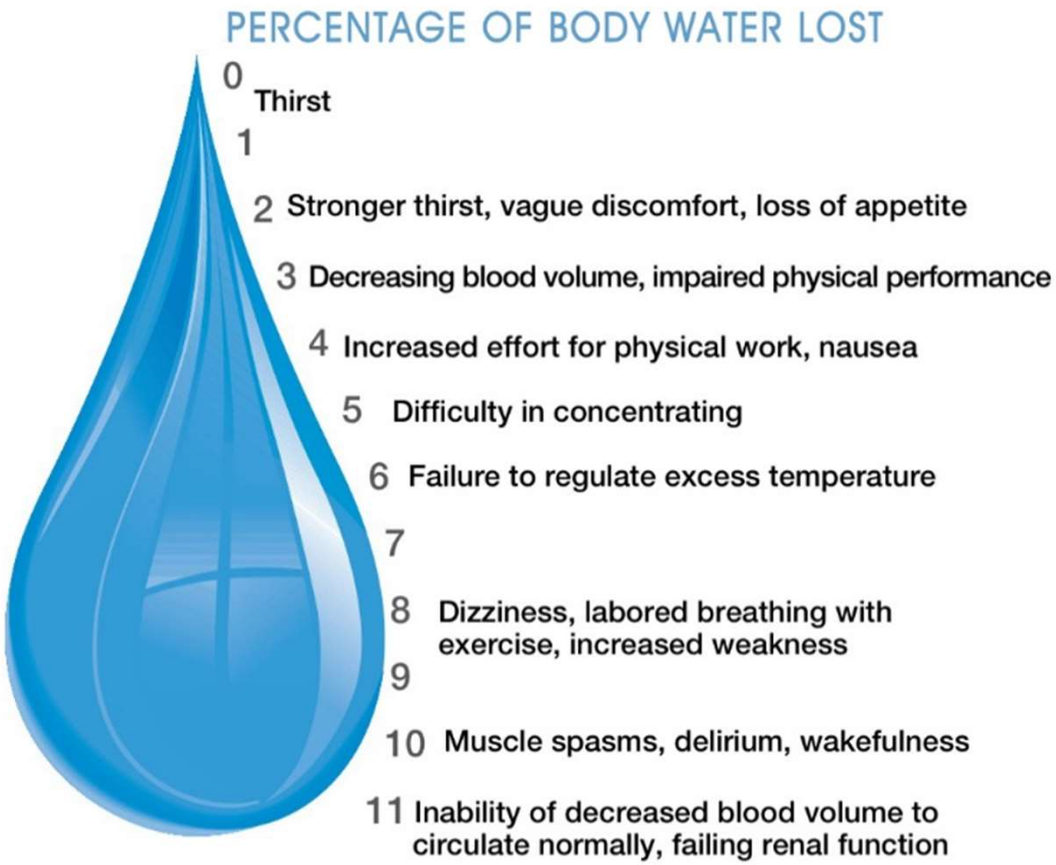
Hydrate



Water is as important as oxygen.

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Hydrate

Ways We Dehydrate	
Breathing	Consuming toxins
Stress	Urination
Digestion	Vomiting
Sweating	Fever
Pregnancy	Chronic illness
Aging	Sun exposure
Growing	Exercise
Obesity	Not drinking enough water
Diets high in processed foods	Decreased mineral water
Medications	Burns

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Hydrate

Drinks that will Dehydrate You
Caffeine
Fruit juices
Soft drinks
Energy drinks
Soda
Tea
Coffee
Alcohol

Add Pizzazz to your Water
Lemon slices
Cucumber slices
Strawberries
Caffeine-free herbal tea bags
Lime slices
Orange slices
Unsweetened fruit juice
Peppermint leaves

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Worksheet + Chatbox

1) Identify how much water you drink on a daily basis.
(the goal is to drink at least 3 liters per day.)

2) Identify something you drink that is actually dehydrating you.

3) Identify one way to add pizzazz to your water.

1.5 Minutes

Quenching Thirst
I drink _____ liters of water per day.
When I drink _____ it is really dehydrating me.
I can add pizzazz to my water by adding :_____.

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Share in Chatbox

One way you do or will add pizzazz to your water

Beverage	Serving Size	Calories	Grams of Sugar	Teaspoons of Sugar or Other
Soda (Coke)	12 ounces	140	39	9.2
Diet soda	12 ounces	0	Artificial sugars	
Sweet tea	12 ounces	105	26	6.2
Brewed tea, unsweet	12 ounces	3	0	
Orange juice	12 ounces	165	31	#oranges
Apple juice, unsweetened	12 ounces	170	36	#apples
Whole Milk	12 ounces	220	18	Natural from lactose / 12 grams fat
Nonfat milk	12 ounces	135	18	Natural from lactose / 1 gram fat
Coffee, black	12 ounces	0	0	0
Caffe Latte, whole milk (Starbucks)	12 ounces	180	13	3
Caffe Latte, nonfat (Starbucks)	12 ounces	100	14	3.3
Mocha light Frappucino (Starbucks)	12 ounces	110	21	5
Sports drink (like Gatorade)	12 ounces	80	21	5
Energy drink (like Red Bull)	12 ounces	155	36	8.6
Beer	12 ounces	150	0	
Red or white wine	5 ounces	120	1	0.25
Hard liquor (vodka, rum, whiskey, gin; 80 proof)	1.5 ounces	100	0	

Homework

Using the Calories in your Drink reference sheet, add up how many calories you consume per day from your favorite beverages.

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Positive Affirmation

Summary: *Drinking water is as important as oxygen.*

I will…

Drink more water everyday.

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Move

People with superb cardiovascular health have more stamina, less fatigue, and fewer risks for injury.

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Move

Reported Health Benefits of Cardio	
Reduction in blood pressure	Decreased anxiety
Increased HDL cholesterol	Decreased tension
Decreased total cholesterol	Decreased depression
Decreased body fat stores	Increased heart function
Increased endurance	Prevention of Type II Diabetes

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Poll

What benefit of cardio would you like to improve the most?

A. Reduce blood pressure

B. Lower cholesterol

C. Decrease bodyfat

D. Increase endurance

E. Decrease stress

F. Improve heart function

112 Cardio Ideas

At the Gym

Household Chores

The Great Outdoors

Group Classes

Play Time

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Move

At the Gym

1. Elliptical trainer
2. Stair stepper (Stairmaster)
3. Stationary or recumbent bike
4. Jacob's ladder (the climbing "treadmill")
5. Arm ergometer (arm cycle)
6. Rowing machine
7. Circuit training
8. Burpees
9. Treadmill (walking/running)
10. Kettlebells
11. Interval training
12. Sprinting
13. Box jumps
14. Battle ropes
15. High knees
16. Step-ups
17. Plyometrics

Household Chores

18. Vacuuming
19. Scrubbing floors
20. Cleaning the bathtub
21. Washing windows
22. Mopping
23. Changing sheets
24. Painting
25. Heavy renovations (pulling carpet, knocking down walls, etc.)
26. Moving furniture
27. Raking
28. Gardening
29. Cleaning the gutters
30. Washing the car
31. Mowing the lawn with a push mower
32. Shoveling snow
33. Sweeping the patio and walkways
34. Cleaning out the garage
35. Raking leaves
36. Heavy landscaping ex. planting

The Great Outdoors

37. Cycling
38. Hiking
39. Snowshoeing
40. Downhill skiing
41. Cross-country skiing
42. Water skiing
43. Wakeboarding
44. Rock climbing
45. Jogging / Running
46. Power walking (brisk walking)
47. Interval running
48. Rollerblading
49. Paddling a canoe
50. Nordic walking
51. Surfing
52. Paddle boarding
53. Swimming
54. Water jogging/running
55. Skateboarding
56. Bleacher running
57. Ice skating

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Move

Sports

58. Tennis
59. Flag football
60. Hitting balls at the driving range
61. Soccer
62. Hockey
63. Basketball
64. Lacrosse
65. Boxing
66. Volleyball
67. Martial arts
68. Kickboxing
69. Kickball
70. Karate
71. Jiu-jitsu
72. Racquetball

Group Classes

73. Spinning
74. Step aerobics
75. Jazzercise
76. Zumba
77. Bootcamp
78. Power yoga
79. Salsa dancing
80. Dance classes or lessons
81. Cardio kickboxing
82. Hi-lo floor aerobics
83. Water aerobics
84. Body pump
85. Pound
86. Silver Sneakers
87. Gliding
88. Orangetheory Fitness
89. Hot yoga
90. Boot Camps
91. Hip-hop dance
92. Sports conditioning
93. Group boxing
94. CrossFit
95. Krav Maga
96. StrollerStrides
97. Turbokick

Play Time

98. Walking the dog
99. Run with the dog
100. Playing with your children
101. Dodgeball
102. Tag
103. Hooping (hula hooping)
104. Obstacle courses
105. Jump rope
106. Water games in a pool
107. Playing with your dog
108. Skipping
109. Hop scotch
110. Taking the stairs
111. Jumping jacks
112. Trampoline jumping (rebounding)

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Worksheet + Chatbox

Worksheet
Page 1, 4 & 5

Identify two ways you really enjoy doing cardio.

Two ways I enjoy doing cardio are:
1)
2)

1Minute

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Share in Chatbox

Your favorite way to do cardio

Homework

Commit to doing cardio at least three times per week for 30 minutes each day.

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Positive Affirmation

Summary: *People with superb cardiovascular health have more stamina, less fatigue, and fewer risks for injury.*

I will…

Perform cardio more consistently.

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Rest

Sleep profoundly affects our quality of life.

We are oblivious to our diminished capabilities because we have become a society conditioned to function on low levels of alertness.

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Rest

Sleep Effects	
Alertness	Energy
Mood	Bodyweight
Perception	Memory/Thinking
Reaction Time	Productivity
Performance	Communication Skills
Creativity	Safety
Health	Exercise Intensity
Restoration & Growth of Muscle	Immunity to Viral Infections

We must learn to value sleep as much as we value the importance of proper nutrition and exercise.

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Rest

What Sleep Accomplishes	
Assists physical recovery	Improves retention
Promotes tissue growth and repair	Improves memory retention
Heightened alertness	Better memory recall
Higher energy levels	Better memory organization
Improved overall health	Strengthens immunity against viral infections

Many people who improve their sleep improve their lives because they are more present and aware.

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Poll

True or False.

I prioritize sleep and rest?

A. True

B. False

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Rest

Great Sleep Strategies	
1. Learn to value sleep	2. Take a warm bath before bed
3. Exercise to stay fit	4. Establish a bedtime ritual
5. Eat clean	6. Relax with the family
7. Reduce stress as much as possible	8. Maintain a relaxing atmosphere at home
9. Keep mentally stimulated during the day	10. Clear your mind at bedtime
11. Reduce caffeine intake	12. Try bedtime relaxation techniques
13. Avoid alcohol near bedtime	14. Avoid trying too hard to get to sleep

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Homework

Commit to getting 30 more minutes of sleep per night.

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Positive Affirmation

Summary: Sleep profoundly affects our quality of life.

I will…

Prioritize sleep and rest.

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Stay the Course

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Summary

Hydrate

Water is as important as oxygen.

Move

People with superb cardiovascular health have more stamina, less fatigue, and fewer risks for injury.

Rest

Sleep profoundly affects our quality of life.

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Positive Affirmation

I will…

Live healthy at home and well at work.

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Next Steps

1) Complete your worksheet in more detail.

2) Do your homework!

Kansas
Department of Health
and Environment

Spring into Wellness: Creating Fresh Routines

Questions & Answers

April 14, 2021

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Chatbox

Future Topics

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Session Survey

Please complete the survey which should appear in your browser immediately after this session.

Thank you for your feedback!