



PERMANENTE MEDICINE®
The Permanente Medical Group

Get Moving

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 **KAISER PERMANENTE**®

Home Practice Review

Write down 1 activity you plan on pacing this week.

- List day and time of activity

Explain pacing to your loved ones or friends

Continue your movement practice

- Aerobic
- Mindful Movement

Key Concepts for Today

Aerobic activity is one of the best ways to decrease pain sensitivity

You can get where you need to go by

- Taking baby steps
- Forming 'tiny habits'



| What is aerobic activity?



It's **NOT** a
marathon!

What is aerobic activity?

Continuous movement that will ...



Warm you up

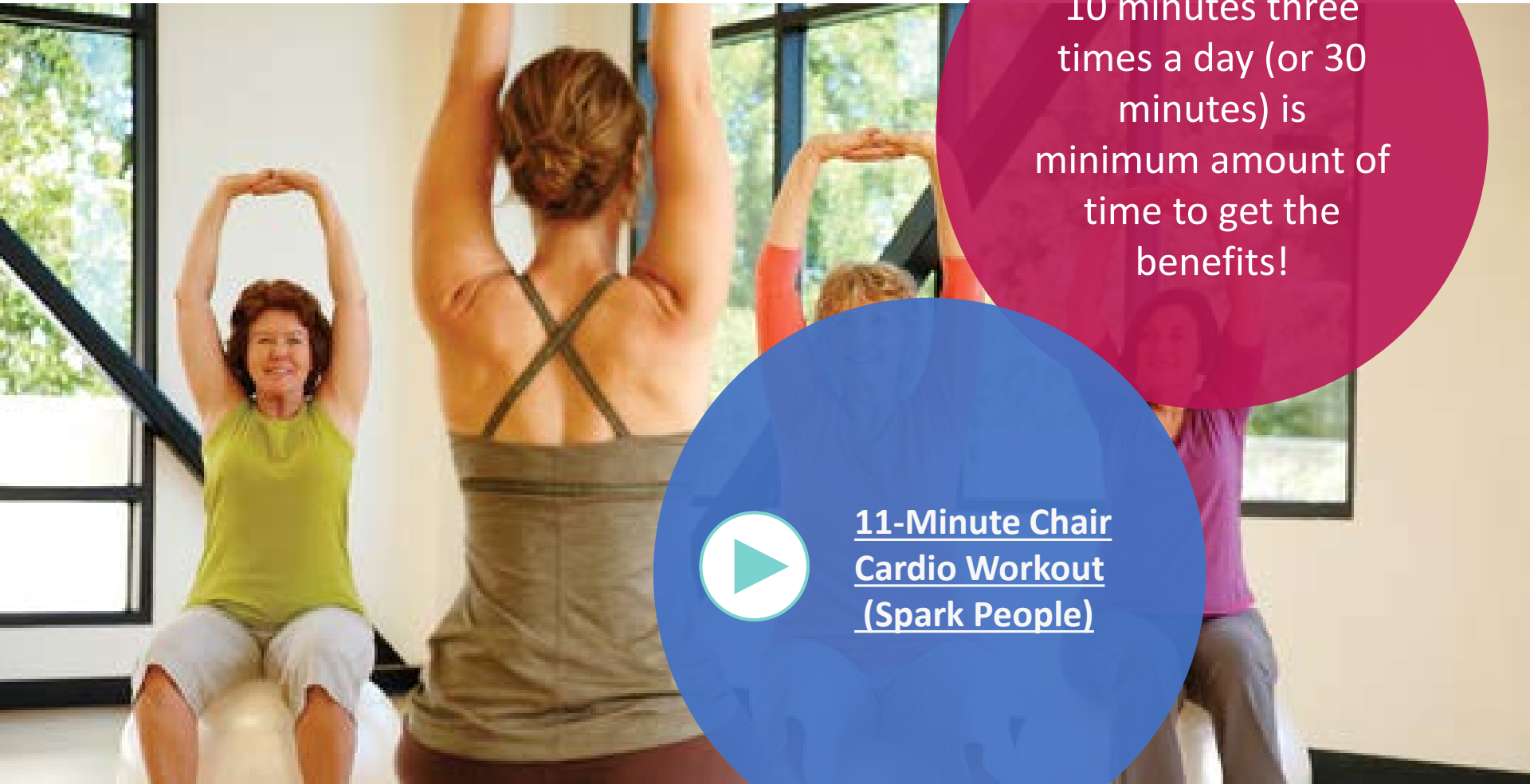


Increase your
breathing rate



Increase your
heart rate

| What is aerobic activity?



10 minutes three times a day (or 30 minutes) is minimum amount of time to get the benefits!



[11-Minute Chair Cardio Workout \(Spark People\)](#)

Aerobic Activity: What's In It for Me?

Lowers risk for

- Dementia
- Diabetes
- Depression and anxiety

Aids in body weight maintenance

Improves

- Heart health
- Sleep
- Mood and well-being

Reduces pain due to arthritis

Aerobic Activity and Chronic Pain



Promotes changes
to the brain
(neuroplasticity)

Reduces Pain

- Releases endorphins
 - ✓ Body's natural pain medicine
 - ✓ Runner's high (happy hormones)
- Decreases nerve sensitivity

Reduced need for

- Medical visits
- Pain medications



MOVEMENT EXPERIENCE

Posture Review



Standing

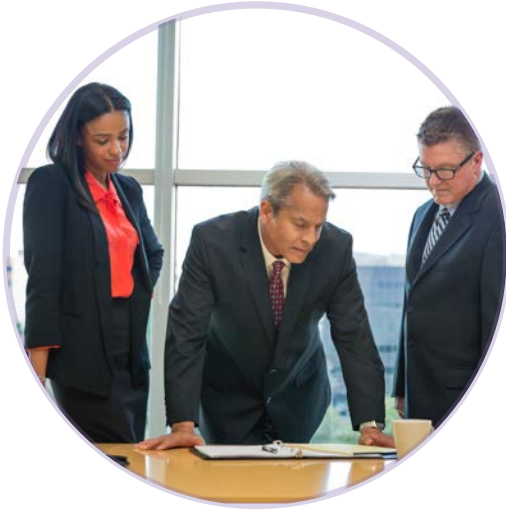


Seated

Change positions frequently



Seated at meeting



Standing at meeting

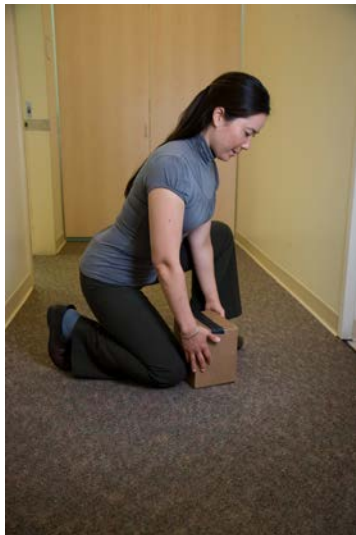
Reaching & twisting with upper body



Picking something up from the floor



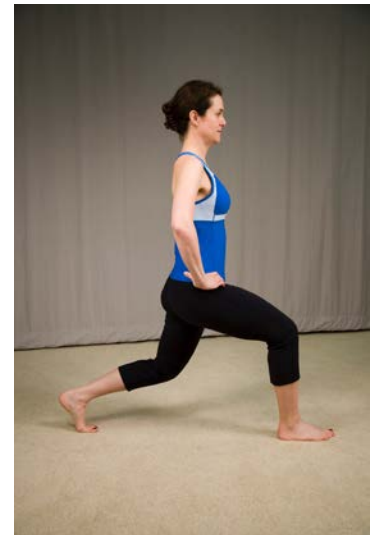
Squatting



Half Kneel



Golfer's Pick



Lunge

Reaching and twisting with upper body



Aerobic Activity Example

This week's goal:

- This week I will **do water aerobics (what) 30 minutes. (how much) with YMCA class (with whom) at 9:00 a.m. (when) on Saturday (how often).**
- My reward for accomplishing my goal will be: **sit in sauna.**
- How confident am I that I can do this? (1 = not at all confident, 10 = very confident):





Home Practice Options

Write down 1 activity you plan on pacing this week. List day and time of activity

Explain pacing to your loved ones or friends

Continue your movement practice

- Aerobic — choose a cardio activity you enjoy and write down what time/day you plan on doing 10 minutes of this activity
- Mindful Movement — choose a functional movement, practice it by scheduling a time in your calendar

