

Removing Barriers to Exercise

Presented by:

Megan Stuteville, MS, ACSM-CPT



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Our Speaker



Megan Stuteville

Health Coach &
Certified Personal Trainer

ABOUT ME

Megan is a graduate of Otterbein University with a Bachelor of Science in Exercise Science and Health Promotion and received a Master of Science in Exercise Science from the George Washington University Milken Institute School of Public Health.

Megan is certified in personal training and group fitness instruction through the American College of Sports Medicine. She has a strong background in exercise physiology, biometric testing, and higher education.

Megan has worked across the industry as a university health sciences lecturer, a corporate wellness consultant, a personal trainer, and a clinical exercise physiologist. Whether it be with clients, students, or clinical patients Megan values her role in helping others implement evidence based, lifelong healthy habits.



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A coaching member shared that he has been exercising significantly less because his home gym equipment in the garage is covered with storage items. The job of cleaning out the garage to use the gym was a significant barrier to exercise. We worked through setting SMART goals to tackle the clean out in short increments. Now that the equipment is accessible he is back to strength training 2-3x per week!

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Learning Objectives

01

Understand and apply Health Belief Model to individual exercise habits

02

Learn the recommended exercise guidelines for adults

03

Recall ways to structure a workout

04

Apply 2-3 exercises that can be done during work

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Most Common Barriers to Exercise:

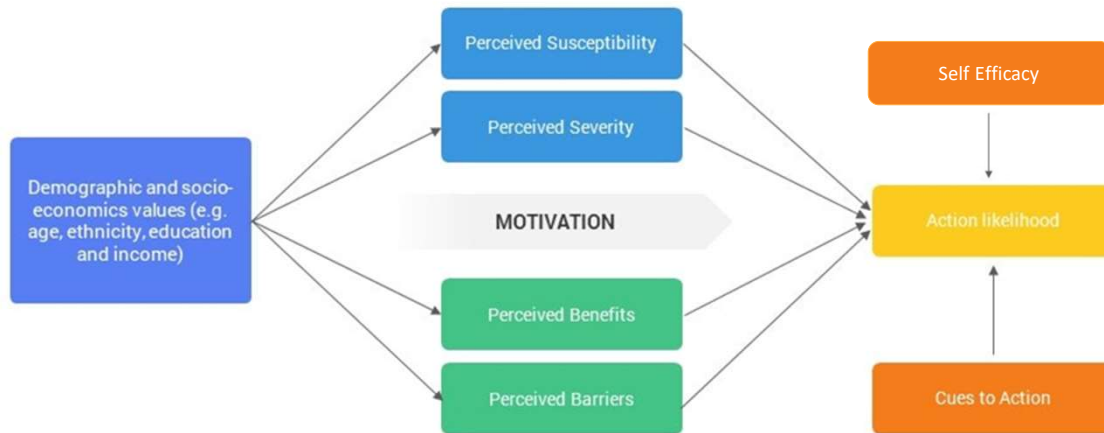
- *"I can't stay consistent."*
- *"I don't know what to do at the gym."*
- *"I have a sedentary job."*



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I can't stay consistent...

Health Belief Model



Developed in the 1950's by social psychologists Hochbaum, Rosenstock, and others



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Self-Efficacy

- **Self-Efficacy** refers to one's confidence in their ability to engage in an activity successfully.
- **Our own beliefs** in our abilities greatly determine how often we engage in a behavior!
- **For example:** If you have ridden a bike outside for most of your life, you are likely to be confident in your ability to ride an indoor cycle at the gym. You may have less self-efficacy on an elliptical machine.
- **Focus on the activities** that you find confidence in. If a new activity interests you, check out youtube videos, work with a personal trainer/coach, or go with an accountability buddy to help increase self-efficacy!



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Cues To Action

- **Cues to Action** are stimuli that trigger a decision to take a health action or change a lifestyle.
- **These can be anything** from setting your workout clothes out the night before, to someone in your life passing from heart disease.
- **The key** to figuring out what your cues are is acknowledging what takes place when you successfully exercise. What occurred to make that happen?

How can you incorporate these?

List out the following:

- *Some activities you feel confident doing*
 - *ex: basketball, walking, swimming*
- *Cues to action you can incorporate into your routine*
 - *ex: lay out your clothes, have an accountability buddy*



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I don't know what to do at the gym...

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How Much and How Often?

- **The American College of Sports Medicine recommends at least 150 minutes of moderate activity per week.**
- Minimum of 2x per week full body resistance training. (every major muscle group)

**150 minutes is the minimum to decrease risk of heart disease and other chronic conditions. For those looking to lose weight or see aerobic benefits 300 minutes are recommended.*



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How to Structure a Workout

- **Larger to smaller muscle groups**
 - Compound movements first
 - Squat before a leg extension
 - Bench press before tricep extension
- **Working with 10 reps: weight should feel heavy around 7-8 reps**
 - Should be able to complete 10 reps without breaking form
 - No ego lifting
 - Overload progressively
 - Fatigue, injury risk, training level, and goals are all factors



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Warm-Up & Cool-Down

- **Keys to a warm-up:**
 - increase heart rate and blood flow to muscles
 - movements should mimic the workout to follow
 - ideally no longer than 10 minutes
- **Keys to a cool-down:**
 - decrease heart rate
 - should provide length to muscles worked
 - include breathing



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I have a sedentary job

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If You Can Stand...

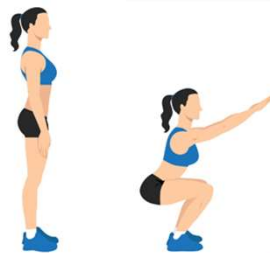
Repeat 2-3x for 30 second holds or 10 repetitions



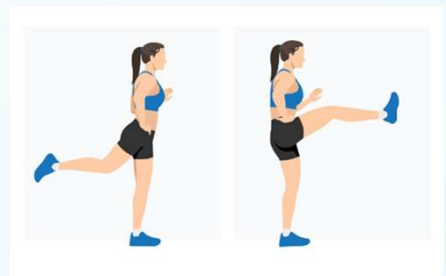
Quad Stretch



Doorway Shoulder Stretch



Bodyweight Squat

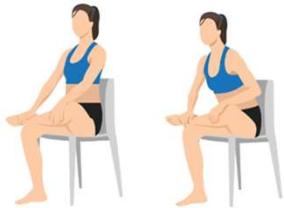


Leg Swings

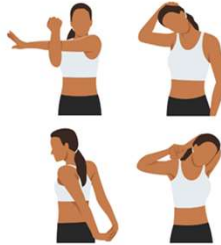
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If You Are Seated...

Hold for 20-30 seconds and repeat 3-5x



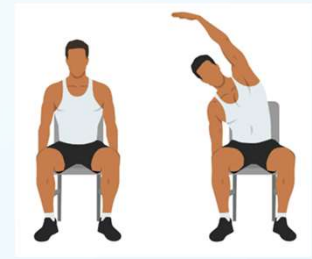
Seated Pigeon



Neck Stretches



Trunk Twist



Side Reach

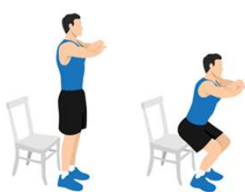


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No Equipment? No Problem!

Bodyweight exercises can be very effective!

- Increase the reps
- Spend “time under tension”
- Use furniture and household items



Chair Squat



Bodyweight Lunge



Sit-up



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Self-Reflection Time!

Can you implement any of these into your lifestyle?



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What's next

- Use the Exercise toolkit.
- Talk to your trusted medical provider before starting an exercise plan.
- Learn more about PeopleOne Health! Allow our solution to decrease costs and create a thriving culture to help you be an employer or choice.
- Join the next live PeopleOne Health quarterly webinar event in November.



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PeopleOne Health Features

Create an account today!

Tools & Trackers

- SparkCoach
- Fitness Game
- Food Tracker
- Interactive SparkPoints
- Goal setting feature

SparkAmerica

- SparkAmerica City Challenge

Community

- Build a profile, add and manage friend groups and post to teams
- Uplifting, safe news feed

Healthy Living

- Library of articles and videos
- Healthy recipes
- Mindfulness videos
- Education courses
- Email newsletter

Company Program

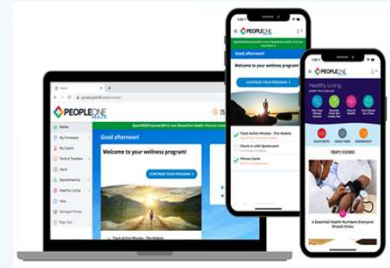
- Tailored wellness program*
- Customized wellness challenges*
- Tokens and prize store*

Health Coaching

- Health coaching and care navigation*
- High risk outreach and consulting*
- Form processing*

Manager Portal

- Dashboard
- On demand reporting
- Token and prize management
- Send portal messages and announcement



Interested in learning more about our solutions?
Email us: Wellness@PeopleOneHealth.com

*Items with an asterisk indicate a specific level of service and have additional costs associated. Contact us for details.



SparkAmerica



SparkAmerica is focused on building Fit & Healthy leaders across the country. Business and civic leaders have joined with us to create community and promote healthy living.

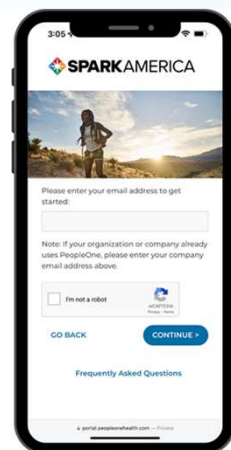
HAPPENING NOW!

Fit City Challenge: 4-week active minutes challenge. Remember to keep tracking your minutes!

REGISTER NOW >

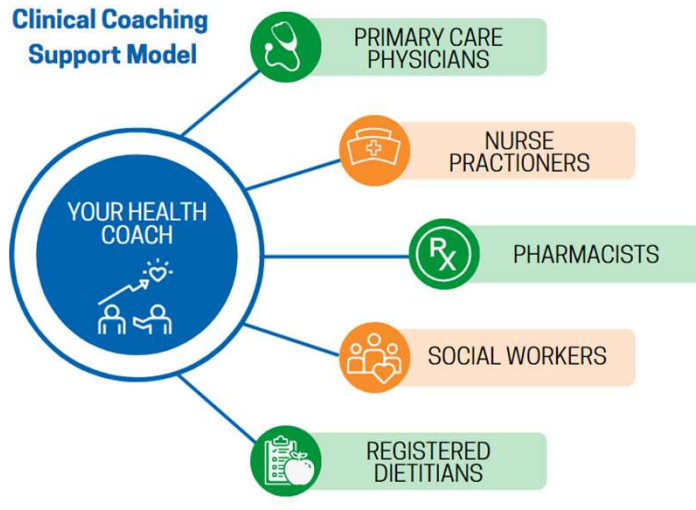


SparkAmerica Fit City Recognition Event: October 10 at 3pm!



How Does Our Coaching Differ?

Each Health Coach is backed by not only their credentials but has readily available resources to support them.



Questions?

Resources:

Exercise Science | Trending Topics and Resources. (n.d.). ACSM_CMS.

<https://www.acsm.org/education-resources/trending-topics-resources>

Physical Activity Guidelines Resources. (n.d.). ACSM_CMS. <https://www.acsm.org/education-resources/trending-topics-resources/physical-activity-guidelines>

Proper Form and Technique. (n.d.). Human Kinetics. <https://us.humankinetics.com/blogs/excerpt/proper-form-and-technique#:~:text=Keeping%20your%20back%20straight%20>

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Thank You!



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