

PEH 2

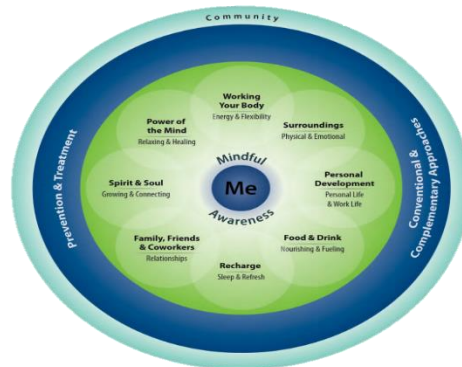
Unit Topic: The Personal Health Inventory

Subtopics: Health-Related Fitness and Barriers to physical activity assessment participation

Personal Health Inventory

- It is a tool that will help you explore all areas of your life so your health care team can help you set health goals.
- Knowing your health goals may not be a simple task, yet it is an important step toward reaching your full potential.

THE CIRCLE OF HEALTH



A. SMART goals for Health

| | |
|------------------------|---|
| S Specific | Engage at least 30 minutes of moderate-intensity physical activity. |
| M Measurable | Track your activities using a fitness tracker or mobile application. |
| A Achievable | Begin with less strenuous exercises like brisk walking or dancing, and gradually increase intensity as your fitness improves. |
| R Relevant | Regular exercise is critical for overall physical health, weight management, and stress reduction. |
| T Time-bound | Achieve consistency in your workout routine |

B. Different Physical Activities

1. Warm-up / stretching

A short activity or exercise undertaken prior to a more intensive exercise or activity.

Examples:

1. Hip Circles
2. Arm Circles
3. Arm Swing
4. High Stepping
5. Heel-to-toe-walk
6. Lunges with a twist

2. Exercise

- Exercise is physical activity that enhances or maintains fitness and overall health.
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- Exercise encompasses stretching and movement, and it includes most of what we do every day.

3. Playing Games

- Games a physical or mental competition conducted according to rules with the participants in direct opposition to each other.

4. Playing Sports

- A game, competition, or activity needing physical effort and skill that is played or done according to rules.
- an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.

5. Dancing

- Dance is a form of creative expression through physical movement that includes rhythmic movements that accompany music.

C. Barriers to a Physical Activities

Personal Barrier

(Middle aged and elderly respondents)

- *Not enough time
- *No one to exercise
- *Lack ok facilities

Internal Barrier

(Middle-aged)

- * Too tired
- * Already active enough
- * Do not know how to do it
- * Too lazy

Internal Barrier

(Elderly)

- * Too tired
- * Lack of motivation
- * Already active enough

The Common Barriers Adopting Physical Active Lifestyle

1. I DO NOT HAVE TIME

SOLUTION:

- ✓ Prioritize activities and cut back some time from the non-essential activities to be able to exercise.

2. I AM ALWAYS TIRED

SOLUTION:

- ✓ Make a physical activity diary and analyze which Part of the day you have more energy and schedule your work-out that around the period.

3. I DO NOT KNOW HOW TO DO IT

SOLUTION:

- ✓ Read journal and articles on the best practices as well as ask people who have been successful at adopting a health behavior.

4. I DON'T HAVE ENOUGH MONEY

SOLUTION:

- ✓ Numerous exercise regimes are not expensive such as walking, jumping and running.

5. I DO NOT FEEL SUPPORT

SOLUTION:

- ✓ Inform the family and friends about the new behavior or join the activity club that has the same interests.

6. I AM NOT MOTIVATED

SOLUTION:

- ✓ Create a list of pros and cons of the positive behavior that will serve as reminder ; Focus on changing the behavior instead of the outcome and write a SMART goal.

7. I EASILY DISCOURAGED

SOLUTION:

- ✓ Avoid negative self-talk and replace them with encouraging words.