
Subject: Wellness Week day 4 Exercise

Exercise is a celebration of what your body can do, not punishment for what you ate.

Sometimes just the nudge in life we need is a reframe of our perspective when it comes to changing our relationship towards our habits, either good habits that we want to reinforce, or bad habits we would like to eliminate. When it comes to exercise or physical activity, do you wake up and think, “ugh, I have to exercise today.” Try reframing your thoughts to change your mindset and attitude towards exercise and use positive self-talk to say, “I GET to workout today!” Exercise and physical activity is a gift and a privilege. Think of how many people don’t get the opportunity to lift weights, run, ride, do yoga, etc due to illness, injury or disease. If we can change our mindset towards exercise and physical activity it may help reduce the friction we have when we are struggling with the motivation to get started or to continue. There is a big difference between motivation and discipline. Motivation is a fleeting feeling that comes and goes, but discipline is a habit and part of your identity. Can you identify as someone who lives a healthy lifestyle who prioritizes their Self - Care, quality sleep, healthy nutrition, consistent exercise, stress management, and social connections in order to Thrive, not just simply survive.

Exercise is one of the single best prescriptions for longevity. If we want to play the long game and avoid being average, we need to incorporate exercise and physical activity into our daily life. When we say average, we mean, what is the average life expectancy of police officers upon retirement???

The answer is (2-5) years!! Those statistics should be shocking and alarming! But, that average does not have to be your destiny. You have the power to choose and decide the life you want to live. By consistently remaining faithful to your healthy lifestyle habits that we are sharing this week, physically and psychologically, we can be above average, like so many of us already are!

Choose consistency over intensity. The most sustainable workout programs involve strength, endurance, flexibility, mobility, balance, and coordination. Workouts do not have to last 60 minutes to be effective. A workout of 20 minutes is enough to help you maintain a healthy lifestyle. On other days, your workouts can be longer, the best exercise is the one that you do. We are all busy with life and work obligations and responsibilities and sometimes it is hard to find time to exercise. We don’t find more time in our day; we must choose to make the time for ourselves. You matter too! Self-care is a sign of self-respect. We give so much energy away to others, we must save some for ourselves.

If we don’t make time for wellness, our minds and bodies will make time for illness. Our physical fitness enhances our psychological fitness. Exercise is a natural antidepressant that studies show have a benefit as close to medication taken for anxiety or depression. Oftentimes when we are fatigued or in a low mood we don’t have the energy to exercise. Mood and motivation follow action, not the other way around. Next time you need a boost, try getting some exercise or movement to dissipate and flush out the stress that has accumulated and increase your endorphins and feel-good chemicals in your mind, body, and gut. Exercise is also a natural pain killer and immunity enhancer. It helps you sleep better and reduces the risk of all cause mortality for illness, conditions, and disease to include the #1 killer of Americans: Cardiovascular disease. The benefits of exercise are too great to list all but remember that it reduces the chances of developing Metabolic Syndrome, which is a cluster of conditions like overweight, high blood pressure, high cholesterol, high triglycerides, high

blood sugar. If you have 3 of these 5 conditions, talk to your doctor, that is indicative of Metabolic Syndrome and can also lead to pre diabetes or diabetes. Know your numbers.

Interested in a snack? Try taking making room for exercise snacks throughout your day. Exercise snacks are intentional movements that help increase calorie burn outside of the traditional exercise setting. Stand at your desk instead of sitting, reduce the negative impacts of sedentary time. Experts say that sitting is the new smoking and excessive sedentary time is equivalent to smoking (15) cigarettes per day. Take phone calls while walking, do some air squats at your desk, take stretch breaks, lean against your desk or car and perform some pushups or dips. Examples like these help accumulate the benefit of movement while receiving the compounded interest over time to enhance your health. Exercise Stress + Rest = Growth.

Don't accept the shocking statistics. Our intense occupation and life call for intense Self-Care! You matter and you are valued. Live your best version of your life and choose to be better than you were yesterday. We are rooting for you!

HEALTH & FITNESS

STATISTICS FOR A BETTER LIFE

Lift the Weight

Aim for 3-5 days per week of 45-90 minutes of resistance training. Whether that's kettlebells, barbells or dumbbells, find the modality that works for you and lift your way to a stronger, healthier you.

Get Your Steps In

Less than 5,000 steps per day is considered sedentary and is tied to increased body fat, low mood and energy.

Increasing that to 7,000+ steps per day, has shown to increase cognitive function, bone density, gut health and produce a happier, more stable mood and energy levels.

All About Intensity

The goal for a healthy life is 150-300+ minutes of vigorous, physical activity. With a combination of strength and cardiovascular training. Increasing your effort will increase quality & enjoyment of life on and off the job.



Overview

Officers face unique, physical demands on the job, requiring them to perform various physical tasks, in an unpredictable work environment. However, according to the National Institute of Health, the job is categorized as primarily sedentary (≤ 149 min of physical activity per wk) which increases the need for officers to prioritize their physical and cardiovascular health due to the enhanced strain of extended inactive periods,

followed by acute heavy physical exertion.

Police officers have an increased risk of obesity, hypertension, metabolic syndrome, high cholesterol, diabetes, and cardiovascular disease (CVD) than the general population. High sedentary time, physical inactivity and poor dietary & sleep habits exacerbate obesity & other health issues among LEO's.

Studies have shown that 83% of LEO's are overweight or obese (5% higher than the national average) leading to a decrease in job performance & productivity, along with an increase in liability and risk of injury or death to themselves, fellow officers, or other civilians.

What can you do to not be a part of the statistics?

Studies have shown that officers who prioritize strength training combined with cardiovascular training have an increase in muscle mass and a decrease in body fat percentage leading to better job performance, an increase in life expectancy & an increased quality of life during their career and after retirement.

Benefits of strength training include:

- Increased bone density & decreased joint injury
- Prevention/control of chronic health issues
- Increased cognitive function/performance
- Increased metabolism & decreased body fat
- Improved sense of wellbeing, self-confidence & mood
- Greater stamina, mobility & balance
- Improved sleep