

# WELL CHURCH & COMMUNITY CONFERENCE 2022

## ACTIVE LIVING Q&A SESSION Answered by: Michael Lopez, MUP

### What age is considered as an “older adult”?

The Physical Activity Guidelines for Americans define an ‘older adult’ as any adult aged 65 or older. The Physical Activity Guidelines for Americans includes key differences in language for older adults such as, “as are able or who are able” with some of the activities discussed.

### How can I increase indolence with the after effects of the covid virus, including pain in feet?

I would check and consult with your healthcare provider or a physical activity specialist on the best individualized recommendation and guidance to assist with that management.

### For exercise – my big issues are getting the motivation and habit to exercise.

The community, especially the church community, can play as that social support aspect that can help motivate behavior changes especially as it relates to physical activity and active living. This can be with someone that helps keep you accountable or having a group that keeps you engaged with your favorite activity at a specific time.

I have seen great examples of physical activity programs that are developed and delivered on site. Also, there might be community partnerships that could promote physical activity with congregation members. Finally, I’ve even seen examples of physical activity promotion embedded within health ministries. For example, with bible study walking groups, prayer walks or mindful walking.

One program offered by Texas A&M AgriLife Extension that I would like to mention is the ‘Walk Across Texas!’ (WAT!) program. WAT! incorporates key program components that help with support and motivation. Physical activity promotion is specifically embedded in that program because it is a team-based program. What is *great* about it, is that it’s virtual too so you don’t have to be accountable to those in your geographic location. You can work with your team through this virtual journey walking across the state.

To learn more or register, the link is [howdyhealth.tamu.edu](https://howdyhealth.tamu.edu). If you have any questions about starting the program or would like to promote it within your church or community feel free to reach out to me or your local county extension agent. Your local county extension agent might have a lot of great suggestions or have an upcoming community-wide campaign. Find that activity that you enjoy and create that social support that will help keep you accountable and WAT! is a great way to do that.

With 1 hour devoted to getting to and doing work, 7 hours of sleep, low energy in the evening, 3 hours of housework, leaving 3 hours of “disposable” time per day; what is a viable routine to adopt regarding exercise?

You know with all those busy things that are going on, it may be difficult to find the time to be active. The true value of physical activity starts with just moving more, so one strategy would be to find ways to incorporate additional activity. Perhaps a brisk walk between housework or disposable time or parking a little bit further away, if able. Another example is walking and talking with someone at work. The key is looking for those ways that we can build up that time. Setting personal goals will allow you to achieve the benefits that you value the most. It is important to remember that the 2nd edition of the Physical Activity Guidelines for Americans mentions that any and all activity can contribute to a reduced risk of all-cause mortality. So, there are no restrictions on whether it must be 10, 15, or 30 minutes at a time. Taking incremental steps might help reach those moderate or vigorous intensity goals. And I will say, the best risk reduction is moving from non-active or inactive to even insufficiently active. A majority of health benefits can be found even in that transition prior to meeting physical activity guidelines and recommendations.