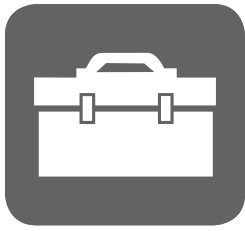


TOOLBOX TALKS



Quarter:

PHYSICAL ACTIVITY

Talk Number:

1

Physical Activity Recommendations

Toolbox Talk #1

Physical Activity Recommendations

Are you fitting in at least 150 minutes (2.5 hours) of heart-pumping physical activity per week? If not, you're not alone. Only about one in five adults and teens get enough exercise to maintain good health. Being more active can help all people think, feel and sleep better and perform daily tasks more easily. And if you're sedentary, sitting less is a great place to start.

Recommendations for Adults

- Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

What is intensity?

Physical activity is anything that moves your body and burns calories. This includes things like walking, climbing stairs and stretching.

Aerobic (or "cardio") activity gets your heart rate up and benefits your heart by improving cardiorespiratory fitness. When done at moderate intensity, your heart will beat faster and you'll breathe harder than normal, but you'll still be able to talk. Think of it as a medium or moderate amount of effort.

Examples of moderate-intensity aerobic activities:

- | | | |
|------------------------------------|--------------------------------|-------------------------------|
| • Brisk walking (at least 2.5 mph) | • Dancing (ballroom or social) | • Tennis (doubles) |
| • Water aerobics | • Gardening | • Biking (slower than 10 mph) |

Vigorous intensity activities will push your body a little further. They will require a higher amount of effort. You'll probably get warm and begin to sweat. You won't be able to talk much without getting out of breath.

Examples of vigorous-intensity aerobic activities:

- | | | |
|--|--|----------------------------|
| • Hiking uphill or with a heavy backpack | • Aerobic dancing | • Tennis (singles) |
| • Running | • Heavy yardwork like continuous digging or hoeing | • Cycling 10 mph or faster |
| • Swimming laps | | • Jumping rope |

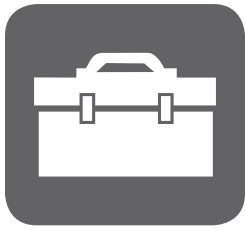


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TOOLBOX TALKS



Quarter:

PHYSICAL ACTIVITY

Talk Number:

1

Physical Activity Recommendations

For maximum benefits, include both moderate- and vigorous-intensity activity in your routine along with strengthening and stretching exercises.

What if I'm just starting to get active?

Don't worry if you can't reach 150 minutes per week just yet. Everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. Set a reachable goal for today. You can work up toward the recommended amount by increasing your time as you get stronger. Don't let all-or-nothing thinking keep you from doing what you can every day.

The simplest way to get moving and improve your health is to start walking. It's free, easy and can be done just about anywhere, even in place. Any amount of movement is better than none. And you can break it up into short bouts of activity throughout the day. Taking a brisk walk for five or ten minutes a few times a day will add up.

If you have a chronic condition or disability, talk with your healthcare provider about what types and amounts of physical activity are right for you before making too many changes. But don't wait! Get started today by simply sitting less and moving more, whatever that looks like for you.

The takeaway: Move more, with more intensity, and sit less.

Science has linked being inactive and sitting too much with higher risk of heart disease, type 2 diabetes, colon and lung cancers, and early death.

It's clear that being more active benefits everyone and helps us live longer, healthier lives.

Here are some of the big wins:

- Lower risk of heart disease, stroke, type 2 diabetes, high blood pressure, dementia and Alzheimer's, several types of cancer, and some complications of pregnancy
- Less weight gain, obesity and related chronic health conditions
- Better bone health and balance, with less risk of injury from falls
- Better sleep, including improvements in insomnia and obstructive sleep apnea
- Improved cognition, including memory, attention and processing speed
- Fewer symptoms of depression and anxiety
- Better quality of life and sense of overall well-being

So what are you waiting for? Let's get moving!

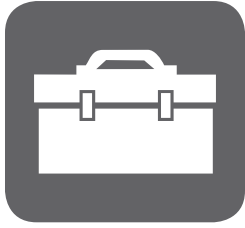


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TOOLBOX TALKS



Quarter:

**PHYSICAL
ACTIVITY**

Talk Number:

2

**Target Heart
Rates**

Toolbox Talk #2 Target Heart Rates

What should your heart rate be when working out, and how can you keep track of it? Our simple chart will help keep you in the target training zone, whether you want to lose weight or just maximize your workout. Find out what normal resting and maximum heart rates are for your age and how exercise intensity and other factors affect heart rate.

How do you get your heart rate in the target zone?

When you work out, are you doing too much or not enough? There's a simple way to know: Your target heart rate helps you hit the bullseye so you can get max benefit from every step, swing and squat. Even if you're not a gym rat or elite athlete, knowing your heart rate (or pulse) can help you track your health and fitness level.

First Things First: Resting Heart Rate

Your resting heart rate is the number of times your heart beats per minute when you're at rest. A good time to check it is in the morning after you've had a good night's sleep, before you get out of bed or grab that first cup of java!

For most of us, between 60 and 100 beats per minute (bpm) is normal. The rate can be affected by factors like stress, anxiety, hormones, medication, and how physically active you are. An athlete or more active person may have a resting heart rate as low as 40 beats per minute. Now that's chill!

When it comes to resting heart rate, lower is better. It usually means your heart muscle is in better condition and doesn't have to work as hard to maintain a steady beat. Studies have found that a higher resting heart rate is linked with lower physical fitness and higher blood pressure and body weight.

Know Your Numbers: Maximum and Target Heart Rate

The table on the next page shows target heart rate zones for different ages. Your maximum heart rate is about 220 minus your age.

In the age category closest to yours, read across to find your target heart rates. Target heart rate during moderate intensity activities is about 50-70% of maximum heart rate, while during vigorous physical activity it's about 70-85% of maximum.

The figures are averages, so use them as a general guide.

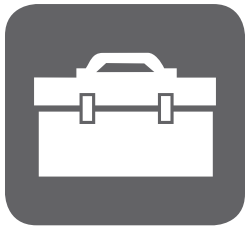
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TOOLBOX TALKS



Quarter:

PHYSICAL ACTIVITY

Talk Number:

2

Target Heart Rates

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

Hit the Target: Find Your Heart Rate

Now that you have a target, you can monitor your heart rate to make sure you're in the zone. As you exercise, periodically check your heart rate. A wearable activity tracker makes it super easy, but if you don't use one you can also find it manually:

1. Take your pulse on the inside of your wrist, on the thumb side.
2. Use the tips of your first two fingers (not your thumb) and press lightly over the artery.
3. Count your pulse for 30 seconds and multiply by 2 to find your beats per minute.

Important Note: Some drugs and medications affect heart rate, meaning you may have a lower maximum heart rate and target zone. If you have a heart condition or take medication, ask your healthcare provider what your heart rate should be.

So what's in a number?

If your heart rate is too high, you're straining. Slow your roll! If it's too low, and the intensity feels "light" to "moderate," you may want to push yourself to exercise a little harder, especially if you're trying to lose weight.

If you're just starting out, aim for the lower range of your target zone (50 percent) and gradually build up. In time, you'll be able to exercise comfortably at up to 85 percent of your maximum heart rate. Woo hoo!

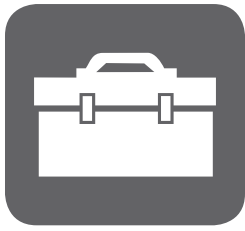


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TOOLBOX TALKS



Quarter:

PHYSICAL ACTIVITY

Talk Number:

3

Strength & Resistance Training

Toolbox Talk #3

Strength & Resistance Training

Strength and resistance training exercise is one of the four types of exercise along with endurance, balance and flexibility. Ideally, all four types of exercise would be included in a healthy workout routine and AHA provides easy to follow guidelines for endurance and strength-training in its Recommendations for Physical Activity in Adults.

They don't all need to be done every day, but variety helps keep the body fit and healthy, and makes exercise interesting. You can do a variety of exercises to keep the body fit and healthy and to keep your physical activity routine exciting. ***The American Heart Association recommends strength training at least twice per week.***

Strengthening your muscles gives you the ability to perform everyday activities and helps protect your body from injury. Stronger muscles also lead to a boost in your metabolic rate, which means you'll burn more calories even when your body is at rest.

Don't worry – we're not talking about professional bodybuilding. Simple, weight-bearing exercises that use free weights, machines or your body's own resistance are the focus. You can do these workouts separate from your cardio activity or add resistance on to an existing workout. Choose the time and type of activity that works for you.

A well-rounded strength-training program provides the following benefits:

- Increased strength of bones, muscles and connective tissues (tendons and ligaments);
- Lower risk of injury;
- Increased muscle mass, which makes it easier for your body to burn calories and thus maintain a healthy weight;
- Better quality of life.

You may wish to consult with a certified fitness professional to learn safe technique before beginning a strength-training program. One set of eight to 12 repetitions, working the muscles to the point of fatigue, is usually sufficient for each muscle group.

Aim to exercise each muscle group at least two times per week, with a minimum of two days of rest between workouts.

Training more frequently or adding more sets may lead to slightly greater gains, but the minimal added benefit may not be worth the extra time and effort – not to mention the added risk of injury.

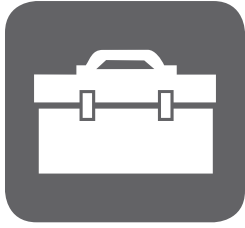
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TOOLBOX TALKS



Quarter:

PHYSICAL ACTIVITY

Talk Number:

3

Strength & Resistance Training

What if I'm recovering from a cardiac event or stroke?

Some people are afraid to exercise after a heart attack. But regular physical activity can help reduce your chances of having another heart attack.

The AHA published a statement in 2014 that doctors should prescribe exercise to stroke patients since there is strong evidence that physical activity and exercise after stroke can improve cardiovascular fitness, walking ability and upper arm strength.

If you've had a heart attack or stroke, talk with your doctor before starting any exercise to be sure you're following a safe, effective physical activity program.

Here are six simple strength and resistance training exercises we can do right here on the jobsite:

- High Knees
- Wall Sit
- Bodyweight Squat
- Jumping Jacks
- Jump Squat
- Standing Calf Raise

1. High Knees



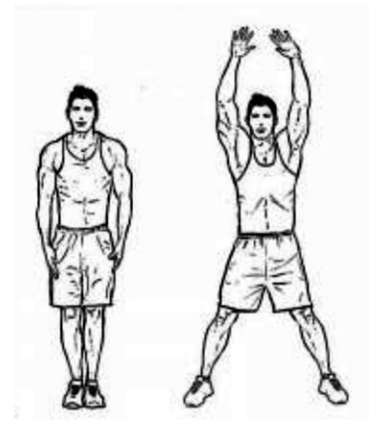
Targets: Glutes, Hamstrings, Quadriceps

Begin jogging in place, lifting the knees as high as you can. Start slowly with controlled muscles to avoid injury.

Aim to lift your knees to hip level, but keep your core tight to support your back.

Advanced move: Hold your hands, palms down, at hip level and touch your knees to your hands.

2. Jumping Jacks



Targets: Quadriceps, Calves, Glutes, Hamstrings

Stand with feet together, arms straight with hands by your sides.

Step 1: Bend your knees slightly then push through the balls of your feet to jump up and spread your legs out, wider than the width of your hips.

At the same time, raise your arms out and in an arc to meet above your head.

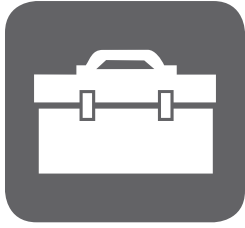
Step 2: Jump again and bring your feet and arms back to their original position. Repeat.



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TOOLBOX TALKS



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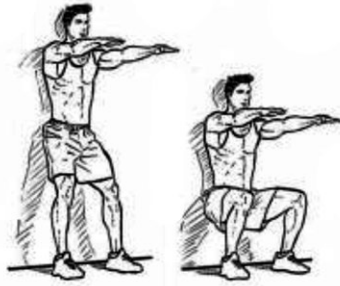
PHYSICAL ACTIVITY

Talk Number:

3

Strength & Resistance Training

3. Wall Sit



Targets: Quadriceps, Glutes, Hamstrings, Calves

Stand against a wall with your head and back against the wall. Feet should be shoulder width apart, slight away from the wall. Arms can be straight out or at your sides with palms facing the wall.

Bend your knees and lower yourself until your thighs are straight/parallel to the ground. Hold for a count of 1, then straighten your knees to return to the starting position, and repeat.

4. Jump Squat



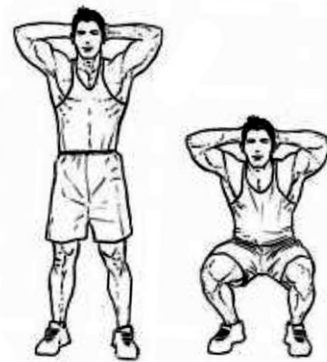
Targets: Glutes, Hamstrings, Quadriceps, Calves

Stand with feet hip width apart, toes ahead. Link your hands behind your head.

Bend your knees and lower your hips into a sitting/squat position. Keep your back straight. Pause when you feel a slight stretch in your quadriceps/front of thigh.

Powering through your heels, jump up, extending your arms above you. Land with your knees slightly bent. Repeat.

5. Bodyweight Squat



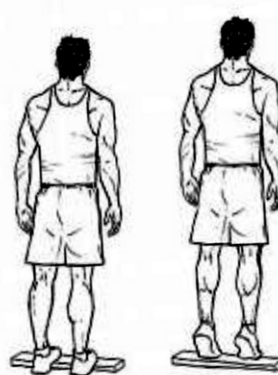
Targets: Quadriceps, Glutes, Hamstrings, Calves

Stand with your feet hip-width apart. Link your hands behind your head.

Bend your knees and lower your hips toward the ground, in a squatting position.

Pause for one count before returning to starting position. Repeat.

6. Standing Calf Raise



Targets: Calves

Find an existing stair, curb, or other stable, non-slip raised surface.

Place your toes and the ball of your feet on the step, with your heels hanging off the back.

Raise your heels a few inches up so you're on your tiptoes. Hold for one count, then lower heels back to original position. Repeat.

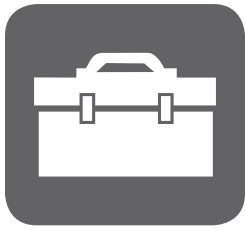


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TOOLBOX TALKS



Quarter:

**PHYSICAL
ACTIVITY**

Talk Number:

4

**Walking -
Tips**

Toolbox Talk #4

Walking – Tips

Walking is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere. These tips will help you get your walk on at the right time for you.

Do you like to move as soon as your feet hit the floor?

- Before you go to bed, get your walking clothes and shoes ready so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a few spoonfuls of yogurt for a quick fuel-up.
- If it's still dark, wear reflective clothing or carry a light.
- Walking to your favorite tunes may help get you moving. Just make sure you can still hear traffic.
- Be sure to stretch a bit at the end of your walk. Watch a morning news show or check your email while stretching.

Is lunchtime the only break in your busy day?

- Schedule your lunchtime walk in your work calendar. Think of it as an important appointment.
- Keep everything you need for walking at work. This way you won't find yourself saying "I forgot my shoes. I can't go."
- In cooler weather, you might need a jacket, hat or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Recruit some coworkers to join you. You can keep each other on track.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to change into a t-shirt.
- Bring your lunch or pick a route where you can grab a quick healthy meal at the end of your walk.

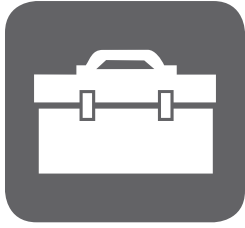
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TOOLBOX TALKS



Quarter:

PHYSICAL ACTIVITY

Talk Number:

4

Walking - Tips

Is working out after work your idea of happy hour?

- Have a light snack about an hour or two before you leave work so you don't experience an energy dip and talk yourself out of walking. Try yogurt, a handful of almonds or a piece of fruit.
- Pick a route without heavy traffic because rush hour can increase air pollutants.
- Do some shoulder rolls and other warm-ups to release the stress of the day before heading out.
- If it's already dark, wear reflective clothing or carry a light.

Every Step Counts

Most adults should try for at least 150 minutes (2.5 hours) a week of moderate intensity activity. 30 minutes of brisk walking at least five days a week is one way to meet this goal. But what if you're so tight on time that you can't spare a half hour every day? Then get creative and break up your activity into shorter sessions.

For example:

- In the morning, park or get off the bus/train about 10 minutes away from your job and walk briskly to work.
- At lunch, walk for 10 minutes around where you work, indoors or outdoors.
- At the end of the day, walk briskly for 10 minutes back to your car or station.

And there you have an easy 30-minute daily workout! Remember, exercise is any kind of physical activity that gets your heart rate up.



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