

Self Care

EXERCISE

DR. DEBORAH AMBROSIO & DR. MARILYN KLAINBERG



Self care: WHY exercise

- Regular exercise can increase self-confidence
- Improve your mood
- Helps you relax, and lower symptoms of mild depression and anxiety
- Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety
- Helps you loss weight

Why as nurses is exercise important?



- As nurses we have a responsibility to not only share health information and refer patients to appropriate services to support them in making lifestyle behavior changes, but we owe it to ourselves to be role models for our patients to be in the best of health in order to carry out our nursing roles efficiently.
- Physical activity is essential for good health, and those nurses who participate in physical activity are more likely to reap the benefits of good health such as lower sickness absence, increased loyalty to their workplace and better recruitment retention .
- According to the CDC (2019), More than 60 percent of U.S. adults do not engage in the recommended amount of activity. Approximately 25 percent of U.S. adults are not active at all.
- In order to maintain the good health of our nursing workforce, should be encouraging participate in and taking part in activities such as cycling or walking to work and use modes of transport involving physical activity as well as providing low cost and fun exercise sessions in the workplace, school and community

Moving our bodies provides us with many benefits including:

- Reducing risk of chronic disease
- Improving mood
- Improving brain function and health
- Managing blood sugars
- Strengthening muscles and bones
- Maintaining movement and balance
- Decreases reducing risk of falls
- Improving sleep
- Increasing longevity
- Increasing energy and so much more!



Retrieved from: <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#:~:text=Being%20physically%20active%20can%20improve,activity%20gain%20some%20health%20benefits.>

Self care: benefits to brain activity

- Exercise improves mood
- Stimulates brain chemicals
- Increases self confidence

Owusu-Sekyere F. (2020). Assessing the effect of physical activity and exercise on nurses' well-being. *Nursing standard* (Royal College of Nursing (Great Britain) : 1987), 35(4), 45–50. <https://doi.org/10.7748/ns.2020.e11533>

How can you fit more exercise into your day?



- Begin with small starts like these, and build up from there.
- Park your car at the far end of a parking lot, so you have farther to walk to a building's entrance.
- Choose the stairs rather than the elevator.
- Spend part of your lunch break walking.
- On bad-weather days, try walking indoors, at a mall or use a Youtube video etc.
- Wake up a bit earlier and exercise before you do anything else.
- Use a wearable fitness tracker to count your steps. Try increasing your daily steps by 500 each week with the goal of reaching 10,000 steps per day, a level that can produce many health benefits.
- Always check with your health care provider prior to starting a exercise program

Self care challenge

Add 30 minutes of
exercise to your week.....

