

STRONG BODIES
MORE THAN STRONG MUSCLES

A REFERRAL FOR PHYSICAL ACTIVITY
MAY BE MORE POWERFUL
THAN YOU THINK.

WHAT IF YOU COULD:

- **Help someone manage pain**
- **Thrive in a new community and be less isolated**
- **Improve someone's chances of surviving cancer or ward off diabetes**

GOAL TODAY:

You will be able to confidently refer your clients to community-based exercise programs or to a qualified Medical Exercise Specialist.

IN THIS TALK, WE WILL:

- Discuss why Community Health Workers are uniquely qualified to refer clients to exercise
- When and where to refer
- What holds people back from exercise
- What to say to motivate people

COMMUNITY HEALTH WORKERS ARE THE BEST REFERRAL SOURCE

PROVIDERS

- Exercise is not a topic that is covered in over 80% of the Med Schools
- Barely discuss, only 13% of all office visits
- Half the time initiated by patient

COMMUNITY HEALTH WORKERS

- Friendly conversation
- Solution based options



EXERCISE
PROMOTES A
HEALTHY BODY.

- Bones
- Muscles
- Heart
- Lungs



REGULAR EXERCISE IMPROVES QUALITY OF LIFE.

- Improves sleep
- Helps maintain healthy weight
- Slows the aging process
- Resilience and mental toughness
- Improves mood

EXERCISE CAN BE TARGETED TOWARD CERTAIN GOALS

Functional Fitness

- ADL's (Activities of Daily Living) = Independence
- Prevents falls

Corrective Exercise / Post Rehab Programs

- Coming back from surgery / injury / disease

EXERCISE IS PREVENTATIVE

- Recognized as preventing 13 forms of common cancers
- Preventing cognitive decline
- Can prove to be a powerful tool in suicide prevention
- Say good-bye to higher risks of heart attack and stroke



WHO SHOULD BE
REFERRED?

Everyone.

No one is too
young or too old
to be referred to
exercise.

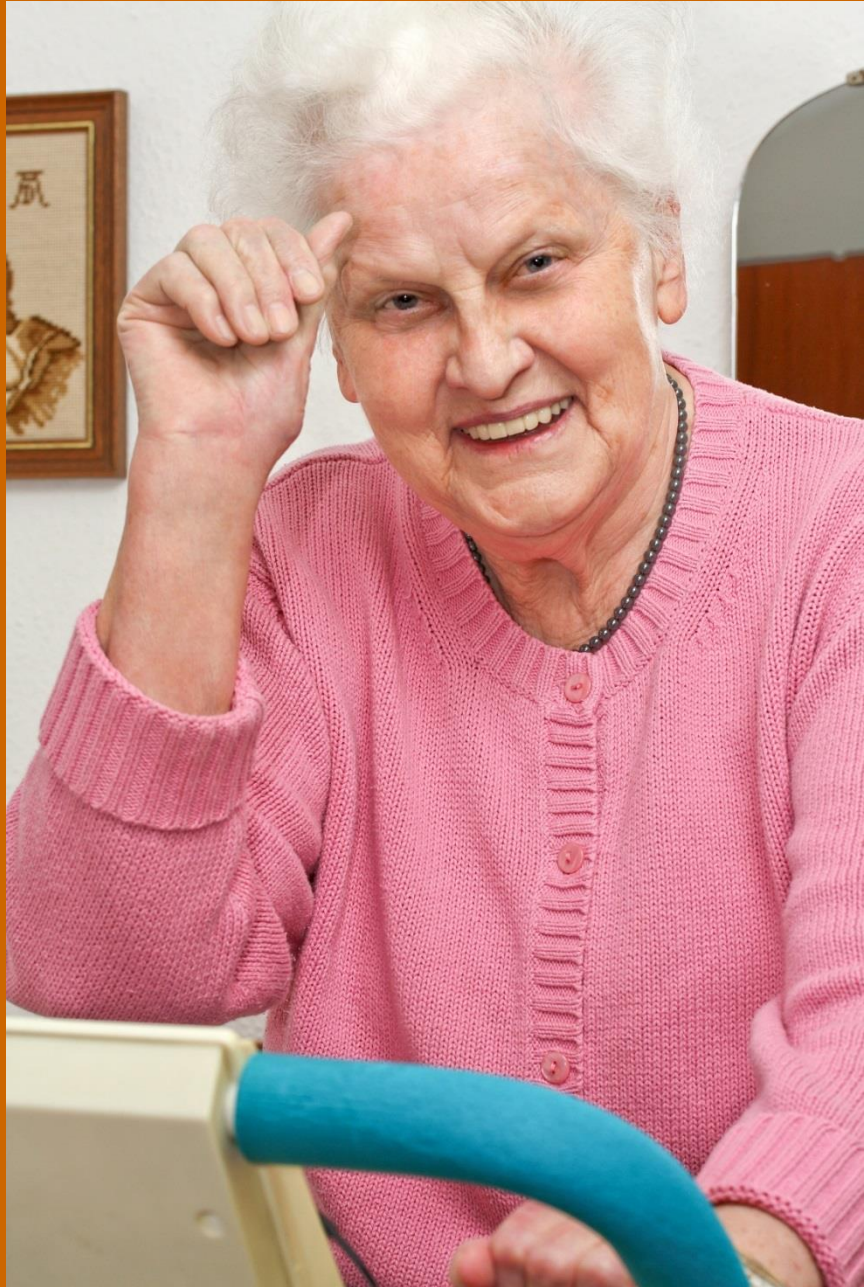
REFER TO COMMUNITY EXERCISE PROGRAM OR
MEDICAL EXERCISE SPECIALIST?

COMMUNITY EXERCISE PROGRAMS

- Low cost and scholarships
- Responsive to the community
 - Do we need women's only class?
 - Should the music be from the home country?
- Social
- Bundled with other programs
 - Low cost lunches
 - Arts
 - Enrichment talks

MEDICAL EXERCISE SPECIALISTS

- High degree of training
- Responsive to individual needs
- A great place to start when the situation is complex
- Or when the goals are very specific



THERE ARE
CONSIDERATIONS.

- Heart trouble?
- Have joints been replaced?
- Is there chronic pain?

TO BE SAFE:

- Always consult with Provider prior to beginning an exercise program.
- Avoid pounding exercise (going for a hard run).
- Always ensure that the community program has an adequate warm up, cool down and final stretch.
- Check to be certain that the referral is to a qualified, certified instructor.
- Medical Exercise Specialist should hold certifications.

COMMUNITY FITNESS PROGRAMS AND
MEDICAL EXERCISE PROGRAMS ARE NOT
MUTUALLY EXCLUSIVE.

A PERSON CAN BE INVOLVED IN BOTH AT THE SAME TIME.

WHERE TO REFER TO COMMUNITY BASED PROGRAMS:

- **Community Centers and Pools**
 - Low cost and offer scholarships
 - Family and individual programs
- **Senior Centers**
 - Low cost
 - Usually welcome people with special needs, even if temporary
- **Disease specific foundations, for example:**
 - Brain Injury Alliance of Washington
 - Arthritis Foundation
 - American Parkinson Disease Association
 - Multiple Sclerosis Association of America
 - Team Survivor Northwest, cancer
 - Outdoors for All, adaptive



WHERE TO FIND A MEDICAL EXERCISE SPECIALIST

- Consult a Physical Therapist
- Resource links for disease specific foundations
- Most hospital, multi-modal clinic systems
- [MedFitNetwork.org](https://www.MedFitNetwork.org)

HOW MUCH WEEKLY EXERCISE TO RECOMMEND?

- 150 minutes of moderate cardio. Moderate means that you can talk while you are doing it and still have “evidence of exercise”.
- 2 days of strength training, that work all major muscle groups, (legs, hips, back, abdomen, chest, shoulders, and arms).
- People can start with 10-minute increments

.....not the main concern

BARRIERS TO EXERCISE

- Time – never true
- Geography, transportation
- Cost
- Language (group exercise, individual sport)
- Pain (or fear of pain)
- Fear of not knowing what to do (re-assure with that there must be Joy!)

A NOTE ON CHRONIC PAIN

Chronic Pain has four sources:

- The original source of the pain
- Deconditioning
- Inflammation
- Fear of making the pain worse

Three of four sources can be addressed through movement!



A NOTE ON JOY

- No joy means that there will be no improvement.
- Stress defeats the purpose.

ADHERENCE

- Friends
- Joy in movement (Exercise can be its own reward)
- Create a habit, put it on the calendar

IN THIS TALK, WE:

- Discussed why Community Health Workers are uniquely qualified to refer clients to exercise
- When and where to refer
- What holds people back from exercise
- What to say to motivate people

DO YOU FEEL CONFIDENT TO REFER YOUR CLIENTS
TO COMMUNITY-BASED EXERCISE PROGRAM OR
A QUALIFIED MEDICAL EXERCISE SPECIALIST?

QUESTIONS?



Lisa Stuebing

Owner, Mud Puddle Fitness, LLC

Medical Exercise Specialist, Certified
Personal Trainer, Senior Fitness Specialist

www.MudPuddleFitness.com

CoachLisa@MudPuddleFitness.com

206-524-6788