

## **EF310 - Unit 3 Assignment**

### **Client Assessments**

#### **Justin - Age 13, 7<sup>th</sup> grade:**

According to the PAR-Q assessment, Justin answered “no” to all the risk factors, but on Section 3 of the Risk Factors for Coronary Heart Disease on the Health Screening Questionnaire, Justin answered yes to having a BMI of 30 or greater. He also answered “yes” to being currently physically inactive with less than 30 minutes of moderate intensity activity three days per week (Howley and Thompson, 2012). Therefore, if Justin and his parents do not change his lifestyle, he does not have healthy outlook for the future.

#### Recommendations:

First I would talk to Justin’s parents to get them on board with the importance of improving the health of their entire family. Although it is shown with adolescents that parents have more influence over nutrition than activities, I would still encourage them to be good examples of increasing their own activity, and encourage their boys to participate in activity and sports as well. I would especially talk to his parents about encouraging Justin with his goal of playing football. Academics are important, but with Justin struggling to achieve “B’s”, his talents might be more inclined to sports; therefore, his parent’s need to encourage Justin in his unique talents. I would also suggest his parents buy active video games or “exergames” that encourages activity while playing. I would share with Justin’s parents the 2008 Physical Activity Guidelines (CDC, 2008), stating that kids and teens NEED one hour of physical activity each day. Finally I would suggest they support Justin to cook healthy family meals at least four days per week, and have his brothers help him depending on their schedules and whether they work outside the home.

Next I would talk to Justin about his goals to play football, and motivate him how he can achieve those goals. I would discover what active activities he loves, and encourage him to participate in those an hour per day. I would help him train specifically for football related activities such as interval running, working up to increasing his cardio level to obtain a better score on his one mile run. I would also incorporate a strengthening program such as calisthenics and some power yoga poses (plank, side planks, eventually some easy and fun arm balances). Concerning nutrition I would suggest he use what he’s learning in class to cook four healthy meals per week for the family. Finally I would introduce him to an exergame, and talk to him about daily choices we make to advance towards our goals, or slipping further away from them. With the increased cardio, strength and weight loss I would project a long term time goal when he could be eligible to play football, and then break it down into weekly goals. I would suggest a bi-weekly reward to celebrate when he accomplishes his goals.

**Sally - Age 65, full-time administrative assistant:**

Sally has a lot of responsibility on her plate! With Sally having Type II diabetes, 65 year old and obese, she will answer “yes” to the PAR-Q questions medication and possibly concerning joints; therefore, she needs a doctor’s recommendation before beginning an exercise program. She would also have a couple “yes” answers on the Health Screening Questionnaire concerning Type II Diabetes, medications and joint issues. She also has several risk factors for Coronary Heart Disease. Once she has doctor approval, an exercise and nutrition program could help change her life providing she is committed to following the program.

An adult Sally’s age should be getting a minimum of 150 minutes of cardio exercise per week, but to lose weight and see optimal health results 300 minutes per week is preferable (CDC, 2008). In other words, Sally should be getting around 30-60 minutes of activity an average of five days per week. I would talk with Sally about what active activities she enjoys, and what she liked to do when she was a child. I would have a heart-to-heart discussion how a person needs to sweat to achieve their health goals. Even Opra had to hear the hard truth about the need to sweat! I would have her set some written goals, and write down WHY they are important. For example:

- Eat healthy 6 days per week – set a good example for grandson and nurture family and herself.
- Increase cardio:
  - help with weight loss – will help improve or alleviate diabetes and blood pressure, which will also avoid needles having to go on insulin and save money.
  - increased endurance – do more activities with grandson
- Yoga – increase strength, decrease risk of osteoporosis, improve blood pressure.

**Suggested Cardio Activities:**

I would then suggest starting cardio activities according to her preference such as cycling, Zumba, yoga, hiking and walking with her grandson. She might also enjoy swimming since she does not like to sweat, but finding time to change and go to a gym might be an obstacle, as well as the expense of a gym membership.

**Suggested Strengthening**

I would highly recommend slow flow yoga for Sally. Clients who want an “easier” practice are more accepting to slow flow, but what they don’t realize is slow flow yoga is great for strengthening. For example, which is easier to do...a fast push-up or a very slow push-up? A word of caution, static poses are not kind to joints, so she would definitely need to flow even though it would be slow.

### Scheduling:

As busy as Sally is, she will need to incorporate activity into her work day. I would suggest:

- Rise~n~shine 15 minutes earlier and do 15 minutes of yoga.
- Find a friend to walk with 30 minutes during lunch or
- Find a gym (\$\$\$) near her work to go to during lunch for Zumba and/or yoga.
- Every time she goes to the bathroom during the work day, go to one on a different floor and use the stairs. If stairs are not an option, walk around the building after going.
- While in the bathroom, use the handicap stall to do 10 squats (or yogic chair poses) after squatting over the pot! ☺
- After or in between work, take a 20 min walk and talk with her grandson. He will probably look forward to the walks and help encourage her to be consistent.
- Get hubby and grandson to cook healthy meals.
- Try using Stevia (herbal sweetener) instead of sugar, or at least replace half of the sugar in a recipe with Stevia.

I would also explore the possibility of how her and her husband could meet their financial needs without her having to work a second job. Her husband is disabled, but many disabled people find on-line work. Maybe he could have an on-line Amazon store, or do editing. Also, if he's disabled, would he not be receiving some type of disability whether through past work or social security? Since her and her husband are caring for their grandson while their daughter is serving overseas, could the daughter send some money to help? Even \$200/month might help enough so Sally would not have to work the second job. At \$10 per hour, 20 hours per week would only earn gross pay of \$200. Are there ways they could they cut their lifestyle? Working two jobs with late nights would be challenging for her to get enough sleep. Often times, resolving the problem of not getting enough sleep will help a client feel good enough to be more active.

### Carl Age 21 Junior in college:

For the most part Carl seems like an average college student who is fairly healthy, but has some bad habits that need to be addressed. He also needs to establish some good habits to include regular exercise, rather than hit and miss activity. His doctor has already cleared him for an exercise program despite the exercise induced asthma he experiences at times.

It is recommended that a person Carl's age get at least 150 minutes of cardio exercise per week, and strength training twice per week; however, to achieve the physique Carl desires, he needs to obtain around 300 minutes per week of aerobic type exercise and strength training every other day (CDC, 2008). As with the previous two clients, it is important to establish the "why" for Carl's desire to reach his goal of increasing his upper body muscle mass. Given his age, I'm thinking his goal might have to do with attracting

a gal. I would also encourage him to make improvements for the sake of lifelong good health habits. I would also find out what are his favorite activities in addition to playing intramural sports.

**Recommendations:**

First, after making sure Carl always carries his inhaler, I would recommend Carl and I jog on over and get acquainted with the campus recreation center to discover what type of equipment and classes they offer. I would recommend a schedule of jogging to the rec center Mondays/Wednesdays/Fridays and participate in weight training with higher weight and fewer reps. On Tuesdays/Thursdays/Saturdays, I would suggest 15 minutes of stretching or yoga, and a good 45 minute aerobic type activity such as jogging, cycling, flag football or swimming.

Concerning Carl's nutrition, I would suggest he seek healthier options at least five days per week, rather than relying on ramen noodles and Kraft macaroni and cheese. If cooking isn't an option in his dorm room, he might check out the school cafeteria to see if their food is decent. Some grocery stores have pre-made organic salads he could have with the macaroni. Chipotle and Subway might be healthier options on occasion. He needs to cut the energy drinks, and maybe party an hour or two less to get more sleep on the weekends.

**Jennifer - Age 35, Working mom of 3 kids:**

Jennifer is a busy mom of children ages 10, 8 and 5 years. After a full day of work she probably feels like grabbing fast food and collapsing after the kids are in bed. However, at her "young" age she is already experiencing high blood pressure, and at 5'6", 175 pounds her BMI is considered "overweight" according to the NIH. She realizes if she doesn't change her and her children's lifestyle, good health is not in their future. She already has her doc's blessing to start an exercise program.

Jennifer has a lot of motivation to achieve her goals, not only to improve her health so she can be there for her kids, but also to improve her children's health. With Jennifer's goals, her and her kids need to have approximately one hour of activity most days of the week. She also is motivated to get off her blood pressure medication and lose weight. If she's a single mom, losing the weight might improve her self-esteem and improve her dating life. Being a mother it's easy to fall into the trap of always doing for your kids, and not taking care of yourself. She needs to realize she has to give to herself before she can give to others. I use the example of a pitcher. Before you can pour water into someone else's cup, your pitcher has to be filled. Taking care of her kids is taking care of herself as well.

## Recommendations:

Since Jennifer likes to walk, I would suggest starting a ritual as soon as she arrives home from work, her and her kiddos go for a walk. A walk right after work would provide exercise for all of them, and give them time to catch up on the day. A walk to the playground would be great, so they could stop and play for 10-15 minutes. At the playground Jennifer needs to play with her kids on the equipment, instead of plopping down on the bench, texting her friends like I see so many young moms doing. Climbing around on the equipment would help build strength, not to mention fun. Upon arriving home, she needs to recruit the kiddos to the kitchen to help cook. Even the five year old can help wash fresh veggies. If she's not already well acquainted with crockpot cooking, she needs to learn. It is also advisable to recruit the kids to help cook on the weekend, then freeze portions for evenings they need to grab a quick dinner.

Working in an office I would suggest the same little mini-workout breaks as I did for Sally. Every time Jennifer goes to the bathroom, she can go to one on a different floor and use the stairs, and/or walk around the building. She can use the handicap stall where there's plenty of room so after squatting over the toilet, she can do some squats. I also advise clients to take stretching breaks every hour by standing and stretching with arms above head, then clasping hands together behind the back to counter hunching over a computer. Chair twists are also recommended. During lunch she can get a friend to walk or climb stairs together for 30 minutes.

I would also highly recommend yoga to help Jennifer's strength training and blood pressure. Undoubtedly she has a lot of stress raising three kids and working full-time. Even 15 minutes of yoga after work or before bed can greatly relieve stress, and help her sleep better. On-line yoga classes can be found free or inexpensive, from \$7-12 per month for a monthly subscription. Helping counter stress, increasing activity and losing weight will help improve Jennifer's blood pressure, maybe even to the point to where she no longer needs medication.

Howley, E., Thompson, D. (2012). *Fitness Professional's Handbook*, pages 19-23, 6<sup>th</sup> ed, University of Tennessee at Knoxville, Human Kinetics.

Centers for Disease Control and Submission. (2008), *Physical Activity Guidelines*, Retrieved from: <http://www.cdc.gov/physicalactivity/basics/index.htm>

U.S. Department of Health & Human Services (2015), National Institutes of Health, retrieved from: [http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)