

Stronger, Healthier, Happier:

Musculoskeletal Health

- Founded by postal workers in 1937 to serve the common good
- 2+ million members worldwide
- Largest federal employee benefits association in the country
- Federal employees, retirees and military retirees
- Extensive nationwide network of doctors, dentists, hospitals and other providers

Webinar tips

- You will find a PDF of the slides in the Resources list
- Closed captioning will be available during the webinar
- The webinar audio will be played through your computer. No need to mute your device.
- Technical issues:
 - Try refreshing your browser
 - Use Chrome browser for the best viewing experience
- Non-technical questions? Email webinars@geha.com

Agenda

- Benefits of physical activity
- Physical activity guidelines
- Example activities
- Getting started



Benefits of physical activity



Physical activity VS exercise

- **Physical activity:** Movement that is carried out by the skeletal muscles that requires energy. In other words, any movement one does is physical activity.
- **Exercise:** Movement that is planned, structured, repetitive, and intended to improve or maintain physical fitness. Exercise is a subcategory of physical activity.



Benefits of physical activity:

- Improves mood, sleep and energy levels
- Reduces risk of injury and falling
- Supports immune system
- Lowers the risk of developing new chronic health problems
- Promotes independence

Physical activity guidelines



Polling question

How many minutes of physical activity per week are recommended to maintain general health?

- a) 60 minutes
- b) 100 minutes
- c) 150 minutes
- d) 200 minutes



FITT principle:

RPE Scale (Rate of Perceived Exertion)	
1	Very light activity It doesn't even feel like you're exercising.
2-3	Light activity You could keep going for hours! It's easy to breathe and have a conversation.
4-6	Moderate activity You're breathing heavily, but you can have a conversation.
7-8	Somewhat difficult activity You're short of breath. You can speak, but only about one sentence at a time.
9	Very difficult activity You can barely breathe, and can only say a few words at a time.
10	Maximum effort activity You're completely out of breath, and can't talk.

- **F**requency – how often
- **I**ntensity – how difficult (Borg RPE)
- **T**ime – how long
- **T**ype – what kind

ACSM physical activity guidelines

	Cardiovascular
Frequency	≥5 days per week
Intensity	Moderate intensity
Time	≥30 minutes per day
Type	Prolonged, rhythmic activities using large muscle groups (e.g., walking, biking, swimming)

ACSM physical activity guidelines

	Cardiovascular	Strength
Frequency	≥5 days per week	2 times per week
Intensity	Moderate intensity	Moderate intensity
Time	≥30 minutes per day	1-2 sets of 8-12 repetitions for each major muscle group
Type	Prolonged, rhythmic activities using large muscle groups (e.g., walking, biking, swimming)	Body weight, machines, resistance bands and/or free weights

Cardiovascular & strength activity

Standing march



Side steps



Sit to stand



Plank against table or wall



Wall push ups



Polling question

To achieve good balance, we rely on what systems to work in harmony?

- a) Inner-ear
- b) Brain
- c) Eyes
- d) Muscular-skeletal system
- e) All of the above



ACSM physical activity guidelines

	Cardiovascular	Strength	Flexibility
Frequency	≥5 days per week	2 times per week	3-5 times per week
Intensity	Moderate intensity	Moderate intensity	To the point of tightness or slight discomfort
Time	≥30 minutes per day	1-2 sets of 8-12 repetitions for each major muscle group	Hold each static stretch for 10-30 seconds per stretch
Type	Prolonged, rhythmic activities using large muscle groups (e.g., walking, biking, swimming)	Body weight, machines, resistance bands and/or free weights	Static, dynamic

ACSM physical activity guidelines

	Cardiovascular	Strength	Flexibility	Neuromotor
Frequency	≥5 days per week	2 times per week	3-5 times per week	2 days per week
Intensity	Moderate intensity	Moderate intensity	To the point of tightness or slight discomfort	
Time	≥30 minutes per day	1-2 sets of 8-12 repetitions for each major muscle group	Hold each static stretch for 10-30 seconds per stretch	20-30 minutes per day
Type	Prolonged, rhythmic activities using large muscle groups (e.g., walking, biking, swimming)	Body weight, machines, resistance bands and/or free weights	Static, dynamic	Motor skills, balance, agility, coordination, mobility

Flexibility & neuromotor activity

Quad stretch



Seated glute stretch



Hamstring stretch



Rotation at wall



Hip flexor stretch



Getting started





Safe physical activity:

- **Warm up**
- **Cool down**
- **Start small**
- **Check with your doctor**



Build a plan:

- **Decide when and what to do**
- **Gather equipment & support**
- **Be as active as your abilities allow**

Example plan

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Cardio		X	X	X		X	X
Strength		X			X		
Flexibility	X		X	X		X	
Neuromotor	X				X		X

Example plan

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Cardio							
Strength							
Flexibility							
Neuromotor							

Wrap-up

- Benefits of physical activity
- Physical activity guidelines
- Demonstrations
- Getting started



GEHA member resources

- Elevate and Elevate Plus plans
 - Rally digital health platform
 - Learn more at geha.com/WellnessPays
- High, Standard and HDHP plans
 - GEHA Well-being portal
 - Learn more at geha.com/HealthRewards
- All GEHA plans
 - Healthy recipes and health and wellness articles
 - Learn more at geha.com/Blog
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This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

The information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen, or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein.

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Health Association

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Q&A chat will go on through 1 p.m. Eastern time

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