

Lesson 4: Stretching Your Body and Your Money

Topics to be Covered

What's Inside	
Background	1
Health Strategies	2
Wealth Strategies	3
Take Home Message	4
Optional Activities	4
References	5

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness." - Edward Stanley

Health Strategies

⇒ Take Small Steps to Step Up Your Physical Activity

Wealth Strategies

⇒ Take Small Steps to Create Your Spending plan

Objectives

Learning Objectives

- Participants will understand the benefits of physical activity.
- Participants will understand the importance of and steps to creating a spending plan.

Behavioral Objectives

- Participants will be able to identify small steps they can take towards stepping up their physical activity.
- Participants will be able to create a personal spending plan.

Materials Needed

- ◆ PowerPoint Presentation "Stretching" (Included)
- ◆ Computer and Projector (for *optional* PowerPoint Presentation)

Background Information

Stretching is very important. We all know that it is important to keep our bodies active; but actually getting around to doing it can be difficult. Setting goals and creating a physical activity plan is a good first step to becoming more physically active. In Lesson 3 "Your Frames of Reference" you learned about national standards for physical activity. We will use what we learned to create physical activity goals. Stretching isn't only important for your body. Stretching your income will increase your financial security. Making every penny count will help ensure that you have money when you really need it. Perhaps the best way to stretch your resources is to keep track of your income and expenses. A spending plan will help keep you organized and in control of your finances.



Health Strategies

Scientific studies have shown that physical activity has a multitude of health benefits. Especially for older adults, physical activity can help you maintain your independence as you age and reduce the physiological effects of aging. Physical activity can help you get stronger if you feel frail and can improve your health even if you already have a disease or disability. It can even prevent or delay many diseases or disabilities. Physical activity can also help you manage stress, reduce feelings of depression and anxiety, improve your mood and cognitive function. Maintaining a physically active lifestyle is a good start to maintaining an independent lifestyle (NIH Senior Health, n.d., benefits of exercise).

TAKE SMALL STEPS TO STEP UP YOUR PHYSICAL ACTIVITY

1. The first small step to physical activity is to prepare ourselves for change. We may feel overwhelmed by starting to make such an important change in our lives. It is important to remember to start slowly and take small steps.
 - ✓ Take a small step to incorporate 5 minutes of physical activity into your day when starting out; you need to work your way up slowly.
 - ✓ If you have a condition that may hinder your ability to be physically active, it is important to discuss it with your doctor. Do not assume that you cannot be active because of your condition; you will be surprised to know that physical activity may help you feel better and be healthier regardless of your condition. Your doctor may have some stretches or exercise activities appropriate for you.
 - ✓ Also make sure you have appropriate clothing and footwear before you begin. Comfortable loose-fitting clothes and comfortable well-fitting sneakers with non-skid soles and good heel support are crucial (NIH Senior Health, n.d., how to get started).
2. The second step is to set realistic goals for yourself.
 - ✓ Identify your current level of fitness. Think about what activities you do throughout the day, the length of time and intensity of your activities, and how you feel about your current level of fitness.
 - ✓ It is important to set both short-term and long-term goals to keep you motivated.
 - ✓ Short-term goals could mean incorporating more frequent or intense physical activities into your daily life. Examples include going on a 10 minute walk or attending an exercise class at your local senior center. Short-term goals are usually on a daily or weekly basis so you can keep up with them. You can fulfill your short-term goals in an effort to accomplish your long-term goals.
 - ✓ Long-term goals may range anywhere from in 6 months to several years from now. Examples include reducing your blood pressure, being able to garden, or play with your grandchildren.
 - ✓ Write your goals down and track your physical activity.
 - ✓ Discuss your plan with your friends and family members, they will help keep you motivated and on track. They may even want to join you! (NIH Senior Health, n.d. how to get started).

Health Strategies

3. The next step is to decide which activities you want to engage in. It is important to remember to keep in mind your abilities and health needs, but don't let your age stop you. Just because you may not be up for a triathlon, you will still be better off if you take your dog for a 10 minute walk or even just walk down the hallway.
- ✓ When deciding what activities you are going to start doing, keep in mind what you like to do. You may enjoy dancing, walking the dog, or swimming.
 - ✓ Keep in mind the setting you want to conduct the activities in; you can garden at home or you may prefer to join an exercise class at your local senior center.
 - ✓ Also make sure to mix it up, don't just do one activity – go for a walk one day and maybe go swimming another day.
 - ✓ Whatever you decide, make sure it is realistic and appropriate for you (NIH Senior Health, n.d., how to get started).

Types of physical activity, if possible, try to incorporate elements of each one into your physical activity plan:

- ⇒ **Endurance or aerobic activities** increase your breathing capacity and heart rate and make it easier for you to do everyday activities.
 - ⇒ Examples include walking, dancing, swimming, or climbing stairs.
- ⇒ **Strength activities** will make you stronger and will help you lift or carry things and climb stairs.
 - ⇒ Examples include lifting weights, using resistance, elbow extensions, or leg straightening activities.
- ⇒ **Balance activities** can help you walk without assistance and prevent falls.
 - ⇒ Examples include standing on one foot, heel-to-toe walking, and leg raises.
- ⇒ **Flexibility activities** can help give you more freedom of movement and be able to reach more things.
 - ⇒ Examples include stretching your shoulders, upper arms, neck, back, or calf muscles (NIH Senior Health, n.d., how to get started).

Wealth Strategies

TAKE SMALL STEPS TO CREATE YOUR SPENDING PLAN

Having a spending plan allows you to better manage your finances, be prepared for the unexpected, and be able to afford some pleasures. Make a realistic spending plan, one that fits your lifestyle. Your spending plan is only useful if it is feasible and you stick to it. Be honest about your priorities, your spending, and stick to it. It may be difficult, but it will be worth it. Good planning is key to living comfortably within your means.

You can take small steps to create your spending plan:

1. Write down all of your monthly sources of income: fixed and variable (retirement income, Social Security, and gifts from family members). Make a list of all of the sources from which you receive money and how much you receive each month. This will help you calculate your total monthly income.

Wealth Strategies

- Keep track of your expenses. Monitor how much money you currently spend monthly in each category and make an estimate of how much you can afford to spend on a monthly basis in each category (Institute for Financial Literacy, 2010).

There are four categories of expenses:

- ✓ **Fixed expenses** are expenses that you know you have to pay each month and you know how much it is going to cost you. They are the easiest to predict and include bills such as housing costs (mortgage or rent), debt payments, and health insurance premiums.
- ✓ **Variable expenses** are expenses that you know you have to pay each month, but their cost may differ from month to month. There are ways to account for these, however, such as take the average amount you have spent in the last 6 months and by monitoring your spending to create a realistic estimate. These expenses may include utilities, groceries, gasoline, and phone and internet bills.
- ✓ **Periodic expenses** are bills that you pay not on a monthly basis and thus may be more expensive. Failing to account for these expenses can be detrimental to your spending plan. Calculate what your monthly payment would be if you paid it on a monthly basis, and save that money until the bill is due. These expenses can include car insurance, life insurance, and property taxes.
- ✓ **Discretionary expenses** are the fun expenses. Failing to plan for flexibility in enjoying the good things in life can result in stress and anxiety or overindulgence and financial crisis. These expenses can include clothing, gifts and vacations.

Take Home Message

You can take small steps to step up your physical activity and to create your spending plan.

Optional Activities

YOU WILL NEED

- ✓ Physical Activity Goal Setting Handout
- ✓ Physical Activity Tracker
- ✓ Spending Plan Handout

INSTRUCTIONS

- Distribute handouts to participants
- Encourage participants to take the spending plan handout home and complete it.
- Ask participants to fill out the physical activity goal setting handout.
- Encourage participants to take the physical activity log home and monitor their physical activity.
- Facilitate a discussion regarding physical activity and goal setting.

DISCUSSION PROMPTS

- If you feel comfortable discussing with the group, how does engaging in physical activity make you feel?
- Ask participants to identify small steps they plan on taking to step up their physical activity.

References

Institute for Financial Literacy. (2010). *Senior Financial Safety*. Portland, ME: FLA Publishing.

NIH Senior Health. (n.d.). Exercise: Benefits of Exercise. Retrieved from: <http://nihseniorhealth.gov/exerciseforolderadults/benefitsforeverydaylife/01.html>.

NIH Senior Health. (n.d.). Exercise: How to Get Started. Retrieved from: <http://nihseniorhealth.gov/exerciseandphysicalactivityhowtogetstarted/settingyourgoals/01.html>.

ENAFS Healthy Living Program

Module 10: Small Steps to Health and Wealth™ for Older Adults

Lesson 1: Living Well on a Shoestring

Lesson 2: Understanding Labels

Lesson 3: Your Frames of Reference

Lesson 4: Stretching Your Body and Your Mind

Lesson 5: Avoiding Fraud and Scams

Lesson 6: Taking the Driver's Seat

Lesson 7: Staying Awake: Be Active! Be Engaged! Be Aware!

We're on the Web!

<http://fycs.ifas.ufl.edu/enafs>

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The Small Steps to Health and Wealth™ Physical Activity Goal Tracker

SHORT-TERM PHYSICAL ACTIVITY GOALS		DATE TO BE REACHED
1.		
2.		
3.		
4.		
5.		
LONG-TERM PHYSICAL ACTIVITY GOALS		DATE TO BE REACHED
1.		
2.		
3.		
4.		
5.		



The Small Steps to Health and Wealth™ Physical Activity Tracker

Date	Type of Activity	Total Minutes	How I felt...

Physical Activity Goal: _____

Spending Plan Worksheet

- Instructions:**
1. Calculate monthly net income in box 1
 2. Estimate monthly expenses (sum of fixed (2a), controllable (2b) and monthly portion of periodic expenses (2c))
 3. Compare income and expenses and make adjustments

1. Monthly net income	
Net* monthly wages	\$ _____
Net monthly wages of others in home	\$ _____
Public assistance/food stamps	\$ _____
Unemployment/disability	\$ _____
Child support/alimony	\$ _____
Social Security/retirement	\$ _____
Other	\$ _____
Other	\$ _____
Total monthly net income	\$ _____

* After tax withholding and other deductions

3. Compare income & expenses	
Net* monthly income	\$ _____
Estimated expenses:	
Fixed.....	\$ _____
Controllable.....	\$ _____
Periodic.....	\$ _____
(monthly portion)	
<i>minus</i>	\$ _____
Balance	\$ _____

2c. Periodic expenses	
<p>These are expenses that come up once or twice a year. Fill in the estimated costs under the month they are due. Taxes, insurance premiums, auto servicing, tires, license, birthdays and holidays, educational costs, vacations, etc. Do not include taxes withheld from your paycheck, but do include estimated tax payments you make to the IRS. Add your total yearly periodic expenses and divide by 12 to determine the monthly portion.</p>	
<p>Jan _____</p> <p>Feb _____</p> <p>Mar _____</p> <p>Apr _____</p> <p>May _____</p> <p>June _____</p>	<p>July _____</p> <p>Aug _____</p> <p>Sept _____</p> <p>Oct _____</p> <p>Nov _____</p> <p>Dec _____</p>
Subtotal	Subtotal
\$ _____	\$ _____
$\frac{\text{Total Periodic Expenses}}{12} = \text{Monthly portion periodic expenses}$	

Spending Plan Worksheet

2a. Fixed expenses

Housing	
Rent or Mortgage	\$ _____
Insurance/Taxes*	\$ _____
Utilities	
Telephone	\$ _____
Heating	\$ _____
Electricity`	\$ _____
Trash/garbage	\$ _____
Water	\$ _____
Sewer	\$ _____
Cable	\$ _____
Other: _____	\$ _____
Credit Card Payments	
_____	\$ _____
_____	\$ _____
_____	\$ _____
Auto	
Loan payment	\$ _____
Insurance*	\$ _____
License	\$ _____
Child Support/Alimony	\$ _____
Life Insurance*	\$ _____
Other	
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Monthly Estimated Fixed Expenses	\$ _____

2b. Controllable expenses

Food	
Groceries	\$ _____
Food eaten out	\$ _____
Household Expenses	
Repairs & supplies	\$ _____
Furnishings & appliances	\$ _____
Outside upkeep	\$ _____
Transportation	
Gas and repairs	\$ _____
Other transportation	\$ _____
Personal/Medical Care	
	\$ _____
Education/Reading	
	\$ _____
Travel & Entertainment	
	\$ _____
Child/Elder Care	
	\$ _____
Charity/Gifts/Special Expenses	
	\$ _____
Clothing	
	\$ _____
Savings	
	\$ _____
Other	
	\$ _____
Total Monthly Estimated Fixed Expenses	\$ _____

* Monthly portion of premiums if NOT paid by employer OR automatically deducted from your paycheck OR listed with your periodic expenses on page 2.

Lesson 4 – Stretching Your Body and Your Money
Leader’s Guide Class Outline – 30 minutes

Time	Activity/Topic	Materials
2 min. 00:00-00:02	Quote: Use the quote as an icebreaker. Read the quote. Introduction: Introduce the topic	Slides 1-2
6 min. 00:02-00:09	Health strategies Take small steps to step up your physical activity	Slides 3-7
6 min. 00:09-00:14	Wealth strategies Take small steps to create your spending plan	Slides 8-10
1 min. 00:14-00:15	Take home message	Slide 11
10 min. 00:15-00:25	Activities Physical Activity Goal Setting Handout Physical Activity Tracker Spending Plan Handout	Slide 12
5 min 00:25-00:30	Questions: Answer any remaining questions	Slide 13



EVALUATION

Thank you for being a part of this lesson. We hope you enjoyed yourself!
Please help us do a better job of serving you by completing this evaluation.

1. How much did you learn from this lesson? Please check only one:

- Very little
- Some
- A lot

2. Do you plan on making changes as a result of participating in this lesson?

- Yes
- No

3. If you answered “yes,” please tell us what you plan to do. Check all that apply!

- I plan to use one of the strategies from this lesson to change a health-related behavior. I plan to _____

- I plan to use one of the strategies from this lesson to change a personal finance behavior. I plan to _____

- I plan to share information I learned today with a family member or friend.

4. Comments:

Thank you for completing this form! We look forward to seeing you at our other ENAFS programs!