

What Do We Need?

WHAT ARE BASIC NEEDS?

Needs are essential as we grow.

There are three different types of needs. **Physical (body) needs** come first, followed by **psychosocial needs**, then **spiritual needs**.

WHAT ARE BODILY NEEDS?

Bodily needs are essential for our bodies and must be satisfied before any others are met. Examples of these needs are oxygen, water, food, elimination (e.g., urination), rest, sleep, exercise, sex, and not having pain.

For example: When a person is starving or thirsty, he or she spends time trying to find food or water and may have little energy or time for other needs. If a person cannot get oxygen, immediate action must be taken or that person will die.

WHAT ARE PSYCHOSOCIAL NEEDS?

- **Safety and Security Needs**

We need a place to live to protect us from the outside. We like to feel secure from dangers by being in places we know, where we are used to doing the same things with people we can trust. We feel unsafe when we don't have this.

- **Loving and Belonging**

We need to love and to be loved and to feel that we belong to a group. We feel unhappy when we are separated from our friends and family.

- **Esteem and Recognition**

We have the need for self-esteem, the need to respect oneself and others, and the need to experience success in what we do.

WHAT ARE SPIRITUAL NEEDS?

We often need to have spirituality, religion, or worship in our lives. We need to believe in something beyond ourselves. We consider our relationship with a higher power. We wonder about the meaning of life.

Source: McElmurry, B., Newcomb, B.J., Lowe, A., & Misner, S.M. (1995). *Primary Health Care Curriculum Grade K-8 for Urban School Children*. Chicago: University of Illinois at Chicago, College of Nursing, Global Health Leadership Office.

How to Prevent Injury

PREVENTING INJURIES

- **Warm-ups are a must! Stretch, stretch, stretch.** Working muscles shorten, which leads to injury unless you do something to maintain your flexibility. Always perform stretching exercises for all of the major muscles (and any others that you use during your workout) between 10 and 20 minutes before and after your workout.
- **Always start slow.** Your **cardiovascular system** usually shapes up faster than your **musculoskeletal system**. In other words, your lungs may be ready to run an extra 10 miles during the week, but your bones and tendons probably are not.
- **Do a variety of physical activities.** This spreads the workload around and challenges muscles you may not be using in your primary fitness activity.
- **Drink water before, during, and after physical activity.** Drink water every 15 minutes when you are exercising.

SAFETY TIPS FOR STRENGTH TRAINING

1. Demonstrate the proper technique for each exercise. If necessary, break the exercise into basic components.
2. Lift weights in a slow and controlled manner lasting about 2 seconds.
3. Lower the weights in a slow and controlled manner lasting about 2 seconds.
4. Exhale every time the weight is lifted.
5. Inhale every time the weight is lowered.
6. Encourage participants not to squeeze handles or free weights.
7. Check participants' form constantly during the early stages of the program.
 - Make sure feet are placed flat on the ground.
 - Make sure the entire back is touching the seat back.
 - Count each repetition with participants to complete the desired number of repetitions.
 - Stop the set if the participant does not use proper form.

Source: American College of Sports Medicine. (2006). *ACSM's guidelines for exercise testing and prescriptions* (7th ed.). Indianapolis, IN: Author.

How to Prevent Injury

SAFETY TIPS FOR TREADMILL USE

1. Explain and demonstrate how to properly use the treadmill before allowing participants to step on to the treadmill.
 - Stand up tall.
 - Take long strides.
 - Look straight ahead, not down.
 - Hold onto the handles for balance, not for support.
2. Participants must understand that they need to keep walking. They cannot stop while the belt is moving.
3. Do not allow participants to read or listen to headphones while on the treadmill.
4. Begin at a slow speed with participants holding onto handrails.
5. Stand next to participants in case they need assistance when stepping off the treadmill after a workout. It is not uncommon for them to feel slightly disoriented after using a treadmill the first couple times.

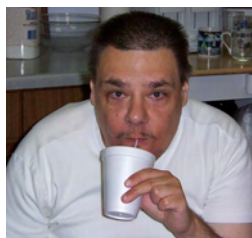
Week 8 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

Needs or Wants

This week, we talked about things we need to have and things we want to have.

- Needs can change as we age. For example, nutrition needs, sleep needs, and exercise needs may change as we age.
- Wants are things we can live without (e.g., something a person would like to have but is not necessary to life or health, such as expensive clothes or junk food).



We have been making goals and plans for exercising, being more physically active, and making healthy food choices.

We also identified people who can help us meet our goals.

In exercise class, we talked about how to avoid injury.

Warm-ups are a must.

Always start slow.

Do a variety of physical activities.

Drink water before, during, and after physical activity.

We Talked About Important Needs in Our Lives

Physical needs: We all need to get enough healthy foods, sleep, exercise, and rest.

Loving and belonging: People need the love and support of family and friends.

Safety and security: People also need security from harm. At the same time, people need space to explore and understand who they are.

Esteem needs: Self-esteem is important at all ages.

Spirituality, religion, and worship: People may want the guidance of spirituality or worship.

What Is Good Pain, and What Is Bad Pain?

What Is Good Pain and Bad Pain?

What are different types of pain that you've had? Circle each answer.



Toothache



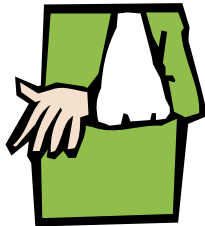
Back pain



Falling down



Fever/flu/cold



Sprain



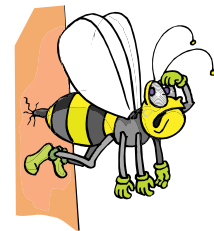
Broken bone



Cut



Headache



Bee sting



Stiff shoulder



Burn



Stomachache

Good Pain

- Mild burn when you exercise
- Little soreness
- Goes away fast

Bad Pain

- Lasts for a long time
- Constant or does not go away
- Affects your walking

Helpful Hints for Good Sleep

If people are having trouble sleeping, this is a list of some helpful hints to improve sleep habits:

- Reduce stimulants (e.g., tea, coffee, chocolate, cigarettes) that interfere with the quality of deep sleep.
- Reduce factors that might arouse you from sleep including external noise, having an uncomfortable bed, or experiencing extremes of temperature. Ear plugs are okay to use.
- Try to exercise (ideally at a level that causes you to sweat) at least 4–6 hours before going to bed.
- Get plenty of morning sunlight. Morning sunlight can help regulate your sleep–wake cycle.
- Make sure that medical problems that can interfere with sleep, such as asthma, heartburn, angina, arthritis, pain, or breathlessness are under control.
- Take a hot shower or bath before bed. Because your body temperature peaks during the daytime and falls during sleep, we tend to fall asleep as our body temperature begins to fall.
- Get out of bed at the same time each day.
- Avoid eating a large meal before going to bed. A drink high in carbohydrates with milk (which contains tryptophan) may help induce sleep, whereas high-protein foods may induce wakefulness.
- Avoid napping during the daytime.

Exercise Helps You Sleep

How Does Sleep Affect Physical Activity?



Exercise helps
you **sleep well.**

Thirty minutes of daily
physical activity can
improve your sleep and
give you more energy.



Negotiation Skills

WHAT IS NEGOTIATION?

Negotiation is the process of deciding what you are willing to give up for something that you need or want. You want to make a fair trade and consider the needs of others as well as your own.

STEPS FOR SOLVING CONFLICTS THROUGH NEGOTIATION

1. First, decide **what problem is creating the conflict**.
2. Next, think of what **you want the most** from the situation. **What will you settle for** if you cannot have your first wish, and **what are you willing to give up** in return? Decide what **is not negotiable** under any circumstance. This step is easier if you really know yourself.
3. Find out what the other **person wants most** or **will settle for** in the situation.
4. Discuss your **first proposal** with the **other person**. If your proposal is fair, the other person will probably trust you and will likely suggest an equally fair proposal to you.
5. Be prepared for the possibility that your **first proposal may not be accepted**. You may need to have several discussions before an agreement is worked out. Be diplomatic.
6. Agree to a **compromise** if the details suit both of you.

How can you make sure that the other person will follow through with the trade?

Sometimes negotiations are finished by stating a promise or shaking hands, whereas at other times they must be put in writing. When the deal involves the approval of other people, you or the one you have traded with may have to talk about it again.

Source: McElmurry, B., Newcomb, B.J., Lowe, A., & Misner, S.M. (1995). *Primary Health Care Curriculum Grade K-8 for Urban School Children*. Chicago: University of Illinois at Chicago, College of Nursing, Global Health Leadership Office.

Vignettes for Negotiation

Note: Have group members participate in providing solutions.

SAMPLE SITUATIONS

- You would like to exercise at your local YMCA. You have no transportation or money. What can you do? How would you go about advocating for yourself?
- You would like to have healthy snacks while you are at work. However, the vending machines only have junk foods. What can you do? Who can you talk to so that you can have healthier options?
- You would like to watch a particular television show. Your roommate would like to watch another show. What do you do? How would you negotiate or resolve this conflict?
- You would like to have snacks in the evening when you are watching television. However, your house manager has decided not to have junk foods in your home. You know that these are foods that are high in fat, but you would like to have them sometimes. What do you do? How would you negotiate or resolve this conflict?
- You would like to move out of your mom's house into your own apartment. Your mom says no. How would you negotiate or resolve this conflict?
- You would like to marry your boyfriend/girlfriend and live together. How would you negotiate this? How would you go about advocating for yourself?
- Someone is bothering you on the bus. How would you negotiate or resolve this conflict?

Because we are unique individuals, it is inevitable that we will disagree with other people. Most disagreements occur among family, friends, and acquaintances. There are many strategies to resolve conflicts. Negotiation is just one way.

Week 9 News

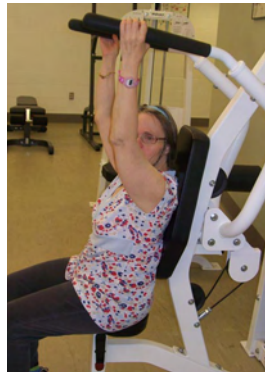
NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

Sleep and Exercise

We have talked about the importance of sleep.

- Sleep can keep you in good health.
- Sleep can prevent injury and illness.
- Sleep can keep your body functioning.
- We need about 7–9 hours of sleep a night to help us think clearly.
- We may need more sleep if we are sick or stressed.

Exercise can help us sleep better at night!



We are still doing our exercise program. This week we tried a new exercise video.



Steps for Solving Problems

Some problems are best resolved by using negotiation skills to reach a compromise (each person feels good about the outcome).

First, it is helpful to talk about your problem. Next, think of what you want to change.

What will you settle for if you cannot have your first wish, and what are you willing to give up in return? Decide what you are not willing to change.

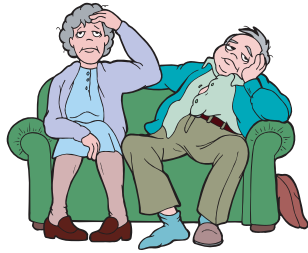
This step is easier when you really know yourself.

Find out what the other person wants most or will settle for in the situation, then reach an agreement with the other person that makes you both feel okay.

Can I Exercise if I Have Been Sick?

Not feeling too well?

If you...



Feel tired, sleepy,
or dizzy



Feel cold, and
you are shivering



Have a sore throat



Have an aching body



Have a runny nose



Have no appetite

Stay away from physical activity (exercise).

- Continue light exercise only 4–5 days after you feel better.
- If you are sick for a long time, wait 2–4 weeks before you start exercising again.

My Plan to Stay Physically Active

GOAL(S):

1. _____
2. _____
3. _____

What are some steps I could take to reach these goals?

COMMITMENT PLAN:

I will exercise _____ times a week for about _____ minutes each time.

What types of activity will you do?

Will you exercise alone or with another person or group?

Where will you exercise?

What will you do on the days you don't feel like exercising?
