

Sacramento Promise Zone
Mind, Body, & Spirit
Health Series



Exercise

Digital Guide



**Samuel Merritt
University**



Sacramento Promise
ZONE
Connecting partners and resources

Intro

The Sacramento Promise Zone has partnered with Samuel Merritt University to host a bimonthly *mind, body, & spirit* webinar series that features medical professionals sharing information focused on improving health outcomes and eliminating disparities.

This digital guide offers the valuable information from the webinar series in a convenient, accessible, and printable format. Just like the webinars themselves, the guide is completely free to download, re-upload, and share with others. We encourage you to share it with all of your networks, family, and friends. Together, we can make an impact on the health disparities that our communities face.

For more information, please visit the official website [here](#).

Presenter

Lori Aston-Dixon RN, BSN
Samuel Merritt University



For nearly ten years Lori Aston-Dixon has been a bedside nurse. She has specialized in cardiac, stroke, and ICU patient care. She takes great pride and finds much joy in providing people with the necessary tools to enhance their quality of life and wellness. Exercise and moving every day is such an important part of her life and she look forward to sharing that passion with MBS Session 6 attendees.

Contact: lori.astondixon@samuelmerritt.edu



https://youtu.be/J61XXZ_vcQI

[Click here to
watch the
presentation!](#)



Let's talk about our Heart!

The circulatory system is made up of arteries, veins, and capillaries. Their job is to move blood and oxygen around your body; keeping you healthy.

"If you lay your circulatory system from end to end, it could circle the world twice"

Your blood circulates oxygen and nutrients around your body!

In this session, Lori explains how to **improve** your heart health and quality of life through at-home exercises.



Let's get stretching!

Stretching is a great way to warm up for an exercise while also improving cardiovascular health. Grab a broom and follow along as Lori leads us through warm-up stretching.



“Focus on where your body is and how your body is moving”

Your warm-up should take you about 5 minutes. When you are ready to do some strength training, grab the following household items:

- 1 or 2 cans of vegetables = approx. 1 pound
- A gallon of milk or water = approx. 10 pounds
- Tights = DIY resistance band



*“Be mindful
and kind to
yourself”*

Best Exercises for Cardiovascular Health



Jumping Jacks
Jog in Place
Burpees
Mountain Climbers
Squat Jumps
Bear Crawl Push Ups
Kickboxing
Staircase Exercise
Run, Walk, Play



Exercise Fact Check:

- ★ People who don't regularly exercise may lose up to 80% of their muscle strength by age 85
- ★ Regular exercise has been shown to help lower blood pressure and cholesterol levels, two major risk factors for heart disease
- ★ Not only is exercise good for your body, but it can also improve mental functioning and mood





**American
Heart
Association.**

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

Quit Smoking Today!

English: 1-800-NO-BUTTS (1-800-662-8887)

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

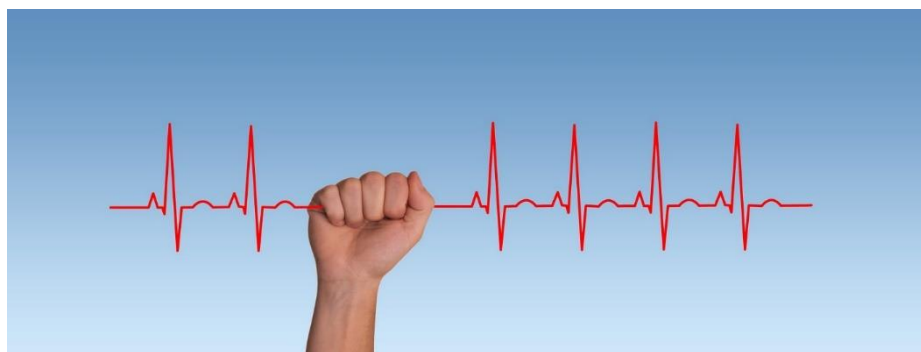
Spanish: 1-800-45-NO-FUME (1-800-456-6386)

Vietnamese: 1-800-778-8440

Tobacco Chewers: 1-800-844-CHEW (1-800-844-2439)

<https://www.nobutts.org/free-services-for-smokers-trying-to-quit-0>

<https://www.lung.org/lung-health-diseases/wellness/protecting-your-lungs>



<https://www.heart.org/en/health-topics/high-blood-pressure>

Special Thanks



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Instructor, Samuel Merritt University



Julius Austin
*Promise Zone Coordinator, Sacramento
Housing and Redevelopment Agency*



AmeriCorps



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Hannah Penner
Sustainability Coordinator
