

[Please Stand by For Real-Time Real-Time Captions]

>> Hello everyone, I'm giving you all a chance to get the volume adjusted. Is going to start this webinar will start in about eight Mac minutes -- eight minutes.

>> Good afternoon, welcome to the FDLP, trained maybe for the Olympics. My name is Ashley Dahlen and with me here is Jane Canfield who's according to federal government coronation documents at the Pontifical Catholic University, before we get started I will walk you through housekeeping reminders if you have any questions, you would like to ask the presenter or have technical issues feel free to use the chat box in the bottom right-hand corner of your screen I will keep track of the questions that come in, the end of the presentation, Jane will respond each of them you are recording today's sessions and we will email a link to the recording and slide for everyone that registered for the webinar, and a participation certificate. If anyone else needs more certificate please email FDLP outreach .gov along with the emails of those that need certificates you can click on the fullscreen button on the bottom left side of your screen, to exit it bounce over the blue bars would expand and click on the blue return button to get back at the default deal. Finally attended the session, we will share webinar survey with you, we will let you know in the survey is available, and the URL will appear in the chat box we would appreciate your feedback after the session. Including comments on the presentation style and value of the webinar. Here's a little bit of our presenter she is the coordinator of federal government of documents at Pontifical Catholic University, she has 40 years of experience she started her career as a public library in, moved into school libraries, is taught six years in the high school of Library and information sciences, worked as a director of library as a post secondary vocational school and read to her current job in 2007. She fell in love with the world of government documents and has taken on the special task of documents that are in other languages especially Spanish is 100% of her users are native Spanish speakers. With that I will hand this over to Jane who will take it from here.

>> And good afternoon to everyone. This is again one of those webinars where I am giving you, information and advice that I am not necessarily to good out. Couch potato might describe me better than true sports person, but I will give this a go on exercising where you can find it in the government. Please as I go along, because I will go live to several certain slides, if you have specific topics, about exercise, and resources that exist about exercise if you will put them in the chat box, we can use some of them, to look up information when I go live to various slides that go information on exercise. So I really appreciate it if you would help me out by doing that. And let's get started on training training, maybe for the Olympics using government resources to learn about appropriate exercise. Okay, exercise and physical activity. Fall into four basic categories that I've learned about. If you are, already an Olympic class athlete, you already know this. But it does not hurt to review it. Those categories are, endurance, how long you can do something for. Strength, balance and flexibility. Each of these links, and a slide is the actual PowerPoint. Any of you that would like and not just the PDF from the FDLP site send me a individual email and I will happily send you my PowerPoint so that, the links to all of the sites and information that are in the power points won't be active. Let's talk a little bit about because this is new for me. That physical activity, exercise, and physical fitness, are terms that describe different context, and different ideas. We often confuse them, and sometimes we use them interchangeably. But, they actually define different things. Physical activity, is any bodily movement produced by your skeletal muscles that result in energy expenditure I would love to think that the chocolate candy bar I after lunch used my skeletal muscles to get it to my mouth and it resulted in me spending some energy. Physical activity, in our daily lives can be characterized, by occupational, sports, conditioning, household or other kinds of activity. That's is to say while we are at work the activities we do, actually do contribute in some way to our physical activity, and maintaining a certain level of conditioning. Same thing when you are mopping your floor, or cleaning your garage. Those activities actually do contribute to your, some of the physical activity we need. Exercise, is a subset of physical activity that is a planned, structured and repetitive movement. It actually has exercises something opposed to just mopping your floors, sitting at

your chair and using your computer, it is something that is actually planned, and structured, and has the object live of improving your level of physical fitness. Okay, let's talk a little bit about that and the address where there is more information about what the health benefits are to exercise it's there on the top of the slide. What are some of the good things we get from exercise? and for those of us of us that prefer to be couch potatoes, pay attention because all of these are really good. Exercise helps manage our levels of blood sugar and insulin. It helps with weight control, it can help reduce our risk of heart disease, and some kinds of cancers. It improves your sleep and increases your chances of living longer, it helps strengthen your bones and muscles, it can help you with the resolve to quit smoking if you're a smoker. It can as you age, reduce your risk of falls, and help your thinking, learning and judgment skills as you age. And I last left a lot my favorite one for the last one it can improve your sexual health. I will make any more comments about that you can go to the websites and read that one for yourself. So, how can I go about making exercise part of my regular routine? this is probably I think something that all of us know that we really need to exercise. Most of us know. That we need to exercise more than we do. So, how can we make exercise all part of my regular routine and by the way I did not choose the picture here because of the snow, and wintertime, and rub it in that it is a nice 80 degrees in Puerto Rico while most of you are dealing with wintertime. I chose the picture because those two dogs in the picture, are almost duplicates of the two dogs that I own and one of the things you can do to get a little more exercise is go out walking with your dogs. What else can you do? you can make every day activities that you have to do, more active. For instance, I happen to live across the street from where I work, so I walk to work virtually every day and walk home instead of in fact it takes longer to bring my car than it is to walk to work. If you do not live close to work, consider the possibility that you can park further away in the parking lot, parking a parking lot that is farther away, take a walk at lunch time, I suggested to my sister, who lives in New Hampshire and take the commuter bus. That she could park her car in the far and of the parking lot and walk to the snow to the computer bus, and she didn't like the idea too much. It's a possibility. Other things that you can do, is be active with your friends and family. It is really true, that if you have somebody and you commit to them, and you commit that I will meet you to go on a walk or I am going to meet you to go to the gym, or let's take a hike on Saturday you are more likely to get exercise because you have someone else, that you have promise that you will do it with, and you won't break a commitment to a friend or family member. Keeping track of your progress, of what you are doing, and how long you are doing it for, and seeing if it makes a difference in your energy, in your weight and how you feel overall. It is another way you can do it. Make exercise more fun. I have not really solved that one yet, I don't think of exercise as being much fun it's not my thing. I do find, for me, having something practical with my exercise, that I have to walk the dog, that I walk to work, that I raise a garden it works for me. Find activities you can do even when the weather is bad. I am not going to say anything to guys out there who are dealing with snow and ice and rain and winter weather. We have none of that we do have hurricanes, but, finding something you can do when the winter weather is bad. I have, actually own what's called a fit disc it's a stationary bicycle with a desk on top. I occasionally sit at it, and read the bicycle while watching movies. So, that might be one suggestion that works. Let's move on. Coming up next, are tips from the med line medical cycle.. It's for why exercise is good for you and what kind of exercise you need to do. Okay, first exercise is a important part of your preventative healthcare. No matter what age you are, what your health condition is, some amount of exercise, is healthy for you. Warming up before you exercise. That is important, because if you do not, you can injure yourself. Same thing at the end of your exercise with cooldown exercises and they are important as well. 30 minutes, of risk brisk walking benefit your health. So 30 minutes, and I understand from what I read you can break it into 10 minute segments and it works as well as doing 30 minutes all at once. Aerobic exercise, which increases your heart rate. For a extended period of time. It is good for you. Exercise gives you a powerful tool for improving your health. Exercising 30 minutes a day can help you lose weight. It can lower your blood pressure, if you have that problem. I am still working on the losing

weight part of this. Whether you walk, or jog, it is important to try to exercise at 60 to 85% of your maximum heart rate. If you really want to achieve aerobic fitness. Exercising for two hours and 30 minutes a week which is really not that much time, out of our week. The best suggestion is dirty minutes a day, for four or five days a week that's 30 minutes a day for four or five days a week. Exercise, will help to build your muscle, and prevent osteoporosis. I think I skipped one, resistance training. Resistance training is that nice, fancy word for lifting weights. And, it builds muscle strength, bone strength burns fat, and it may help lower your cholesterol. Flexibility exercises. They are for stretching your muscles and protect against injury, and as we age, it will allow you to maintain a range of motion, and ability to continue walking around comfortably. Make exercise fun by exercising with a friend. Proper warming up and proper cooldown. That will help, prevent or reduce the incidence of exercise-induced asthma, if you suffer from asthma or other respiratory conditions. All of these images, and advice, and files are from the medical encyclopedia from MEDLINEplus. And all of my images from this webinar were taken from, the USA.gov site that has a images tool, because I'm trying very hard, to make sure and uses many images as I can but also make sure, that everything that goes into my webinars, does not have any problem with copyright attached to it. Just so you know. I am not going to read all of these in Spanish but, for those of you who have Spanish speaking library users, who may need this information, what follows on the slides, that are written in Spanish, is the same information that I just read in English. I'm not going to subject you to my absolutely horrible Spanish so, I will slip quickly through the slides, and then we are going to go live and look up information you are interested in, look at what is in some of the available government sites that have information. I am just going to flip through these. The information in Spanish, and images, came from the med line and cycle Pedia. It is pretty much the same advice, and the English one with a little bit of information. Give users that are Spanish speakers, you have the new information in Spanish as well. This is the slide with the same information on one of the benefits of exercise in Spanish, again from the MEDLINEplus encyclopedia here is the screenshot, of the med line plus.gov site, with languages, and information on the benefits of exercise in a variety of different languages. I was surprised at how many languages, this information existed in. Including ones that I've almost never heard of before. So almost any I suspect this availability from the basic information covers almost any language that any of your users might be speaking. Okay there are general government sites, that are really excellent that have information on exercise, and physical fitness, as well as many other times and types of information, USA.gov, the GPO catalog, science.gov and worldwide science.org. Some of the terms I used and giving a try exercise, physical act Tivoli physical fitness, health and exercise, types of exercise. Types of exercise, children and exercise. Aging and exercise. Some specific things for health and fitness are MEDLINEplus.gov, they have excellent information for all age groups on the health benefits of all age and many different languages. Health finder.gov also have its information. The CDC has information. I discovered that using exercise term didn't work the best what did fine I that worked best on the CDC site was physical activity. Pub med has valuable information at an academic and investigative level including information in various areas.

>> Jane we appear to have lost your audio. Okay one minute okay we have a back. S.T.E.A.M. okay I'm back okay. If anybody has any particular questions, or topics you want me to search for, I will be happy to do that. I'm going to share my desktop, ensure you. Let's go to, okay you should each be seeing@themomentscience.gov, on your screen. Within science.gov is a website that covers a lot of databases and numerous, numerous scientific topics. So, just to illustrate, I am going to enter exercise in the search box to give you a idea of what you will find in science.gov. Okay science.gov tells me that there are 1366 technical reports, papers and articles on the topic of exercise. There are 234 multimedia presentations, and 295 public assess -- access papers about exercise because you can access that. Science.of gives you the option of choosing, defining topics and authors if you happen to know any of them. It also gives you something that I like a lot, called visual. It lets you see by topic of visualization, of the different kinds of information available on exercise. When you look at the list of what's available

you're going to see information for MEDLINEplus, information from the U.S. patent office on the exercise mass, clinical trial having to do with exercise and chemotherapy. Information on developing exercise habits. Clinical information and people's feelings on exercise and information on MEDLINEplus on exercise and age. Science.gov will take you to a great variety of information from agencies you might not have thought of like NASA like and other ones like the code of federal regulations. So, it science.gov, it's a great spot for finding information on a topic from many different places, and some of which you might not have thought of finding.

>> Jane?

>> Yes.

>> Ashley we do have one question I don't know if you feel like this is the appropriate resource for this content of the question is, how does a person know their maximum heart rate?

>> Okay, great question, and I am going what I'm going to do, is going to be MEDLINEplus site, because I think MEDLINEplus is probably the place that will give you that information. I will give that a try. And MEDLINEplus. Everybody should be seeing MEDLINEplus on your screen. I am going to put in determine maximum health, and maximum heart rate rather, and see if MEDLINEplus will tell us that. I know, that there is a way to do that, I know that the older you get, the more complicated it gets having to do with your health conditions etc., and the less that you need to get your maximum health rate, depending on your base heart rate, I know that personal trainers or if you use a GM, people can help you with that. If you're looking for human resource, let's see what MEDLINEplus has to say right here first one exercise and heart rate I will open it and see what it tells us. Okay to determine your maximum heart rate, subtract your age from 220 oh dear I'm getting closer to 220 every day. This number represents how many times your heart should beat per minute, at maximum rate. Multiply that number, by .05, and .085. To determine your target heart rate. So, what I am reading here is subtract your age from 220, multiplied by .05, 0.5, and 0.85, and in between there, is how fast your heart should be beating, to have your target heart rate to be getting aerobic exercise. This goes on to say exercising at moderate intensity build to build up to exercising at 70%, to 85% of your maximum heart rate, for one hour and 15 minutes a week. I would also suggest, particularly if you have any health conditions and some of us are getting a little older you might want to check with your doctor, or trainer at your gym to make sure you are doing the right thing. Does that answer your question?

>> I will keep an eye on the chat box. Most people don't have it open because you are in screen share mode but I will keep looking. You can click on chat in the chat box will click up.

>> Okay I have a request from one of my colleagues who sitting here watching to look for multiple sclerosis and exercise which is a health condition. I am going to do that because it will give us an idea of, information that exists about various health conditions, and exercise. Let's see what we find in MEDLINEplus. Okay, I see a few things about what multiple sclerosis is, about whether or not taking creatine improves exercise with people with multiple sclerosis. There is some information here that would have to do with exercise, and multiple sclerosis. There is one on yoga, my colleague is talking about the yoga one. So I will open that one for health. And just so you have an idea. This is taking us now to the national Institute, of health, and this particular case we are in a different page which is part of the national Institute of health. Here is some information, on yoga. And using yoga for health and what science says about the effectiveness of yoga, yoga in different populations, let's try yoga in populations. It says okay and they would like my feedback I'm doing that right now. Middle-age people are more likely to be motivated. Lack of knowledge, is lack of -- is a indication of not practicing yoga. There are differences between men and women, in the effects of yoga. For those of us that are getting older, the incidence of yoga related injuries is higher in people that are 65 or older. I would suspect the incidence of any injuries are higher for those of us older than 64 65. MEDLINEplus, I'm what you can do, Ashley do you see any other topics in the chat box? because I'm not there.

>> I do not know.

>> Okay I am going to go to USA.gov, most of you, if you are seeing USA.gov, most of you have probably seen this lovely announcement in federal funding. I'm going to close that announcement, and assume that USA.gov is not going to be updated but is still functioning and let's do the same thing in USA.gov, I will look for physical fitness is time. Just to change this up from exercise. To see what we find. Okay, exercise and physical fitness, and sports fitness and nutrition physical fitness testing, and in this case, one of the things that I really like, about USA.gov, is USA.gov will also give you state, and sometimes city and local level information. As well as, a federal level information. Here's one for California. Physical fitness test for students in California schools. Does anyone want to join the Secret Service? here's a physical fitness evaluation for the Secret Service. Within USA.gov, you will get, help and service since -- health and services having to do with occupational health and here's another one from California. Here is one from North Carolina, so within USA.gov, you get a big variety of federal government, of state and federal government and the other thing I like about this and I just discovered this there are videos and images. For students and for users, USA.gov has the same images feature, that Google does. And it's all from government information. I will click and see what shows up. Here are pictures and slides a physical fitness, physical activities, from USA.gov. Going to go back to home, part of USA. USA.gov is also extremely, you can tell it information, on information of exercise in any language but it is a particularly useful for Spanish speakers, because, you can change the entire site to Spanish, and again here is the announcement if you have not seen it in Spanish, there is no federal funds so the site is not being kept up. So now you have seen that in Spanish as well. Here's a site in Spanish is very useful if you have users that are native speakers of Spanish and more comfortable doing a search in Spanish before I run out of time I'm going to the GPO catalog and do search for exercise. Here we are, with what we are catalogued in the GPO catalog of publications. In this case, it's very useful because, you get not just publications that have information about exercise but you also get those publications that have to do with congressional hearings, for instance a personal health investment act, and overview evaluation of computational physiology which is going to be, a very technical paper so the GPL catalog -- the GPO catalog will give you, information from Congress, and some technical information that other sites are not as likely to do so all of those that are from 2018 they are up to date. You can get actual documentation online. If not you can tell Ashley chat box so we can show you. Now, now I'm going to the centers for disease control, I used to see the centers of disease control that they only deal about the icky stuff like Ebola and the flu and really bad stuff. But, the centers for disease control have a surprising amount of information on other topics. Like I said, I did not want to try to exercise due very well. It was physical activity that gave me information so I'm going to put in physical activity. Here we go here is information for the centers of disease control. On physical activity. On nutrition, physical activity and overweight and or obesity and walking as a physical activity. It talks about guidelines for Americans on how much activity we should be getting. And here it is. Why not the physical activity guidelines that recommends adults get at least 150 minutes of moderate intense physical activity or 75 minutes of vigorous intensity physical activity, every week. They also recommend children and adolescents, are active for at least 60 minutes a day. Underneath these basic, pieces of information, are links to resources, and exercise. Here is an entire publication on walking the mall just one of my favorite activities but I kind of think they're talking about walking faster than I do. When I am out shopping the mall. Environmental supports for physical activity. Bicycling and walking so you will get the CDC links, for the publications to programs like America walks. Here's the airport walking guide for some of us that do some travel. So if you're sitting in your chair with while waiting for the airplane does walk on the airport. Is an interesting site, and something worth realizing that the CDC publishes things that are not just icky tropical diseases and stuff. On the CDC because the CDC is also one of those sites, that you can search and tell it exercise in French or Portuguese but it is also a site you can change the entire site. To Spanish and for your users for Spanish speakers. It makes it easier for them to do a search in Spanish, and find the same information. Is the same information you would find in English. One more stop at pub med and

that I will leave time for questions. Pub med and most of you probably already know pub med. It is of course, the national Library of medicine's site for searching clinical trials scientific information, and if you have at your university if you are at the university library and you're researching researchers in the area for exercise or exercise physiology, this is a sites they will probably need to use. I am going to put in exercise, and knowing that I am going to get a lot of information, just to let you see the kinds of things that will be there. Okay? pub med, there are 389,671 articles on exercise. So obviously, if you are going to make this useful to someone looking, they are going to need to know what kind of exercise, what age what geographic area, but it gives you an idea of this information exists. On pub med on the topic of exercise. You can see scrolling down, some things that show up about exercise. And that in public med. With pub med, you can limit to certain text which my students always asking you find it free? and I need full text because I have to turn it in tomorrow. So I'm going to go to free, full, text and publication dates within five years. And now we are down to quite a bit of results. Here we are exercise training and sports club members. These are articles that are more related to research, and investigation having to do with exercise, the impact and quality of life in breast cancer survivors as well. This is for anyone who is looking for or anyone in a research level. With that, I will stop screen sharing and leave time for questions and hopefully, answers. If anyone has questions.

>> Okay while you are all typing in questions, let me just take the opportunity to thank Jane for the webinar and also thanks to my colleague here Shaan Taneja he has been doing tech support, and thank you all for attending and I hope you all enjoyed it. I don't know about you but I'm feeling a little on the lazy side maybe I need to step it up a bit. Let me put out a few light we have a question here. Some kudos to you. GMAC oh I promise you, I am sitting here in my desk chair, knowing that it is almost 4:00 in Puerto Rico, and wondering if I'm even going to make it to walk home, nevermind any other level of exercise. This is what we should be doing but those of you that know me know that I am over 65, definitely overweight and still move around okay, but trained for the Olympics, not going to happen.

>> We do have one question that came in Jane, do you have time to explore the advanced search feature on pub med?

>> I'll tell you what, I will give it a try. It works pretty much like the one in our commercial databases. Let's find advanced search I see filters advanced search, let's go to advanced search. Is there anything in particular you would like to look for in advance search?

>> I'll let you know if Katie chimes and for anything in particular.

>> Otherwise I am going to do for my colleague who is sitting here, I'm going to do or leave it in all fields, you can limit this with any of our commercial databases. You can limit this by kinds of offers, if you want books if you want dates when something was completed or dates when something was created or date of publication. A great number if you happen to know that. Or the name of an investigator. There are many different ways that you can limit. Going to leave it in all fields and try to limit it search terms.

Exercise and multiple sclerosis for my colleague who asked. And exercise and multiple sclerosis and let's see. Obviously you can continue adding another field or search word and continue limiting, I am going to go with the exercise and multiple sclerosis and see where we go. That actually worked quite well it's giving us 295 articles, and 295 is enough that you can look at the titles and make some kind of decision on one that are interesting to you there once I left activated I'm going to take off free full text, and I'm going to take off five years and see how many more weekends. Even with eliminating free full text and five years, and adding exercise and multiple sclerosis, in the advanced search, there are less than 2000 articles, which would still be a lot to go through, but most students are going to want and I'll put the five years back because we tell her students in science, unless they need to look historically they need to build historical evidence that five years is pretty much what they need so you get 883 articles. You can look at the titles and make a decision. Does that help?

>> Katie chimed in saying it was wonderful to thank you.

>> Okay great.

>> We are getting some last questions we do have some webinars in February the next one is February sixth called virtual discussion on the future developments of exchange. So if you have good or bad feedback or ideas on the development of the FDLP exchange tool, you're free to chime in to that discussion. Or the FDLP training opportunities and then you can become -- you can find those if you sign-up. Nothing anymore questions I do see a few more things here. Let me go ahead, and push out the satisfaction survey. If you would fill it out we would be very grateful. So if you all could open up that survey we would be grateful, and with that, I'm not seeing any more questions so thank you all once again for chiming in for this webinar. We appreciate it. [Event Concluded]