

Subject: Community Health Nursing

Subject area: Nursing

Education Level: Undergraduate/College

Length: 2 pages

Referencing style: APA

Preferred English: US English

Spacing Option: Double

Title: Reflection Journal - Educational Plan

Instructions: create two smart objectives that you might use when teaching members of a senior center of the importance of increased activity. reflect on how you would use this process in your own career.

Physical activity has been confirmed to lower cholesterol level, blood pressure, reduce weight and falls, improve insulin resistance, and strengthen bones. As indicated by Mauk (2014), functional decrease in the old age is inferable, to physical idleness in spite of the well-recorded advantages of doing exercise, 33% of grown-ups aged 65 years and above report that they don't take part in their recreation time any physical activity. In 2012, the world's senior populace that is age above 60 years represents 810 million people and is expected to surpass 2 billion by 2050 (Zaiceva, A. 2014). A SMART objective is **S**pecific, **M**easurable, **A**ction-Oriented, **R**ealistic, and **T**ime-Limited.

The first step is to this objective is to assess the barriers that hinder individual from doing physical exercises. This can be achieved by having evaluations for accessing these barriers pain level, mobility, and fatigue. The major barrier for seniors' active and quality life is the fear of falling. Once these barriers have been accessed and overcome, work of finding work-out activities, maybe regular part of each day routine. The Table (1) below shows two SMART objectives for a senior to increase their physical activity. Having a simple plan is the simplest way of achieving a goal, and it is the key to changing behavior. Moderate work-out activities can help reduce coronary heart disease, obesity, colon cancer, injury, and falls, as well as improve quality of life and functional status (Mauk, K. L., (2014).

This education would help me in advising older adults on ways of avoiding diseases that are associated with body inactivity. Obesity, coronary heart disease, and colon cancer are some of the conditions that are related to lack of physical fitness exercise. Also, when dealing with patients with obesity, it would be of importance to advise them accordingly on routine to partake physical activity.

Specific	Measurable	Action-Oriented	Realistic	Time-Limited
I can utilize the gym room at the local senior center.	I can utilize the facility between 9 am, and 11 am	I will use the treadmill at the gym center three days a week and make it a habit	Yes, provided there is someone to take me there.	I will use the skipping rope two days a week for two months.
I can find out work-out programs are there at the local senior center	I can attend lessons between 9 am, and 11 am.	I will attend three lessons per week at the local senior center	Yes, provided there is someone to take me there.	I will attend yoga lessons on Tuesday and Thursday every week for two months.

Table 1. Physical Activity

References:

Mauk, K. L., (2014). *Gerontological Nursing: Competencies for care*. (3rd ed.). Burlington, MA:
Jones & Bartlett Learning.

Zaiceva, A., (2014). The impact of aging on the scale of migration. *IZA World of Labor*.