

For Your Health: Just Move

Brad Awalt, MS, ACSM
Exercise and Facilities Manager
HEALTH Plus

Benefits of Exercise

- Improves blood flow throughout body
- Improves ability to use oxygen and provides energy needed for an active lifestyle
- Stress reduction
- Boost enthusiasm and optimism
- Can help you release tension, relax, and sleep

Benefits of Exercise (cont.)

- Weight reduction and/or weight control
- Prevention of heart disease, diabetes, obesity, and osteoporosis
- Reduction of blood pressure
- Reduction of total cholesterol, LDL cholesterol, and triglycerides
- Increase of HDL cholesterol

Getting Started

Check with your Physician before you start an exercise program if:

- you have been inactive and are over 40 years old
- have any medical problems
- over 40 and plan a relatively vigorous exercise program

Getting Started

Choose activities that:

- are fun
- involves repetitive motion that uses the arms and legs
- builds endurance
- walking is a great exercise for starters

Exercise Program Components

- **Flexibility** – low intensity stretching, 5-10 minutes before and after exercise
- **Cardiovascular** – involves the use of large muscle groups over prolonged period in activities that are rhythmic in nature (walking, jogging/running, swimming, stair-climbing, aerobics, rowing)
- **Strength Training** – resistance training of moderate intensity

Physical Activity

- “Every US adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week”

Centers for Disease Control and Prevention
and American College of Sports Medicine



EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START...

IF YOU ARE INACTIVE
(Rarely do activity)

Increase daily activities at the base of the Activity Pyramid by

- taking the stairs instead of the elevator
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can

IF YOU ARE SPORADIC

(Active some of the time, but not regularly)

Become consistent with activity by increasing activity in the middle of the pyramid by

- finding activities you enjoy
- planning activities in your day
- setting realistic goals

IF YOU ARE CONSISTENT

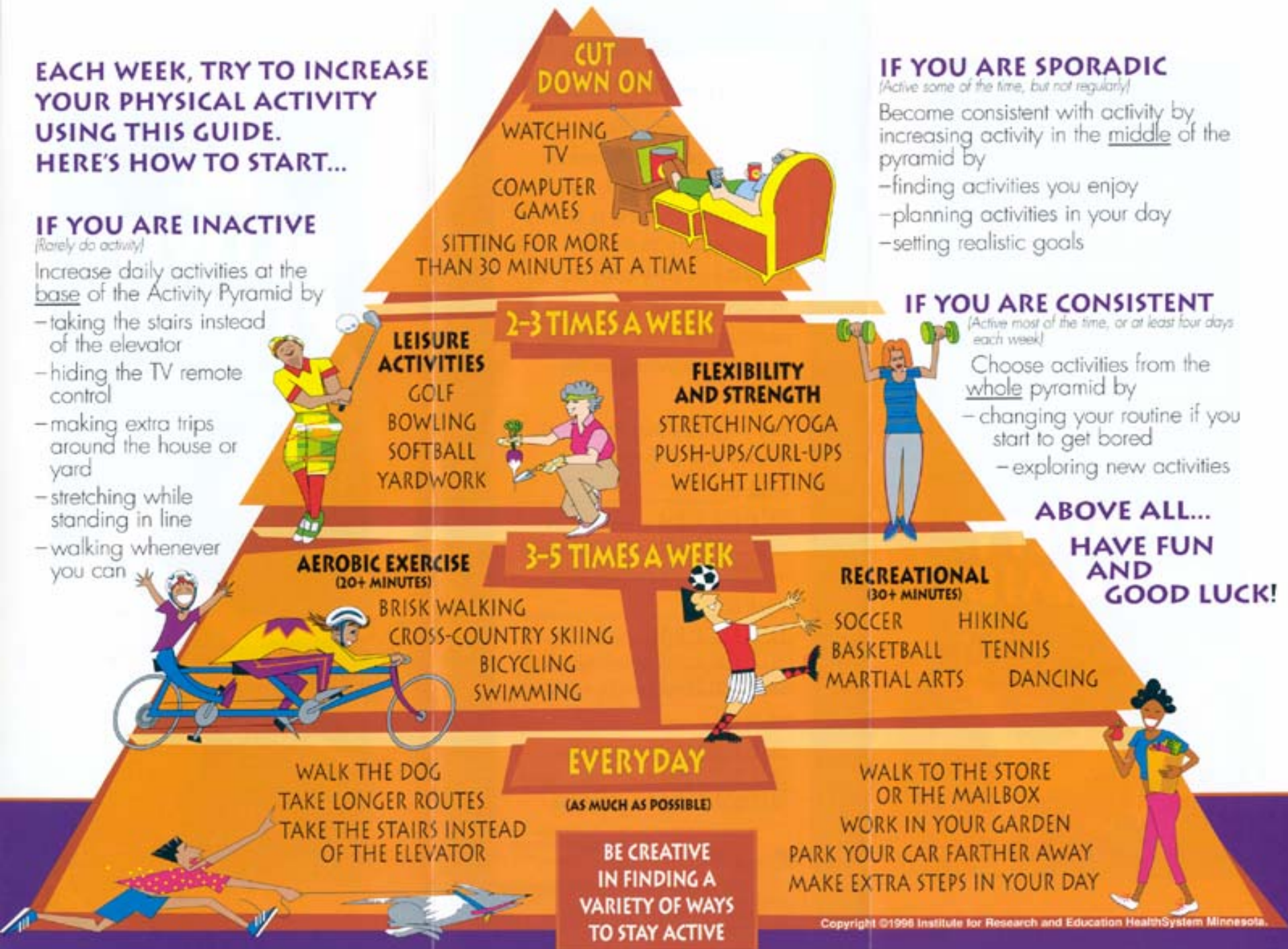
(Active most of the time, or at least four days each week)

Choose activities from the whole pyramid by

- changing your routine if you start to get bored
- exploring new activities

ABOVE ALL...

HAVE FUN AND GOOD LUCK!



Aerobic Exercise – **FITT**

- **F**requency: 3-5 days a week
- **I**ntensity: Moderate to Vigorous intensity (60-90% of Maximum Heart Rate)
- **T**ime: You should exercise at least 20 minutes or more per exercise session.
- **T**ype: involves the use of large muscle groups over prolonged period in activities that are rhythmic in nature

Types of Aerobic Exercise

- Walking
- Jogging/Running
- Stair Climbing
- Elliptical Trainer
- Stationary Bike
- Aerobic Classes
- Rowing Machine
- Nordic Track
- Swimming
- Water Aerobics

Target Heart Rate

- 60-85% of Maximum Heart Rate
- Max HR = $220 - \text{age}$
 - Example: 30 year old female
 $220 - 30 = 190$ Max HR
 - To get target HR range, multiply $190 \times .6$ & $.85$
 - Range is $114 - 161.5$

Optimal range for fat burning is 70%

Perceived Exertion

- A method to monitor exercise intensity other than heart rate assessment
- Use of RPE scale
- Can be done without refraining from exercise
- No equipment needed
- Recommended RPE range is between 3 (moderate) and 5 (strong)

Strength Training

- Perform a minimum of 8-10 exercises that train major muscle groups
- Perform 1-3 sets, 10-12 repetitions for each set
- Perform strength exercises 2-3 days per week



Flexibility Exercise

- Perform stretching exercises for major muscle groups
- Perform a minimum of 2-3 days per week
- Hold stretch to a position of mild discomfort for 10-30 seconds
- 3-4 reps for each stretch



Monitoring Progress

- Fitness Evaluation – Free to Vanderbilt Faculty & Staff
- Evaluation includes:
 - cardiovascular endurance
 - Flexibility
 - muscular strength
 - muscular endurance
 - 4-page report with results & recommendations

**Call HEALTH Plus (3-8943) to
schedule appointment**