

WHY

Effects on Health and Disease Prevention

1. *Reduced risk of Heart Disease—stronger heart and more efficient cardio respiratory system*
2. *Prevention of High Blood Pressure related issues due to lower blood pressure*
3. *Reduced Arterial Disease due to lower cholesterol*
4. *Reduced Cancer risk—evidence indicates lower risk of breast and colon cancer due to physical activity*
5. *Reduced risk of Osteoporosis*
6. *Prevention of Diabetes—risk factors for type 2 diabetes include obesity, high blood pressure, high cholesterol and family history*
7. *Regular, consistent exercise promotes a healthy immune system. Moderate exercise gives the immune system a temporary boost in the production of cells that attack bacteria. Extreme exercise may be detrimental*

Effects of Exercise on Mental Health

Studies show:

1. Reduced Anxiety

Best results with “aerobic exercise”

Best after weeks of regular exercise—10-15

Best benefits for those who are less fit to start with and more anxious to start with

2. Reduced Depression

Best after weeks of exercise but some studies showed improvement after the beginning of the exercise program

Best when done several times a week

Best with more vigorous activity

3. Benefits similar to those for other treatments

Activity associated with positive self-esteem

Activity associated with restful sleep

Activity associated with ability to respond to stress

Walking is good for your brain. *In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function and less cognitive decline than women who walked less than 40 minutes per week. Think about that!*

Walking reduces the risk of breast and colon cancer. *Women who performed the equivalent of one hour and 15 minutes to two and a half hours per week of brisk walking had an 18% decreased risk of breast cancer compared with inactive women. Many studies have shown that exercise can prevent colon cancer, and even if an individual person develops colon cancer, the benefits of exercise appear to continue both by increasing quality of life and reducing mortality.*

And

You are worth it

The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins.

Bob Moawad

HOW

Starting an Exercise Program

1. *Get a medical examination if age, illness or injury is an issue*
2. *Start slow. Do not overdue it. Make a plan of realistic goals*
Harder is not necessarily better
No pain—no gain?
3. *Wear correct clothing*
Lose enough not to restrict movement, chafing
Proper shoes!
Warm enough—layers
Cool enough—naked in the cold rain
4. *Get organized and set up support system*
Exercise with a friend
Schedule your workouts. Write them on your calendar.
Record your workouts—positive reinforcement
What is your reward?
5. *Variety maintains interest, helps prevent overuse and may assist in a more well rounded exercise program*
6. *Proper diet and enough sleep*
7. *Develop a Lifestyle Perspective—Identify your choices*
Ride a bike or walk instead of ride the car or bus
Take a walk instead of watch TV
Rake the leaves, wash the car, cut the lawn, sweep the floors,
Just Do It! Just Try It!
8. *Consult an expert or gain expertise*
9. *Warm up—raise the body temperature by walking, jogging, bicycling, calisthenics, light weight lifting, stretching*
10. *Cool Down—bring down your heart rate gradually, keep the blood pumping and stretch*

How Often Frequency

How Hard Intensity

How Long Time

The Surgeon General recommends **30 minutes** or more of accumulated moderate intensity physical activity on **five or more days per week** to improve health and fitness. "Accumulated" means you can do it in shorter bouts throughout the day (for example, 10- or 15-minute intervals throughout the day), and "moderate intensity" means you feel warm and slightly out of breath when you do it. Walking counts!

Walking improves fitness. Walking just three times a week for 30 minutes can significantly increase cardiorespiratory fitness.

Walking in short bouts improves fitness, too! A study of sedentary women showed that short bouts of brisk walking (three 10-minute walks per day) resulted in similar improvements in fitness and were at least as effective in decreasing body fatness as long bouts (one 30-minute walk per day)

HOW OFTEN

Beginner 2 to 3 times per week @60%
Intermediate 4 days per week
Advanced 5-6 days per week

HOW HARD

Target exercise heart rate 60%

Perceived exertion—how do you feel

HOW LONG

30 to 60 minutes

inversely related to exercise intensity

Example for a beginner

Week 1: 2 days twice a day for 10-15 minutes @ 60%

Week 2: 3 days twice a day for 10-15 minutes @ 60%

Week 3: 4 days once a day for 20-25 minutes @ 60%

Week 4: 4 days once a day for 15-20 minutes @ 70%

Week 5: 4 days once a day for 20-25 minutes @ 70%

TARGET EXERCISE HEART RATE

Maximum Heart Rate (MHR) = 220 - age

Resting Heart Rate (RHR)= _____ at rest

Reserve Heart Rate (MHR) - (RHR) = _____

Reserve

Find 60% of reserve _____ X .60 = _____

Find 70% of reserve _____ X .70= _____

Find 80% of reserve _____ X .80= _____

Add those %'s back to your resting heart rate to find

_____ *60% target exercise heart rate*

_____ *70% target exercise heart rate*

_____ *80 % target exercise heart rate*

Walking speed _____ for quarter mile

_____ *miles per hour (Quarter mile times 4)*