Move to Improve

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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
Starting an Exercise Program
6 weeks later...
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!

Start slowly and gradually increase frequency, time, and intensity
Exercise Program Components

- **Flexibility** – low intensity stretching for major muscle groups

- **Cardiovascular** – involves the use of large muscle groups over a prolonged period in activities that are rhythmic in nature

- **Strength Training** – resistance training of moderate intensity
How much is enough?
Aerobic Exercise - FITT

- Frequency: 3-5 days a week
- Intensity: Moderate to Vigorous intensity (60-90% of Maximum Heart Rate)
- Time: You should exercise at least 20 minutes or more per exercise session.
- Type: activities that involve the use of large muscle groups over a 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
Strength Training

- Perform 8-10 exercises that train major muscle groups
- 1-3 sets, 10-12 repetitions for each set
- 2-3 days per week
Flexibility Exercise

- Perform stretching exercises for major muscle groups
- 2-3 days per week
- Hold stretch for 10-30 seconds
- 3-4 reps for each stretch
“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 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!

CUT DOWN ON

WATCHING TV
COMPUTER GAMES
SITTING FOR MORE THAN 30 MINUTES AT A TIME

2-3 TIMES A WEEK

FLEXIBILITY AND STRENGTH
STRETCHING/YOGA
PUSH-UPS/CURL-UPS
WEIGHT LIFTING

3-5 TIMES A WEEK

RECREATIONAL
(30+ MINUTES)
SOCCER HIKING
BASKETBALL TENNIS
MARTIAL ARTS DANCING

EVERYDAY

(WALK THE DOG
TAKE LONGER ROUTES
TAKE THE STAIRS INSTEAD
OF THE ELEVATOR

BE CREATIVE IN FINDING A VARIETY OF WAYS TO STAY ACTIVE

WALK TO THE STORE OR THE MAILBOX
WORK IN YOUR GARDEN
PARK YOUR CAR FARTHER AWAY
MAKE EXTRA STEPS IN YOUR DAY

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Increase Your Footsteps

- Get up from the computer and occasionally deliver email personally
- Enter your office building on the far entrance
- Take one or two extra flights of stairs each day instead of elevator
- Park farther away and walk
- Take 5 minute walk breaks
- Never sit for 20 minutes straight
Monitoring Progress

- Fitness Evaluation
  - Measurement of Blood Pressure and Body Composition
  - Measurement of Cardiovascular fitness, muscular flexibility, muscular strength and endurance
  - 4-page report with results

Call HEALTH Plus at 343-8943 to set up appointment!
HEALTH Plus

- Located in Memorial Gym
- Available for full-time faculty & staff
- Hours of Operation
  - 5am - 8pm (Monday - Friday)
  - 8am - 2pm (Saturday)
HEALTH Plus

- Cardiovascular and weight-lifting equipment
- Certified Trainers available
  - Facility Orientations
  - Fitness Prescriptions
  - Fitness Evaluation
  - Body Composition Analysis
- Offer group fitness classes
HEALTH Plus - Campus Wide

- Lap swimming
- Indoor Track at lunch
- Basketball at lunch
- Water aerobics
- Tai Chi
- Walking Club
- Kickboxing at Kirkland
- Running class
- Pilates at Light Hall
Questions?