



Hanford Occupational Health Services

Weight Management Week 4

Exercise: Benefits of regular exercise, how to start a routine, the components of a fitness routine, perceived exertion, target heart rate calculations, fitting exercise into lifestyle.

Health Education

(509) 376-3939

Benefits of Regular Exercise

- ◆ Helps control weight
- ◆ Reduces risk of stroke and heart disease
- ◆ Helps control blood cholesterol
- ◆ Improves blood circulation—more oxygen to body tissue
- ◆ Reduces blood pressure
- ◆ Contributes to stress management
- ◆ Boosts enthusiasm and optimism
- ◆ Release tension, relax and sleep
- ◆ Improved posture
- ◆ Decreased pain (headaches, back aches, muscle aches)

Inactivity can lead to:

- obesity
- chronic pain
- heart disease
- hypertension
- diabetes
- colon cancer
- premature mortality

“Only 22% of adult are sufficiently active to derive the health benefits associated with participation in regular physical activity.”

(CDC/ACSM)

Leading Causes of Death in U.S.

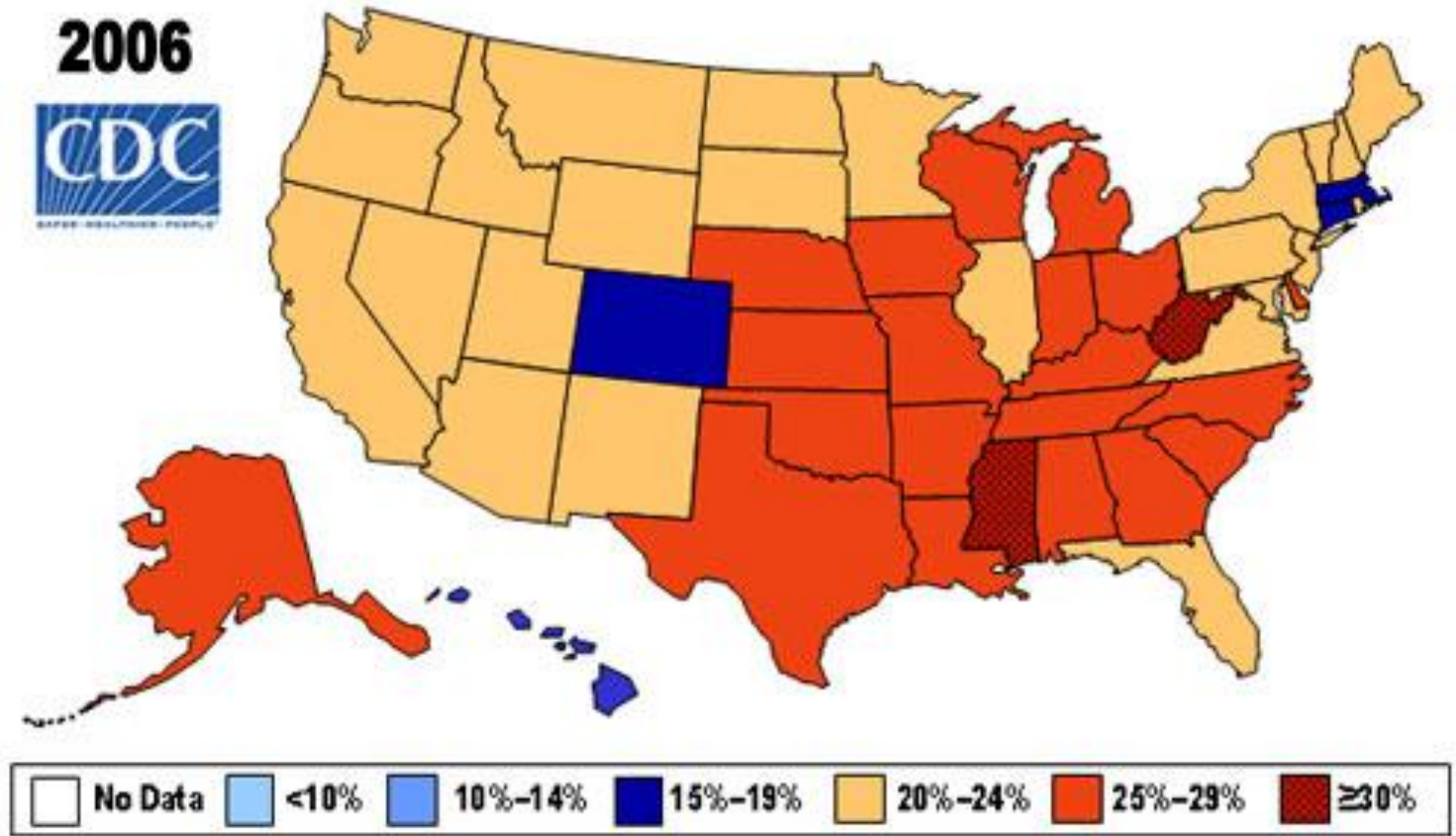
- ◆ Coronary Artery Disease
- ◆ Cancer
- ◆ Stroke
- ◆ COPD (chronic bronchitis, emphysema)



Modifiable Risk Factors

- ◆ Physical Inactivity/ Sedentary Lifestyle
- ◆ Smoking
- ◆ Calorie imbalance
- ◆ High Cholesterol/Fat Diet
- ◆ Hypertension
- ◆ Diabetes

Percent of Obese People in U.S.



Exercise Guidelines

from the American College of Sports Medicine (ACSM) and the American Heart Association (AHA)



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moderately intense
cardio 30 minutes a
day, five days a week

OR

vigorously intense
cardio 20 minutes a
day, 3 days a week

AND

8 -10 strength-
training exercises, 8 -
12 reps each twice a
week.

How to Get Started

- ◆ Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations: 30 minutes of moderate-intensity physical activity at least five days per week, or vigorous-intensity activity at least three days per week, and strength training at least twice per week.
- ◆ Choose activities you enjoy, such as swimming, biking, or playing basketball with friends to get your daily physical activity. If you need variety of activities to stay motivated, combine a few that appeal to you.
- ◆ Physical activity can be accumulated through a variety of activities, not just running. **Walking** is a great way to do moderate-intensity physical activity.

How to Get Started (cont.)

- ◆ Make a plan. (where, when?)
- ◆ Set your goals.
- ◆ Schedule your exercise.
- ◆ Start SLOW!!



Set S.M.A.R.T. Goals

- ◆ Specific
- ◆ Measurable
- ◆ Attainable
- ◆ Reward-Based
- ◆ Time frame



Battling Obstacles

- **Time:** Schedule exercise into your planner.
- **Energy:** Chose a time of day that you will have some energy.
- **Motivation:** Find a partner, set up a reward
- **Equipment:** gym, home, tubing, body weight.
- **Money:** Be creative with equipment or use body weight
- **Self-Consciousness:** Find an environment that you are comfortable in.

Get help if you need it!!

Components of Exercise Program

- ◆ **Warm-up**
- ◆ **Stretching**
- ◆ **Cardio** (Heart Rate Training Zones)
- ◆ **Strength Training**
- ◆ **Cool Down**



Warming up

Warming-up facilitates the transition from rest to exercise, increasing the metabolic rate from resting levels to the requirements needed for exercise.

- ◆ Increasing blood flow to the working muscle.
- ◆ Elevating body temperature.
- ◆ Stretching postural muscles and increasing connective tissue extensibility.
- ◆ May reduce the susceptibility to musculoskeletal injury.
- ◆ Should last 5-10 minutes. Warm-up prior to competition can be significantly longer.

Flexibility

- ◆ Slow, controlled, and constant
- ◆ 2-4 repetitions
- ◆ Minimum of 2-3 days/week, ideally 5-7 days/week.
- ◆ Stretch to the point of tension or mild discomfort
- ◆ See the Daily Stretch routine online in the WorkFit program: www.hanford.gov/amh

Cardiovascular exercise

- ◆ Walking, cycling, jogging, and simulated stair climbing: Consistent intensity and energy expenditure not dependent on the participant's skill level.
- ◆ Aerobic dancing, bench stepping, hiking, swimming and water aerobics: The rate of energy expenditure will vary depending on the person's ability. With higher skill levels, a person can work harder and longer, and thus burn more calories.
- ◆ Basketball, racquet sports, and volleyball: Highly variable energy expenditure due to performance demands of the activity.

Cardiovascular exercise

- ◆ For long-term cardiovascular health, it is important to select a variety of activities that sufficiently stimulate the heart, lungs, and muscles.
- ◆ Most importantly... select exercises that you enjoy, and you'll DO!

Benefits of strength training

- ◆ Increase BMR – 1 lb. of muscle burns 50 calories per day.
- ◆ Improve bone density
- ◆ Improve posture
- ◆ Improve balance & mobility
- ◆ Injury prevention
- ◆ Increase strength & endurance



Speedy Recovery

- ◆ Don't stop and rest immediately. Cool down can consist of walking or stretching. Depending on intensity cool down could involve continued low intensity exercise for 5-20 minutes.
- ◆ Nutritious meal: carbs, protein, and fat
- ◆ Replace fluids lost during exercise. Drink before, during and after.
- ◆ Rest/Sleep



Making Exercise a Habit

- ◆ Choose activities you enjoy
- ◆ Set realistic goals
- ◆ Program should be tailored to your fitness level
- ◆ Give yourself a chance to adjust to new routine
- ◆ Don't give up if you miss a day
- ◆ If you miss a workout- make it up
- ◆ Consider exercising with a friend for motivation
- ◆ Add “activities” to your weekend or free time with your family.

5 Fitness Program Killers

1. Failure to clearly identify goals- It's hard to get there if you don't know where your going. What do you want from your exercise program and what will you do?
2. Lack of proper instruction, direction- Seek professional help and/or do a little reading.
3. Failure to start slowly- Can be discouraging, dangerous, and painful.
4. Lack of time commitment- Failing to prioritize, making excuses.
5. Poor eating habits- Food is fuel

Tips to staying active

- ◆ Pack your workout clothes in your car.
- ◆ Move more throughout your day
 - Park farther away from work, store, etc.
 - Use the stairs, not the elevator.
 - Walk during breaks.
- ◆ Choose exercise that you ENJOY!
- ◆ Join a group or a class.
- ◆ Hang out with other fitness-minded people.
- ◆ Visit www.hanford.gov/amh for articles and to use the WorkFit program