

ADULT FITNESS

Parts of an Exercise Program

Warm-ups – Warming up gets your body ready to work out, and is especially important if you have diabetes, angina, lung disease, arthritis, or peripheral vascular disease. Slow walking or bicycling for 5-10 minutes is a good way to prepare your body for exercise.

Cardiovascular Training – Cardiovascular exercise works your heart and lungs, and decreases your risk for heart disease, stroke, diabetes, and cancer.



- Choose a work-out you enjoy.
- Work up to 30 minutes without a break. (30-60 minutes is ideal.)
- Work up to 5-7 days per week.
- Try walking, biking, swimming, or dancing.

Strength Training – Strength training makes your muscles stronger, builds strong bones, improves balance, and helps keep you independent late in life.

- Do strength training 2-3 times per week.
- Decide which muscles you want to focus on.
- Choose a starting weight that you can lift 8-12 times before getting tired.
- Begin with one set of 8-12 repetitions of each exercise.
- Use slow and controlled movements...faster is not better.
- Breathe! Exhale through the toughest part of the lift and inhale through the easiest part of the lift.
- Skip a day or two between strength training workouts. This will allow your muscles to rest.
- If you enjoy lifting weights or have extra time, try completing 2 or 3 sets (8-12 repetitions) of each exercise. Don't forget to challenge yourself! If you do not increase the amount of weight you lift, you will not increase your muscle mass or strength. When lifting a weight 10-12 times becomes easy, increase the weight of the dumbbell and decrease the number of times you lift it to 6-8 reps. As your muscles become stronger, once again increase the number of reps to 10-12. Keep this cycle up to challenge those muscles.



Stretching – Stretching improves your flexibility and helps keep you from getting hurt.

- To avoid injury, never stretch a cold muscle. Warm up before stretching.
- Hold each stretch for 20-30 seconds.
- Do not bounce.
- Repeat each stretch twice.
- Breathe slowly and regularly.
- Stretch until you feel tension in the targeted muscle.
- If you feel pain, you have stretched too far and you should back off the stretch.



When to Stretch

- To improve and maintain your flexibility, stretch at least three times a week.
- You can perform light stretches anytime you feel like it (e.g. at your desk, waiting for a bus) and at various times of the day.

Before Exercise – Do light stretches after 5-10 minutes of warm up activities.

During Exercise – While not always necessary, if you feel tight go ahead and do a gentle stretch, then go back to your workout.

After Exercise – At this time, your muscles are warm and more elastic. Stretching after exercise increases your flexibility and maximizes the range of motion around your joints. You should stretch all the major muscle groups used during your workout.

Cool-downs – Cooling down helps your body return to a resting state.

- Do 5-10 minutes of slow movement.

F. Frequency – How often should you work out?

- Exercise makes you stronger and healthier, and helps you to do all your daily activities. To get the most benefit, strive to get some type of exercise 5-7 days per week.

I. Intensity – How hard should you work out?

- Listen to your body. It is not normal to have dizziness, lightheadedness, nausea, chest pain, shortness of breath, sudden weakness, or an increase in pain or discomfort. If you experience any unusual symptoms, stop exercise and notify your doctor or seek medical attention.
- Use the “talk test” to see if you are exercising too hard. If you are too short of breath to have a conversation with someone, you are working too hard. Be sure to slow down, decrease the resistance, or give your arms a break.
- Perception. Another way to decide if you are exercising hard enough or too hard, is to rate your effort on a scale from 1-10. “1” means you are at rest or doing nothing, “10” means you are at full effort and cannot do any more work. Beneficial and safe exercise is between “4” and “7”. At this level your effort should feel “moderate” to “hard”. You should feel as if you are doing some work, but not as though you will have to stop soon.

T. Time – How long should you work out?

- If you are just starting an exercise program start with 5 or 10 minutes each day and gradually work your way up. 30-60 minutes of exercise on most days of the week is known to improve diabetes, make your heart and lungs healthier, prevent cancer, and promote weight loss.

T. Type – What kind of exercise should you do?

There are many types of exercise and all are helpful in many ways.

- Cardiovascular Exercise increases your energy and endurance, encourages weight loss, and decreases your risk for heart disease, stroke, diabetes, and cancer. Walking, biking, swimming, and dancing are all types of cardiovascular exercise. Some people refer to this as aerobic exercise.
- Strength Training is any exercise that makes your muscles stronger. It helps control diabetes, makes your bones denser, decreases your chance of falling, decreases your risk for cancer, and helps control your weight. Strength training also helps you climb steps, carry your groceries, and pick up your grandchildren.
- Stretching and ROM exercises keep your muscles flexible. This results in better posture, less pain, and less chance of becoming injured. Increased flexibility also helps with daily activities such as getting dressed, combing your hair, and fastening your seat belt.

Safe Exercise Includes Following These Guidelines When Exercising Outside:

- Hot, Humid Days avoid exercising outdoors if the temperature is more than 80°F and the humidity is more than 80%.
- When hot weather hits, decrease the time and intensity of your workout for at least 10 to 14 days, then slowly increase the time and intensity of your workouts over several days.
- Wear light, loose clothing.
- Try to find a route with plenty of shade.
- Drink 8 to 12 oz of water 20 to 30 minutes before exercising, and 6 to 10 oz every 30 minutes of exercise.

Watch for Signs of Heat-related Illnesses

Heat Exhaustion – Seek shade or air conditioning, and drink water.

Signs and symptoms include:

- Excessive sweating – Headache
- Pale skin – Nausea
- Dizziness – Cold, clammy skin
- Rapid pulse

Heat Stroke – This is the most severe form of heat illness. Seek medical attention IMMEDIATELY!

Signs and symptoms include:

- Hot, dry skin – Difficulty breathing
- Strong, rapid pulse – Difficulty thinking or concentrating

Cold Days

- Avoid exercising outdoors if the temperature combined with the windchill are below 0°F.
- Wear layers of clothing to avoid getting sweaty and lower the risk of hypothermia. You can remove layers as you become warm.

- To prevent frostbite cover exposed skin by wearing gloves, a face mask, and a hat.
- Exercise can make you feel 30° warmer than it actually is. Wear one less layer of clothing when exercising outdoors.

Avoid Shoveling Snow

- Research shows that 10 minutes of shoveling wet snow is equivalent to moving 2000 pounds and causes a rise in blood pressure that is higher than running up a hill at a full sprint. Experts say the combination of holding your breath during lifting and breathing in cold air that constricts the blood vessels raises your heart rate and blood pressure to the point that susceptible people may suffer chest pain, irregular heartbeat, or a heart attack.

References

(Current Sports Medicine Reports 2004, Barry Franklin et al 3:59-61)
(Microsoft Word. *Clip Art*. 2010. Microsoft Word File).

2-5-14