

one of the most important components of getting and staying healthy for life is
movement and **exercise.**



getting fit

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CARDIO

Cardio is a low intensity activity that is maintained for a period of time. Cardio activities include activities such as walking, swimming, running, bike riding, rowing, stair climbing, water aerobics, spinning, and kick boxing.

Any kind of cardio activity should be started with a warm-up and finished with a cool down, each lasting about 10 minutes. Participant should be able to breathe and answer questions during workout.

A warm-up is a lighter version of the activity to be performed gradually increasing in intensity at the 10 minute mark.

A cool-down is a gradual decrease in intensity for the last 10 minutes of workout. Participant should not be light headed and should be able to breathe comfortably upon completion of cool-down. This should feel challenging but not overwhelming.

CARDIO GOAL

IF YOU DO NOT HAVE AN EXERCISE ROUTINE:

Start with 10 to 15 minutes, increasing your duration by 5 to 10 minutes no sooner than every 1 to 2 weeks. DO NOT just go for the full 30 minutes! Allow your body to adapt and get stronger. Remember, you are not just “working out,” you are establishing a habit to improve your health for life.

- Breaking up the exercise into two times per day will increase your fitness even more. For example, you could do cardio for fifteen minutes in the morning and afternoon.
- 30 minutes of cardio at least three days per week, in 10 to 15 minutes burst of a high intensity aerobic state would be an ideal “workout.”
- You can walk for 45 minutes the other days of the week.

RESISTANCE TRAINING

Resistance training is an activity that is hard enough that you can only maintain it for a short period of time. Activities that would fall under this category are: weight lifting (including water resistance, lifting any portion of body weight, and use of exercise equipment), sprinting, and body “conditioning” or “toning” classes.

Resistance activities are great for increasing and maintaining bone density and stamina. They also increase muscle mass. If you are undertaking a weight loss program, increasing your resistance training to three days a week will help you lose weight much faster and increase your metabolism better than doing more cardio. Working out for 30 minutes should be sufficient for therapeutic effects. The days that you work out should be spread out during the week rather than consecutive, allowing your body a chance to recover on days off. Working with a professional, whether in a class or a one on one setting, is recommended to help you learn how to use resistance tools properly and avoid injury.





ALWAYS WARM-UP TO REDUCE THE RISK OF JOINT OR MUSCLE INJURY.

Flexibility Training

The ideal mix of exercise for you would be to add flexibility training to your workout routine. This could include stretching exercises, yoga, or any similar physical activity. Any yoga session includes resistance, cardio, and stretching for flexibility, stamina, and increased aerobic capacity.

SMART AND HEALTHY THINGS TO DO FOR A SUCCESSFUL WORKOUT:

- Always stay hydrated by drinking water or an electrolyte drink before, during, and after your workout (coconut water is a healthy and smart option).
- Eat 1 to 1½ hours prior to exercise to avoid blood sugar crashes mid-workout.
- Eat nutritious foods that will support the demands you are placing on your body for strength, endurance, and stress management.
- Pay attention to how you feel. If you feel you are working too hard, back off. If you think you can work a little harder, give it a try.
- Notice how much better you feel and how much easier your everyday activities become as you improve your health.
- After a workout session, replenish your glycogen (blood sugar) reserve by eating some protein and a healthy carbohydrate. Good after-workout snacks would be:

Protein smoothie with fresh fruit
Fruit and string cheese
Fruit and a handful of nuts
Plain yogurt, fresh fruit, and nuts/seeds
Hard boiled egg and AkMak crackers
AkMak crackers with peanut butter

Give yourself credit for your accomplishments!

CONSULT WITH YOUR **PRIMARY CARE PRACTITIONER BEFORE** ENGAGING IN ANY PHYSICAL ACTIVITY.



ACTION PLAN

WHAT STEPS CAN YOU TAKE TO BECOME **MORE FIT?**



EXERCISE SCHEDULE
