

NEUROSCIENCE TREATMENT TEAM PARTNER PROGRAM



# Solutions for Wellness Group Program

A program that offers information and tips on healthy living including nutrition, fitness, and exercise.



*Lilly*

# FITNESS AND EXERCISE

## *Patient Manual*

## About the Authors

---

*Stephanie W. Ryan, MEd, CTRS,*

is a certified therapeutic recreation specialist and special education instructor. She has developed and taught leisure skills, exercise programming, and recreation education to individuals with mental illness since 1991. She presently works with the Hall County Board of Education in Gainesville, Georgia.

*Kimberly Littrell, APRN CS,*

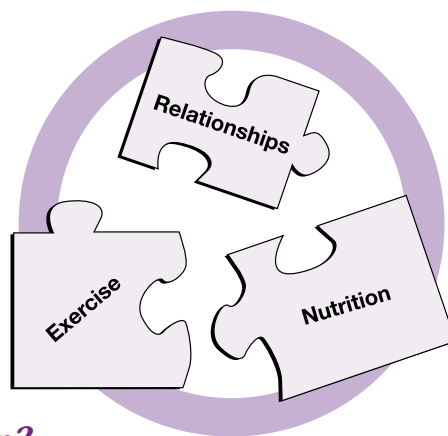
is a clinical nurse specialist and nurse practitioner in adult psychiatric and mental health nursing. She is the president and CEO of The Promedica Research Center in Atlanta, Georgia, and adjunct professor in the College of Health Sciences at Georgia State University. Ms. Littrell specializes in the treatment of people with mental illness, in the areas of medication education, and psychotherapeutic interventions.

## Table of Contents

What Is a Healthy Lifestyle? .....	2
Common Roadblocks Preventing People from Exercising .....	3
Evaluating Your Body Weight .....	4
How Much of You Is Fat? .....	6
Symptoms of Being Out of Shape .....	7
Fitness Self-Assessment .....	8
Monitoring Your Heart Rate .....	9
How Exercise Benefits You .....	10
Other Benefits of Exercise .....	12
Reasons for Medical Clearance Before Beginning an Exercise Program .....	14
Types of Exercise .....	16
Choosing an Exercise Program .....	18
Exercises to Increase Your Flexibility .....	20
Some Simple Flexibility Exercises You Can Do Anywhere .....	21
Walking – An Ideal Exercise .....	22
What Is Aerobic Exercise? .....	24
Strengthening Exercises .....	25
Target Heart Rate and Monitoring .....	26
Components of an Exercise Program .....	27
Getting Started with an Exercise Program .....	28
Goal Setting Is Important .....	30
When to Stop Exercising .....	31
Keeping Up Your Motivation .....	32
Fitting Exercise into Your Daily Routine .....	34
What Resources Are Available in Your Community? .....	36
Some Final Words .....	38
Fitness Activity .....	39

## What Is a Healthy Lifestyle?

Different people have different ways of describing a healthy lifestyle. In general, it means living your life in a way that helps you to be both physically and emotionally healthy. Many things go together to make up a healthy lifestyle.



### *How does exercise fit in?*

Most people agree that a major part of leading a healthy lifestyle includes a program of regular exercise. Let's first discuss what we mean by the term *exercise*.

Exercise is any activity that requires physical effort and is performed to develop or maintain fitness. How much exercise you need is an individual matter, but most experts agree that you should exercise for *at least* 30 minutes, 3 to 4 times a week.

In this booklet, we will examine the role of exercise in your overall plan for leading a healthy lifestyle. We will look at:

- Body weight and body fat percentage
- Roadblocks to exercising and symptoms of being out of shape
- Monitoring your resting and target heart rates
- Benefits of regular exercise
- Getting started with and maintaining an exercise program
- Different types of exercise programs
- Low-cost and no-cost exercise routines

## Common Roadblocks Preventing People from Exercising

Have you ever planned to exercise but somehow found an excuse to do something else? Or have you ever started an exercise program and found that after a few weeks you slowly tapered off and eventually quit altogether? Do these problems sound familiar?

They probably do, because most people do not follow a regular program of exercise. You might also fall into this category. Listed below are reasons that people often give for not exercising.

- It's boring
- I'm too old
- I'm too busy
- I can't afford it
- I'm too fat
- I'm too tired
- I don't want to do it alone
- I have enough problems
- I will look stupid
- I tried it once and it didn't work
- I'm afraid



List below some of the roadblocks that prevent you from participating in a program of regular exercise.

---

---

---

Remember, exercise programs should be individualized for each person. Don't begin or increase an exercise program without talking to your doctor first.

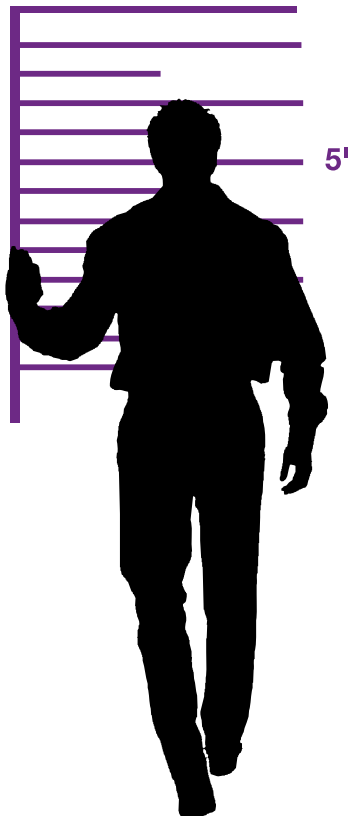
## Evaluating Your Body Weight

In order to stay at the same body weight or to lose weight, you must balance the amount of calories in the foods and drinks you consume with the amount of calories your body uses. Exercise is an important way to use food energy.

If you have been overeating or have not been exercising regularly, you may be overweight. The formulas below show how to calculate healthy weight ranges for adult men and women. These are general guidelines. Your doctor can help you decide on a healthy target weight for you.

**Women** - 100 lb for the first 5 ft of height. Then add 5 lb for every inch above 5 ft.

For example: If you are 5' 4" tall, your target weight would be 120 lb.



$$\begin{array}{r} 5 \text{ ft} = 100 \text{ lb} \\ 4 \text{ in} = 20 \text{ lb} \\ \hline \text{Total weight} = 120 \text{ lb} \end{array}$$

If you are large framed, you can add about 10%, which would equal 132 lb in the example.

If you are very small framed, subtract 10%, which would equal 108 lb.

Men - 106 lb for the first 5 ft of height. Then add 6 lb for every inch above 5 ft.

For example, if you are 5'11" tall, your target body weight would be 172 lb.

$$\begin{array}{r} 5 \text{ ft} = 106 \text{ lb} \\ 11 \text{ in} = 66 \text{ lb} \\ \hline \text{Total weight} = 172 \text{ lb} \end{array}$$

As above, you can add 10% if you are large framed and subtract 10% if you are small framed.

Now let's calculate your target body weight. What is your height?

$$\begin{array}{r} \underline{\quad\quad} \text{ ft} = \underline{\quad\quad} \text{ lb} \\ \underline{\quad\quad} \text{ in} = \underline{\quad\quad} \text{ lb} \\ \hline \text{Total weight} = \underline{\quad\quad} \text{ lb} \end{array}$$

\*Add 10% for large body frame, subtract 10% for small body frame.

Does your weight fall within the healthy range for your height?

YES                       NO

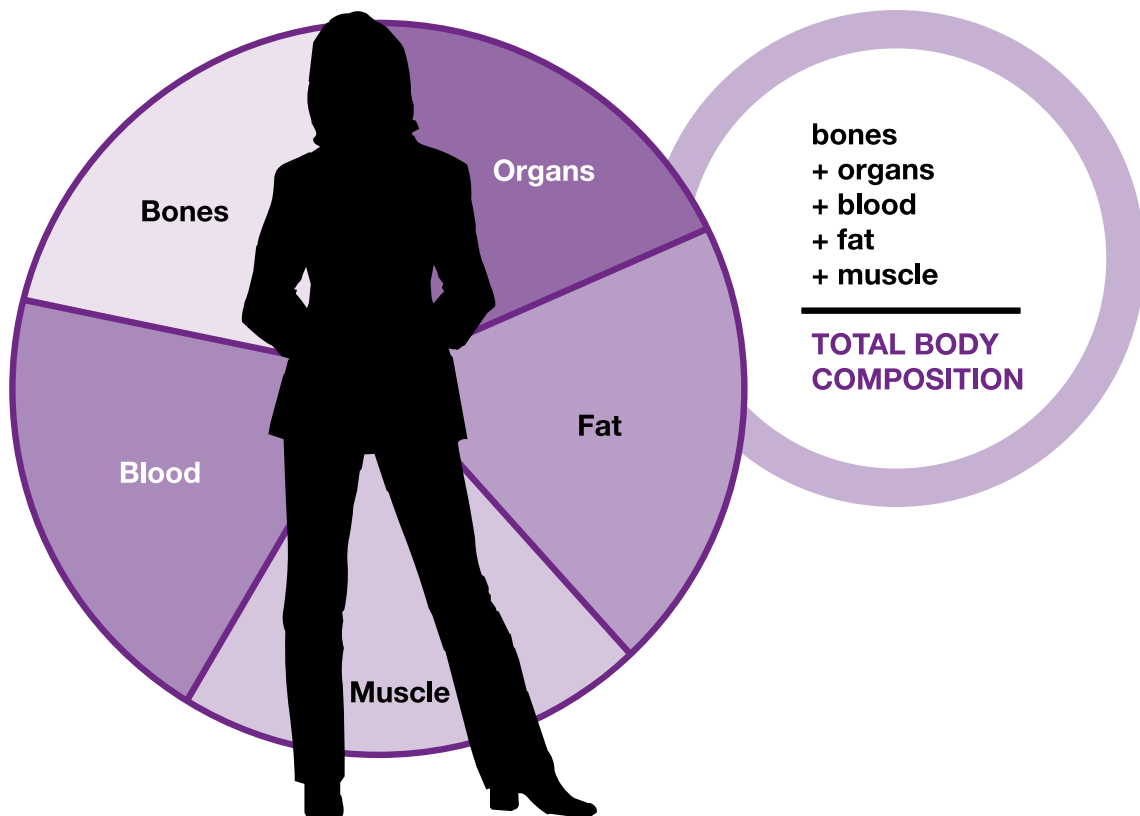
Being overweight can often lead to other health problems. A healthy diet along with exercise can help you maintain a healthy weight or may help you lose weight if necessary. The key is to become more physically active throughout the day.



## How Much of You Is Fat?

You now know how much you weigh and whether your weight is in the healthy range. It is important to remember that your weight is the grand total of your bones, organs, blood, fat, muscle, and other tissues — it's not just an indicator of “how fat” you are. Knowing your *body composition* can be very helpful when planning an exercise program.

Your body composition is also called your *body fat percentage*. It is the way you determine how much of your body is composed of fat and how much of it is composed of *lean body tissue*. Measuring your body composition may be more important than weighing yourself to figure out if your exercise program is working. For example, your scale may say that you have lost five pounds. But a body fat test can tell you that a 5 lb weight loss might mean you lost 8 lb of fat and gained 3 lb of muscle — results like that are much more motivating!



## Symptoms of Being Out of Shape

Besides being overweight, how do you know that you are out of shape and in need of exercise? A good general guide is that you should feel better, not worse, shortly after the exercise and that good feeling should stay with you for several hours. If you are not in good physical condition you may have some of the following symptoms:



- You feel out-of-breath after walking up a flight of stairs
- Your heart continues to pound for 10 minutes after exercise
- You feel exhausted, weak, or shaky after a few minutes of hard work or exercise
- You have frequent muscle tension or tightness
- You have trouble getting to sleep at night after you exercise
- You feel unusually tired the next day after exercising
- You have poor muscle tone (e.g., your muscles feel soft)
- You feel tired and run down most of the time

Do you have any of these symptoms of being out of shape?

YES       NO

Do you have any other symptoms that suggest you are out of shape?

---

---

---

## Fitness Self-Assessment

Being physically fit isn't an all-or-nothing proposition, it's relative. For example, are you more physically fit than you were last year, or 5 years ago? Or does your level of physical fitness seem to be getting worse? In order to get an idea of your current level of fitness, answer yes or no to the following questions.

		<b>HOW FIT ARE YOU?</b>	
YES	NO		
<input type="checkbox"/>	<input type="checkbox"/>	1.	Do you exercise regularly?
<input type="checkbox"/>	<input type="checkbox"/>	2.	Would the people close to you describe you as healthy?
<input type="checkbox"/>	<input type="checkbox"/>	3.	Do you smoke cigarettes?
<input type="checkbox"/>	<input type="checkbox"/>	4.	Do you consciously choose to limit the amount of sugar, sodium, fats, and cholesterol in your diet, and to eat enough fiber at least 90% of the time?
<input type="checkbox"/>	<input type="checkbox"/>	5.	Do you have special skills to identify and handle the excess stress and tension in your life?
<input type="checkbox"/>	<input type="checkbox"/>	6.	If you tried an exercise program in the past and quit, do you understand the reasons why you stopped?
<input type="checkbox"/>	<input type="checkbox"/>	7.	Will your close friends and relatives be supportive if you make some healthy changes in your life?
<input type="checkbox"/>	<input type="checkbox"/>	8.	Do you do things during the day that take extra physical effort and energy?
<input type="checkbox"/>	<input type="checkbox"/>	9.	Do you know how to take your pulse during exercise?
<input type="checkbox"/>	<input type="checkbox"/>	10.	Do you want to improve your current level of physical fitness?

Now look at the questions you answered "no" and those that you answered "yes." Based on your responses, how would you describe your current level of fitness?

---

## Monitoring Your Heart Rate



Another way to assess your level of fitness is to measure your resting pulse rate, the average number of heartbeats per minute when you are at rest.

As a rule, a resting pulse of 40 beats or more per 30 seconds suggests that you could improve your fitness. A resting pulse of 35-39 beats per 30 seconds suggests that you may need to exercise more. If you have an average resting pulse below 35 beats per 30 seconds, you are likely to be in good shape.

### *Measuring your pulse*

To obtain your resting pulse rate, allow yourself to relax for several minutes, then count the number of pulse beats in 30 seconds.

You can measure your pulse in 1 of 2 places:

1. Place the tip of your third finger lightly over the blood vessels on your neck located to the left or right of your Adam's apple.



2. Place the tip of your third finger on your wrist just below the base of your thumb.



## How Exercise Benefits You

If you exercise enough each day to be pleasantly tired but not exhausted, you develop strength, skill, and endurance. Do you know why? Your muscles, your heart, and other parts of your body grow stronger and more efficient when they are called upon regularly for the effort required in exercise.

Exercise can help you mentally as well as physically. Psychological benefits such as a greater sense of well-being, increased self-esteem, and decreased anxiety and depression have all been linked to exercise.

People who are recovering from mental illness have described the benefits of exercise in the following ways:



*“When I work out I feel better about myself, like it increases my self-esteem. I’ve been able to do something for thirty minutes or an hour that really helps my body.”*  
— Tom

*“Exercising helps me stay grounded. It helps control my stress and my symptoms seem to get better if I exercise.”— Jack*

*“I can’t afford to join a gym, so I walk in my neighborhood. I try to walk for 45 minutes three or four times a week. It has helped me lose weight that I had put on from my medication.” — Debbie*

Now, think about how exercise might be helpful to you. List 1 or 2 of your ideas below.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_



## Other Benefits of Exercise

The benefits of exercise increase for those who make it a lifelong commitment. Experts remind us that there are many health benefits offered by exercise. These benefits should help us reconfirm the importance of exercise and make it a priority.

### *1. Regular aerobic exercise helps prevent heart disease.*

It does this by slowing down the buildup of plaque in the arteries of the heart. Aerobic exercise increases the “good” cholesterol (HDL) in the bloodstream while decreasing the “bad” cholesterol (LDL). High density lipids (HDL) help carry the cholesterol out of the arteries. Low density lipids (LDL) are associated with increased risk of heart disease. Aerobic exercise helps to prevent blood clots from forming and blocking the arteries.

### *2. Aerobic exercise helps normalize blood pressure.*

Aerobic exercise strengthens the heart and helps it to pump more efficiently. Resting heart rate usually decreases after exercise training because the heart can pump more blood per beat. Therefore, it needs to beat fewer times to circulate a given amount of blood.

### *3. Exercise helps regulate blood sugar.*

Exercise improves the body’s ability to regulate blood sugar (glucose), and can also help manage type II diabetes.

### *4. Exercise helps prevent bone mineral loss.*

Weight-bearing exercise prevents the loss of bone mineral that occurs as we age. Over time, this loss can lead to a condition known as osteoporosis. Weight-bearing exercises such as walking, jogging, aerobic dancing, tennis, basketball, and others that apply force to the bones can help prevent osteoporosis.



**5. *Exercise helps support body structure.***

Physical activity strengthens the muscles, joints, and other structures like tendons and ligaments that hold the body together.

**6. *Exercise helps promote weight loss.***

Exercise helps control body weight and is essential in any weight loss program. A program of exercise along with a low-fat diet is more likely to promote fat loss, rather than water or muscle tissue loss. Once you've lost weight, you are more likely to keep it off if you continue to exercise regularly. A slow but sure weight loss that stays off is the best way to go!

**7. *Exercise helps promote flexibility.***

Physical activity helps promote flexibility in the muscles of the legs and lower back. It strengthens the stomach and back muscles and helps prevent back problems.

**8. *Exercise provides pleasure and enjoyment.***

Exercise can make life more fun! As fitness improves, activity becomes easier, and you're more likely to go out for a hike, ride a bike, or enjoy a game of basketball. Exercise helps you relax, increases your stress resistance and helps you sleep better. An active lifestyle also encourages other health-promoting habits, like avoiding tobacco and alcohol and developing healthy eating habits.



It is always a good idea to check with your doctor before beginning or increasing any exercise program. In addition, a fitness instructor, recreation therapist, or personal trainer can help you design a well-balanced exercise program.

## Reasons for Medical Clearance Before Beginning an Exercise Program

Although most people in generally good health are probably able to begin an exercise program, it's always a good idea to check with your doctor before starting or changing an exercise routine. Remember to begin slowly and increase your activity gradually over a period of weeks.

If you are over 40, unaccustomed to exercise, or have medical problems, be sure to see your doctor before undertaking an exercise program. Some of the medical problems that may require a doctor's "OK" before beginning exercise include:

- History of heart disease, including heart attack, cardiac arrest, valve disease, congestive heart failure, myocarditis, or any other heart disease treated by a doctor.
- History of chest pain diagnosed by a doctor as angina pectoris.
- Any unknown cardiac dysrhythmia (abnormal heart beats) or conduction defects.
- History of stroke.
- Use of medications for the heart or blood vessels during the last 3 months. These include medicines for chest pain, dysrhythmia, congestive heart failure, or hypertension (high blood pressure).
- Any recent minor illness such as a cold, flu, or virus.

- Neuromuscular, musculoskeletal, or orthopedic disorders that would make walking uncomfortable or dangerous.
- Renal (kidney), hepatic (liver), or other metabolic problems.
- Resting blood pressure greater than 160 over 100. (If you don't know your blood pressure, get it checked before starting any exercise program.)
- Previous medical advice not to exercise.
- Any concern you may have that exercise may be harmful for you.

For some individuals, it may be appropriate to talk to your physician about an exercise stress test as part of your medical check-up. You may also want to ask about any medications you are taking, since some medications may affect your ability to exercise.

## Types of Exercise

Exercise can be grouped into 3 major types, depending upon which body systems are being most influenced:

**Cardiovascular Exercise:** This type of exercise stimulates the heart and lungs and builds endurance (the ability to continue exercise longer each time you do it). This kind of exercise is also known as “aerobics” or “aerobic exercise.”

**Flexibility Exercise:** This type of exercise lengthens, stretches, and flexes muscles and helps promote balance and overall grace. Dancing and yoga are good examples of flexibility exercises.

**Strength-developing Exercise:** This type of exercise increases muscle strength and stamina. Weight lifting is a good example of a strengthening exercise.

Look at the activities listed below. Match the exercise with its category.

**EXERCISE TYPES**

\_\_\_\_\_ 1. Jogging

A. Cardiovascular

B. Flexibility

\_\_\_\_\_ 2. Basketball

C. Strengthening

\_\_\_\_\_ 3. Weight lifting

\_\_\_\_\_ 4. Yoga

\_\_\_\_\_ 5. Calisthenics (e.g., push-ups, sit-ups, etc.)

\_\_\_\_\_ 6. Ballroom dancing

## Choosing an Exercise Program

There are many activities from which to choose. Check off below which ones might be interesting to you. If you are already exercising, are there any exercises listed that you would like to try?

\_\_\_\_\_ Running/Jogging

\_\_\_\_\_ Walking

\_\_\_\_\_ Jumping rope

\_\_\_\_\_ Ping-pong

\_\_\_\_\_ Swimming

\_\_\_\_\_ Roller skating

\_\_\_\_\_ Ice skating

\_\_\_\_\_ Golfing

\_\_\_\_\_ Tennis

\_\_\_\_\_ Skiing

\_\_\_\_\_ Bowling

\_\_\_\_\_ Basketball

\_\_\_\_\_ Baseball

\_\_\_\_\_ Dancing

\_\_\_\_\_ Aerobics

\_\_\_\_\_ Handball

\_\_\_\_\_ Housework

\_\_\_\_\_ Gardening

\_\_\_\_\_ Cycling

\_\_\_\_\_ Hiking

\_\_\_\_\_ Racquetball

\_\_\_\_\_ Football

\_\_\_\_\_ Weight lifting

\_\_\_\_\_ Isometrics



Are there any other physical activities you are now doing that are not listed above?

---

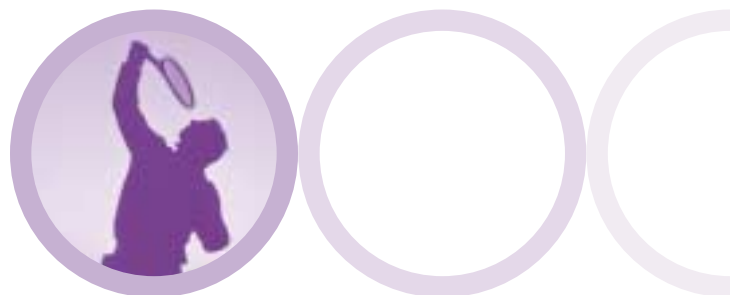
Are there any activities you would like to try that are not listed above?

---

Consider these 5 essential points when selecting an exercise.

1. Select an exercise that you enjoy or are interested in doing.
2. Be aware of your limitations. Don't overdo it.
3. Avoid injury and ensure safety.
4. Select an exercise that has long-term potential — something you can stick with for a long time.
5. Exercising with a friend may help you stick with your program and make the experience more fun.

Remember the potential benefits of exercise in reducing chronic disease and maintaining a healthy weight.



## Exercises to Increase Your Flexibility

What does the term flexibility mean? It is the range of motion that your bones may go through at various joints in your body. It is a very important part of a healthy lifestyle. Proper flexibility can help prevent low back pain, posture problems, and minor injuries associated with everyday life.

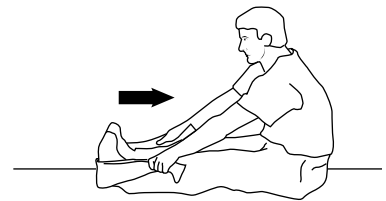
### *Points to consider:*

- Stretch just far enough to feel a little “pull” or mild pain in your muscles.
- Hold stretches for a count of 15 if you are just starting to exercise regularly. Increase the count as you get more flexible.
- Do not stretch to a point of excessive pain.
- Flexibility exercises must be done at least 3 to 4 days per week for improvement to occur.
- Include flexibility exercises as part of your warm-up or cool-down.
- Do stretches gently, *do not* bounce up and down.

## Some Simple Flexibility Exercises You Can Do Anywhere

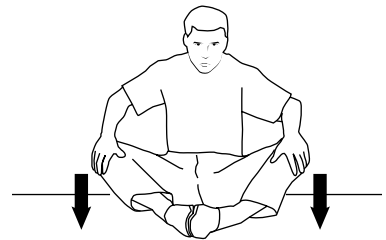
### *Achilles Tendon Stretch*

Sit on the floor with your legs straight in front of you. Keep your back straight. Grab each end of a towel, put your feet in the center of that towel and pull on the ends of the towel to gently stretch the Achilles tendons. The Achilles tendon runs down the back of your ankle, just above the heel of your foot but below the calf of your leg.



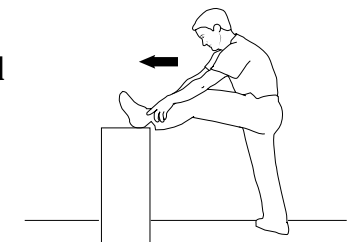
### *Groin Stretch*

Sit on the floor with knees and feet bent so that the soles of both feet are together. Bring feet as close to crotch as possible. While in this position, push down on knees until mild pain is experienced in the groin muscle. Hold this position for 15 to 60 seconds. Repeat 3 times.



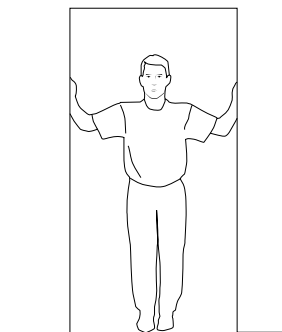
### *Hurdle Stretch for Hamstrings*

Place one leg out straight on some type of support such as a step. Bend forward at the waist and try to place your head as close to your leg as possible. Keep the knee straight. Hold for 15-60 seconds.



### *Doorway Stretch*

Stand in a doorway with arms outstretched and placed against wall on either side of the doorway. Lean forward gradually until tension and mild pain are experienced in muscles of the chest. Hold that position for 15-60 seconds. Repeat 3 times.



## Walking – an Ideal Exercise

If you have not exercised for a while — or are over 40 and out of shape — walking is probably the best way to start.

Why is walking such a good exercise? Generally, it is safe, easy to do, and requires no special equipment (except good shoes), and it can be done anywhere.

In order to get the most benefit from a walking program, follow these guidelines:

- Focus on a tall walking posture — head back, abdomen in, buttocks under.
- Take even, comfortable strides. Lengthen steps and keep unused muscles loose.
- Allow your arms to swing freely and rhythmically.
- Keep your body relaxed, knees slightly bent.
- Wear loose-fitting clothes, preferably cotton. This allows body heat to escape.
- Wear layers of clothing with a cotton layer next to your body. In cold weather wear a hat, scarf, and gloves.

- Choose good walking shoes: good arch support, soles of non-slip material such as rubber, and breathable uppers such as nylon mesh.
- Check your heart rate after you have been walking for a few minutes. If you have not reached your target heart rate, walk a little faster. Do not walk so fast that you are not able to carry on a conversation while you are walking — if you can't talk, SLOW DOWN.

Walking at a brisk pace is an excellent example of a cardiovascular exercise. This type of exercise is also called aerobic exercise. In the past 15 years, there has been a lot of interest in aerobic exercise. Aerobic classes and videotapes can be found almost anywhere. In order to fully appreciate the benefits of cardiovascular exercise, it is important to understand what aerobics are.



## What is Aerobic Exercise?

Aerobic exercises increase the heart and breathing rates for a sustained period of time. This sends more oxygen and blood to all parts of the body. In order to improve your cardiovascular fitness, exercise must be aerobic. There are 4 characteristics of aerobic exercise:

- It uses large muscle groups like the legs, forcing the heart and lungs to work harder.
- The intensity of the exercise raises your heart rate to your target range of exertion (60% to 80% of your age-predicted maximum heart rate).
- The duration of continuous exercise at your target heart rate is 20 to 30 minutes.
- The frequency is at least 3 times per week.

If your main goal is to lose weight, the exercise you perform does not need to be as intense as that described for aerobic exercise. You may exercise to 40% – 50% of your age-predicted maximum heart rate. In other words, lower intensity exercise will not necessarily improve cardiovascular fitness, but it will burn calories just as effectively as aerobic exercise.

If you are interested in cardiovascular fitness as well as weight control, aerobic exercise as defined above is essential.

My main exercise goal is:

---

---

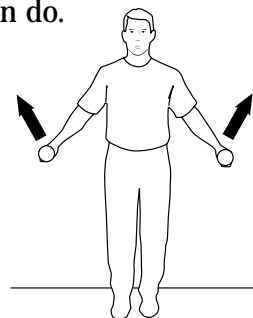
## Strengthening Exercises

When we talk about strengthening exercises we mean weight training. Weight training programs have been shown to change body composition, primarily by increasing muscle mass and decreasing body fat. Weight training improves muscular strength and endurance, which can help prevent common injuries. These exercises are not as beneficial to your healthy lifestyle as the cardiovascular and flexibility exercises, so they are not recommended by themselves. However, their use along with the other 2 types of exercise will benefit you greatly. If strengthening exercises are not currently part of your exercise program, talk to your doctor before starting this type of exercise.

If you do not have hand weights, you can use canned goods or plastic soda bottles filled with water. You can also use a gallon milk jug and fill it with water, increasing the amount as your strength improves. The following are some examples of strengthening exercises you can do.

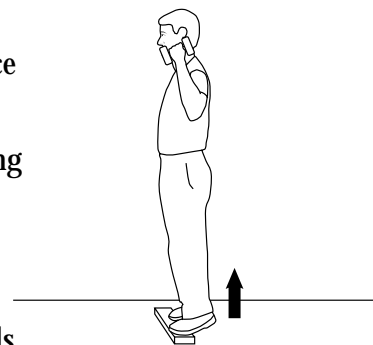
### *The Standing Lateral Raise*

This benefits your back, neck and shoulder muscles. Hold a weight in each hand and lift your arms straight out, away from each other. Do not bend the elbow. Hold this for 15-60 seconds. Do 4 or 5 sets of 5-10 repetitions each.



### *The Heel Raise*

This benefits the calf muscles. Put your toes on a raised surface (long piece of wood). Hold a weight in each hand, arms bent, with weights close to your ears. Lift up on your toes, hold for 15-60 seconds. Go back to starting position. Do 4 or 5 sets of 5-10 repetitions each.



### *The Curl-up*

Lie on your back, knees bent with your heels close to buttocks. Your hands should hold the weights on your chest. Curl up about a third to half way. Return to starting position. Do 4 or 5 sets of 5-10 repetitions each.



## Target Heart Rate and Monitoring

Earlier in this booklet, you measured your resting pulse rate. If cardiovascular fitness is one of your goals, you need to determine how hard to exercise. Your exercise heart rate, called the target heart rate, is one of the best methods to determine exercise intensity. See the table below for instructions on determining your target heart rate range.

Target heart rate range is the level of heart rate necessary to condition the heart and circulatory system without overtaxing yourself.

### A SAFE TARGET HEART RANGE IS 60% TO 80% OF YOUR MAXIMUM HEART RATE.

To Estimate Upper Level:  $(110 - \text{age}) \times .80 = \text{beats/30 seconds}$

To Estimate Lower Level:  $(110 - \text{age}) \times .60 = \text{beats/30 seconds}$

Or, find the category closest to your age on this chart and read across to find your target heart range.

Age	Target Range	Average Maximum Heart Rate (per 30 seconds)
	60–80%	100%
20 years	54–72 beats/30 seconds	90
25 years	51–68 beats/30 seconds	85
30 years	48–64 beats/30 seconds	80
35 years	45–60 beats/30 seconds	75
40 years	42–56 beats/30 seconds	70
45 years	39–52 beats/30 seconds	65
50 years	36–48 beats/30 seconds	60
55 years	33–44 beats/30 seconds	55
60 years	30–40 beats/30 seconds	50

Checking your heart rate during exercise will allow you to tell if you are exercising at the right intensity and also will let you measure your progress.

## Components of an Exercise Program

There should be 3 components to walking and other aerobic exercises.

These include:

- Warm-up
- Exercise
- Cool-down



### *Warm-up:*

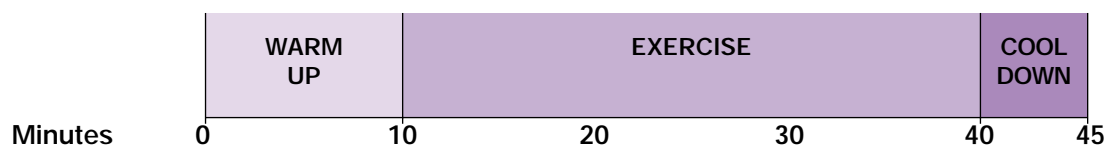
This should consist of 5 to 10 minutes of slow static stretching or exercise. This prepares the body for more vigorous activity. All stretching should be done slowly and smoothly, not with bouncy, jerky motions. The hamstring muscles in the back of the legs and the Achilles tendon in the back of the ankle especially need to be stretched. Two good stretching exercises are knee-hugging and wall-push stretches.

### *Exercise:*

The exercise session should consist of 20 to 30 minutes of steady, continual activity at an intensity within the target heart range. Check your heart rate 10 minutes into your activity, and again after another 10 minutes. This will let you know whether you are reaching your target heart rate and maintaining it. It is important to maintain the target heart rate in order to achieve the aerobic benefit of exercising.

### *Cool-down:*

This phase gradually decreases the intensity of the workout to ease the body back to the resting state. Cool-down should last about 5 minutes. A slow walk or the same exercises used for the warm-up can be used to cool down.



## Getting Started with an Exercise Program

If you haven't been exercising, it is important not to start off too fast or too hard. If you overdo it, you are likely to end up feeling discouraged or causing strain, pain or injury to yourself.



### *Talk to your doctor before beginning a new program.*

Your doctor can give you advice about setting realistic goals for yourself, as well as information regarding your target heart range.

### *Begin gradually.*

Set small goals at the beginning, such as exercising 10 minutes every other day for the first week. Add 5 minutes to your workout time each week until you reach 30 minutes per workout.

### *Give yourself a one-month trial period.*

Make a commitment to stay with your program for one month, despite minor aches and pains or other resistance to exercise. By the end of the first month you may be starting to notice enough benefits to make the exercise self-motivating. Be aware that becoming highly fit after being out of shape can take 3 to 4 months or longer.

### *Expect some initial discomfort.*

A few aches and pains when starting out are normal if you've been out of shape. You can expect the discomfort to pass as you grow in strength and endurance. If you have pain that seems excessive or if it lasts for more than a few days, see your doctor.

### *Try to focus on the process of exercise.*

See if you can learn to enjoy the exercise itself. If you jog or ride a bike, try to find a scenic jogging path or other pleasant surroundings. Don't focus on competition with others or yourself — this will tend to increase rather than reduce anxiety and stress.

*Remember to warm up and cool down.*

Your body needs a gradual warm-up before vigorous exercise. Ten minutes of stretching exercises will usually be sufficient to warm up. Cool-down should last about 5 minutes. Walking around and stretching will help bring blood back from arm and leg muscles to the rest of your body.

*Coordinate your eating and exercise.*

Avoid exercising within 90 minutes before a meal and don't eat until one hour after exercising. This will give your body time to digest food before it redirects energy to exercise.

*Don't exercise when you feel sick.*

Avoid exercising when you feel ill or overstressed (try a deep relaxation technique instead). Stop exercising if you experience any sudden, unexplainable physical problems.

*Exercise with a friend.*

Exercising with others will help you stay motivated and can be more fun.

## Goal Setting Is Important

Exercise can help you burn energy faster, but losing body fat through exercise will happen over months, not days. You should set both short-term and long-term goals for yourself. Your goals should reflect why you are exercising, and they should be realistic so that they are challenging yet reachable.

**Examples:**

**Short-term:** I will lose 5 lb of body fat in one month beginning on November 30.

**Long-term:** I will lose 30 lb of body fat in one year, beginning on November 30.

**Short-term:** I will be able to walk one mile nonstop by December 10.

**Long-term:** I will be able to walk 5 miles nonstop by January 25.

What is a short-term goal you would like to set for yourself?

---

---

What is a long-term goal you would like to set for yourself?

---

---

## When to Stop Exercising

If you experience any of the following symptoms during exercise, STOP and REST. Call your doctor if your symptoms persist.



- Dizziness or lightheadedness.
- Abnormal heart rhythm.
- Pain in the chest under the breastbone and/or down the arm.
- Pain in the knees, feet, or ankles.

## Keeping Up Your Motivation

Many times we begin an exercise program and then gradually abandon it as time goes on. One thing is for sure — in order to reap the benefits of exercise, you need to continue exercising for a lifetime.

If you stop exercising, much of the fitness you gained will be lost within 2 weeks. You may also start to gain back any weight you lost. Many people give up too early on exercise because they aren't seeing results fast enough. Keep in mind that it took months or years to get your body in the shape it is in now, and it will take time to reach the weight and fitness level you want.

There are several strategies for helping you stay with an exercise program. Not all of these apply to everyone. Select the ones that you feel will work for you.



**Get more immediate positive feedback and reward yourself for staying committed to your exercise program.**

Give yourself a weekend movie, new athletic clothes or equipment, or some other healthy reward you enjoy in exchange for sticking to your program during the first weeks and months.

**Participate in a supervised exercise program.**

If an exercise program with an experienced leader is available in your community, this may help you “stick with it.”

**Participate in group activities or get a partner.**

If you find yourself feeling bored with exercising by yourself, find a partner to go with you or do a form of exercise that requires a partner.



**Plan time for exercise — make it a priority.**

Schedule exercise as you would other important events so that it fits in with work and family obligations. When you start putting off your exercise because you “don’t have time,” are “too busy,” or “just forgot about it,” you know you need better planning.

**Enlist the support of family and friends.**

Family and friends should understand your need for regular physical activity so they can give you support, and possibly even join you!

Think about your support network. Who could you count on to help you stick with an exercise program?

---

---

---

---

---

What are some other ways you can stay motivated?

---

---

---

## Fitting Exercise into Your Daily Routine

One way to increase your overall level of exercise is to use routine activities in addition to your planned program. Routine activities are things like doing yardwork, doing the laundry, and cleaning the house. Some suggestions for easily increasing your activity level in your daily routine include:

- Get off the bus several blocks from home or work and walk the rest of the way.
- Take the stairs instead of elevators and escalators.
- Find a mailbox 10 minutes away from your home or work and walk there to mail letters.
- Sit instead of lying down. Stand instead of sitting. Move in place instead of standing still.

Check the following changes that might make your lifestyle healthier.

- Walk more. Park your car some distance from work, the mall, or the grocery store.
- If you ride the bus, get off one stop before your destination and walk the rest of the way.
- Use stairs instead of an elevator or escalator.
- Take a walk during work breaks.
- Find activities to do with others.
- Avoid lazy evening routines. If you watch television, do some exercises while watching.
- Begin a regular exercise routine.



What things could you do to incorporate exercise into your daily schedule?  
List 3 other ideas below:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## What Resources Are Available in Your Community?

Now you know how to start an exercise program, but do you know WHERE to get started? There are many resources available in most communities that range in cost from free to expensive. The key is to know how and where to look for these resources. Resources available in your community could include the following:

### *Parks and Recreation Centers*

These places sometimes offer free or low-cost options for exercise. Parks may have walking trails, softball fields, basketball courts, tennis courts, or swimming pools. Recreation facilities usually have basketball courts and weight lifting rooms. They may also have aerobic or dance rooms for low cost classes.

### *Places of Worship*

Many churches and other places of worship have basketball or volleyball courts. You may be able to use their facilities for free play, or they may have organized teams that play throughout the year. This can be a great way to begin exercising and socializing.



### *The YMCA*

Most YMCAs have wonderful facilities. They are not free, but they usually offer reasonable family rates. They also have trained professionals to assist you with your exercise program. Going to the “Y” is another great way to meet people with similar exercise goals.

*Fitness Centers*

There are fitness centers everywhere! These are usually more expensive, but they sometimes offer to evaluate you and put you on a supervised program. They may also offer childcare and are open during convenient hours.

*The Mall*

Window shopping can be fun and a great way to aerobic walk while in comfortable conditions — and it is totally free!

If you want someone to walk with in a mall, there may be a club or group of mall walkers near you. To find the club nearest you, write to:

The National Organization of Mall Walkers  
P. O. Box 191  
Hermann, MO 65041

Can you think of any other resources available in your community that haven't been mentioned?

---

---

---

---

## Some Final Words

Exercise provides a healthy, positive way of using free time. It gives you a change of pace from watching television, reading, sleeping, or other quiet pastimes. You may find that you enjoy life more because of such pleasurable activities as walking, hiking, bicycling, swimming, and playing baseball, basketball, tennis, or volleyball.

When you have a sensible program of daily exercise, you look better and feel better. Regular exercise can help you move more easily and gracefully. The coordination between your nerves and muscles improves as a result of regular exercise. Thus, you become more skillful and waste less energy in using your muscles.

When you get the exercise you need, you may have a greater sense of well-being, be better able to manage stressful situations, and enjoy life more.

## Fitness Activity

### *Instructions:*

Search for the following words in the puzzle. The words can be hidden in a straight line running forward, backward, upward, downward, or on a diagonal. *Good luck!*

Achilles	Mall
Aerobic	Metabolism
Blood pressure	Motivation
Body composition	Physical fitness
Body fat	Pulse rate
Calories	Recreation
Cardiovascular	Relaxation
Cool down	Routine
Duration	Short term
Exercise	Strengthen
Flexibility	Stretches
Frequency	Walking
Healthy	Warmup
Intensity	Weight
Long term	Well being

## Fitness Word Search

B	O	D	Y	F	A	T	H	G	I	E	W
O	R	E	L	A	X	A	T	I	O	N	A
D	U	R	A	T	I	O	N	A	D	E	L
Y	B	F	L	G	K	L	O	P	S	R	K
C	H	L	I	H	E	A	L	T	H	Y	I
O	A	S	C	T	X	U	V	A	O	B	N
M	W	B	X	Y	E	C	D	R	R	E	G
P	U	L	S	E	R	A	T	E	T	J	K
O	F	O	A	G	C	H	I	C	T	L	M
S	N	O	C	O	I	P	Q	R	E	R	S
I	F	D	H	G	S	C	U	E	R	V	W
T	S	P	I	R	E	O	X	A	M	M	Y
I	E	R	L	A	A	O	B	T	S	C	D
O	H	E	L	L	E	L	F	I	U	G	P
N	C	S	E	U	H	D	L	O	Q	F	H
F	T	S	S	C	I	O	W	N	U	R	Y
L	E	U	J	S	B	W	E	K	L	E	S
E	R	R	S	A	M	N	L	N	O	Q	I
X	T	E	T	V	M	N	L	M	P	U	C
I	S	E	R	O	C	I	B	O	R	E	A
B	M	Q	E	I	A	N	E	T	M	N	L
I	Q	R	N	D	L	T	I	I	R	C	F
L	P	O	G	R	O	E	N	V	E	Y	I
I	U	U	T	A	R	N	G	A	T	B	T
T	M	T	H	C	I	S	C	T	G	E	N
Y	R	I	E	I	E	I	H	I	N	F	E
M	A	N	N	J	S	T	P	O	O	U	S
N	W	E	K	L	O	Y	R	N	L	F	S