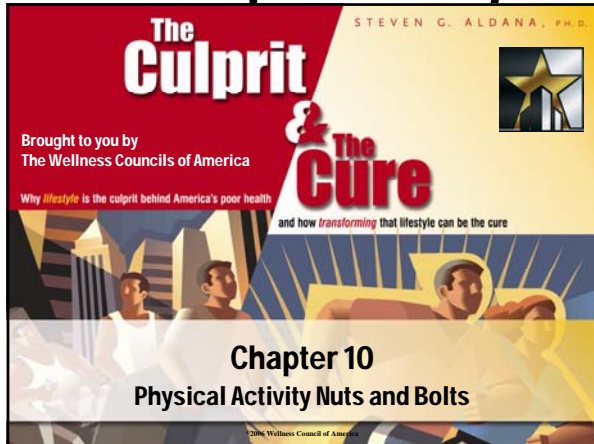


# The Culprit & The Cure

## Chapter 10: Physical Activity Nuts and Bolts



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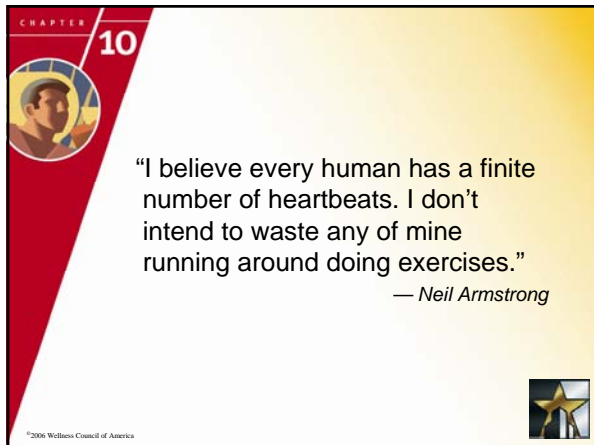
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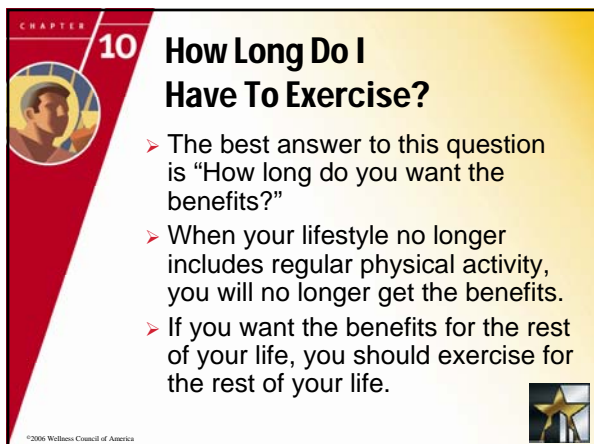
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# The Culprit & The Cure


## Chapter 10: Physical Activity Nuts and Bolts

CHAPTER 10



### How Much Exercise is Enough?

- The best recommendation to date is:
- Every adult should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days of the week.



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CHAPTER 10



### Remember the F.I.T. Principle

- Frequency
- Intensity
- Time



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CHAPTER 10



### This Is The Recipe For Exercise:

- Frequency of exercise should be: "on most preferably all days of the week."



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## Chapter 10: Physical Activity Nuts and Bolts

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### Exercise Intensity

- > Intensity of exercise should be: “moderate”
- > But what is moderate?
- > This is based on your estimated maximum heart rate
- > Moderate is 60-90% of your maximum one minute heart rate



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CHAPTER 10



### Look Up Your Maximum One Minute Heart Rate.

Age	ma x HR	Age	ma x HR	Age	ma x HR	Age	ma x HR	Age	ma x HR
18	195	32	186	46	176	60	166	74	156
20	194	34	184	48	174	62	165	76	155
22	193	36	183	50	173	64	163	78	153
24	191	38	181	52	172	66	162	80	152
26	190	40	180	54	170	68	160	82	151
28	188	42	179	56	169	70	159	84	149
30	187	44	177	58	167	72	158	86	148

*This is the most your heart can beat in one minute (100%)*



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CHAPTER 10



### Maximum One Minute Heart Rate (Cont.)

- > This is the most your heart can beat in one minute. Obviously this is very intense activity, too intense to do for very long.
- > Moderate intensity is 60-90% of this amount.
- > Multiply your maximum heart rate by .6 and then do it again for .9.
- > This is 60-90% of your maximum.
- > This is moderate intensity.



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## Chapter 10: Physical Activity Nuts and Bolts

CHAPTER 10



### For Example

- According to the table, a 40 year old has a maximum heart rate of 180 beats per minute.
- 60% of this is  $180 \times .6 = 108$
- 90% of this is  $180 \times .9 = 162$
- Moderate heart rate intensity is when your heart rate is between 108 and 162.



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CHAPTER 10



### Check Your Heart Rate

- When exercising count your heart rate by feeling your pulse in your neck. If your heart rate is in your moderate range, you are doing just great.
- But this is a lot of work. Isn't there an easier way to gauge intensity?



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CHAPTER 10



### The Talk Test

- The Talk Test is an easy guide to help you determine the correct exercise intensity.
- If you can talk without too much difficulty, while you are exercising, you are most likely in your ideal intensity range.
- If you are really breathing hard and you can barely talk, you are probably working at a very high intensity.
- If you can quote extensive poetry without pausing for a breath, you probably need to step it up a little.



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# The Culprit & The Cure


## Chapter 10: Physical Activity Nuts and Bolts

CHAPTER 10



### Enjoy Your Workout

- Don't get caught up in trying to determine your exact exercise heart rate and intensity every time you exercise.
- If you are playing basketball or jogging, don't worry about your intensity—just enjoy yourself.
- The most important thing is to exercise often and have fun doing activities you enjoy.



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CHAPTER 10



### Moderate Intensity Physical Activities

- Walking briskly (3-4 miles per hour)
- Conditioning or general calisthenics
- Home care and general cleaning
- Home repair, such as painting
- Mowing the lawn (with power mower)
- Gardening
- Dancing
- Racket sports, such as table tennis
- Golf (walking the course)
- Fishing (standing and casting, walking, or wading)
- Swimming (with moderate effort)
- Cycling (at a moderate speed of 10 miles per hour or less)
- Canoeing or rowing (at a speed of about 2-3.9 miles per hour)



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CHAPTER 10



### Exercise Time

- Time of exercise should be:
- "accumulate 30 minutes/day"



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### 30 Minutes = 30 Minutes

- > You can do 3, 10 minutes sessions or you can exercise for a full 30 minutes.
- > It doesn't matter which way you do it. It's fine to "accumulate" 30 minutes.



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CHAPTER 10



### No Pain, No Gain

- > Is this true? No.
- > All the benefits of physical activity are available without the presence of pain.
- > If you experience pain while exercising, stop doing that type of exercise or reduce the intensity.



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CHAPTER 10



### The Overload Principle

- > To become stronger and more fit you have to exercise at a level greater than what you are used to.
- > But, don't over do it. If you work at a high intensity you will get very sore.



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## Chapter 10: Physical Activity Nuts and Bolts

CHAPTER 10



### Use It or Lose It

- When you stop exercising for several days and weeks, you will lose muscle strength and fitness. If you don't use it, you will lose it.
- Make exercise a regular habit, you'll keep your strength and fitness and all the benefits.



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CHAPTER 10



### Medical Clearance

- Men over age 40 and women over age 50 who plan to begin a new, vigorous physical activity program should consult a physician first.
- Everyone else – go easy and gradually increase your exercise time, frequency, and intensity.



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CHAPTER 10



### Warm Up and Cool Down

- Warm up before you exercise vigorously.
- Cool down when you are done.
- Wear comfortable clothing and comfortable shoes.



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### What About Strength Training?

- Besides regular physical activity, the consensus of scientific opinion suggests that all adults should do some strength training at least twice a week.



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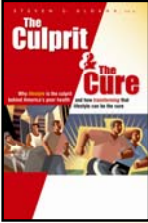
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CHAPTER 10



### The Culprit & The Cure

- This book gives you the skills, ideas, and practical know-how to adopt healthy lifestyles and maintain them for life.
- [www.welcoa.org](http://www.welcoa.org)



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CHAPTER 10



### Points to Remember:

- When you exercise, you get the benefits; when you stop exercising, the benefits stop.
- Accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days of the week.
- The Talk Test is an easy method for maintaining proper exercise intensity.
- No pain, no gain is a myth.
- Strength training is great exercise and can improve your quality of life.



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