

Fit .For .Life

Stephen Shenal

Wellness Coach / Transitional Rehab Specialist



What Is Exercise

Warm-up: at least 5–10 min of light-to-moderate intensity cardiorespiratory and muscular endurance activities

Conditioning: at least 20–60 min of aerobic, resistance, neuromotor, and/or sports activities (exercise bouts of 10 min are acceptable if the individual accumulates at least 20–60 min · d⁻¹ of daily aerobic exercise)

Cool-down: at least 5–10 min of light-to-moderate intensity cardiorespiratory and muscular endurance activities

Stretching: at least 10 min of stretching exercises performed after the warm-up or cool-down phase

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The Benefits of all Regular Physical Activity

- Improvement in Cardiovascular and Respiratory Function
 - Decreased heart rate and blood pressure
 - Increase capillary density in muscle
 - Decreased minute ventilation and myocardial oxygen cost for a given submaximal intensity
- Reduction in CVD Risk Factors



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How Much Should You Do?

- ▶ There are two answers, which fits you?
- ▶ Moderate–intensity exercise (40–60% of HRR) for at least 30 minutes on 5 or more days a week, for a total of 150 minutes per week
- ▶ Vigorous–intensity exercise (60–85% of HRR) for at least 20–25 minutes on 3 or more days a week for a total of 75 minutes per week.

Is Cardio The Answer!

- ▶ How hard should I work??

The answer is not simple, but lets put our hearts into it. We should have a target HR of 60–70% of our max HR. This is your optimal “calorie burning zone

220–Age ($220 - 41 = 179$) Max HR $179 \times .60 - .70$
my zones (107–125bpm)

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The Benefits of Regular Physical Activity

- **Slows the aging process**
- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain or decrease body weight
- **Enhance mental well-being**
- Reduce your risk of breast and colon cancer
- Reduce your risk of type 2 diabetes

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Benefits continued...

- **Decreased Morbidity and Mortality**
 - Primary and secondary prevention for disease
 - Higher activity level associated with lower incidence rates of:
 - CVD, CAD, stroke, type 2 diabetes, metabolic syndrome, osteoporotic fractures, cancer of the breast and colon, gallbladder disease
- **Other Benefits**
 - Decreased anxiety and depression
 - Improved cognitive function
 - Enhanced physical function and independent living in older individuals
 - Enhanced feelings of well-being
 - Enhanced performance at work
 - Prevention of falls

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Are You Sleeping Enough?

- ▶ Stick to a consistent sleep schedule
 - Set bedtime alarms
 - Avoid “extra” sleep outside your schedule
- ▶ Go for an AM walk
 - Exposure to sunlight will give you a boost
- ▶ Reset your Circadian Rhythm
- ▶ Kill the tech
 - Electronic devices can disrupt sleep

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Protect the Heart and Brain

- Reduce your risk of heart disease and stroke by walking regularly
 - Lowers serum levels of LDL cholesterol
 - Lowers serum levels of triglycerides
 - Increases serum levels of HDL cholesterol
- “A brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27%”
 - The Stroke Association



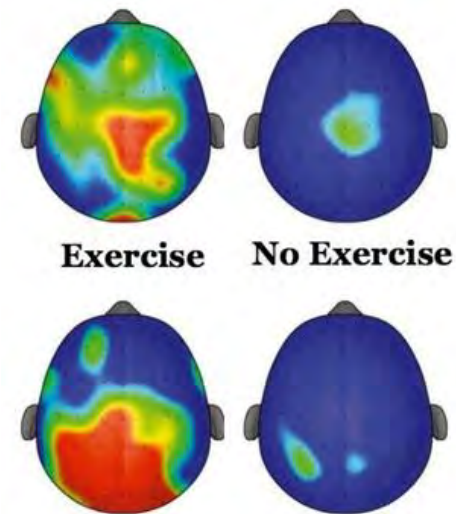
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Improve Your Mood and Mental Health

- Exercise boosts your mood
- Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety
- Decreases stress
 - Lowers cortisol levels in body



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Lower Disease Risk

- A regular walking habit slashes the risk of type 2 diabetes by 60%
 - Improves glycemic control, improved glucose tolerance
 - Improves insulin sensitivity, reduced insulin needs
- 20% less likely to develop cancer of the colon or breast
- Improves immune function
 - Increases levels of Killer-T cells
- Decrease blood pressure
 - Can decrease blood pressure by 10 mmHg



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The Consequences of a Sedentary Lifestyle...

- 2nd leading cause of death in the United States (trailing only tobacco use)
- Increases morbidity and incidence of:
 - cardiovascular disease
 - congestive heart failure
 - stroke
 - certain cancers
 - osteoporosis
 - dyslipidemia
 - obesity
 - type 2 diabetes
 - hypertension



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Calories In / Calories Out

- ▶ The human body will expend approximately 5 calories of energy to consume 1 liter of oxygen
- ▶ One pound of fat contains 3,500 calories of energy
- ▶ We must look at our daily living to see the opportunities to burn calories and create a healthier lifestyle
- ▶ A reduction of 500–1000 kcals daily will safely net 1–2 lbs. per week

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Lose Weight and Tone

For 30 minutes:

- 2mph → 75 calories
- 3mph → 99 calories
- 4mph → 150 calories



- Walking burns about 1.1 calorie vs. jogging that burns about 1.6 calories... not a big difference!

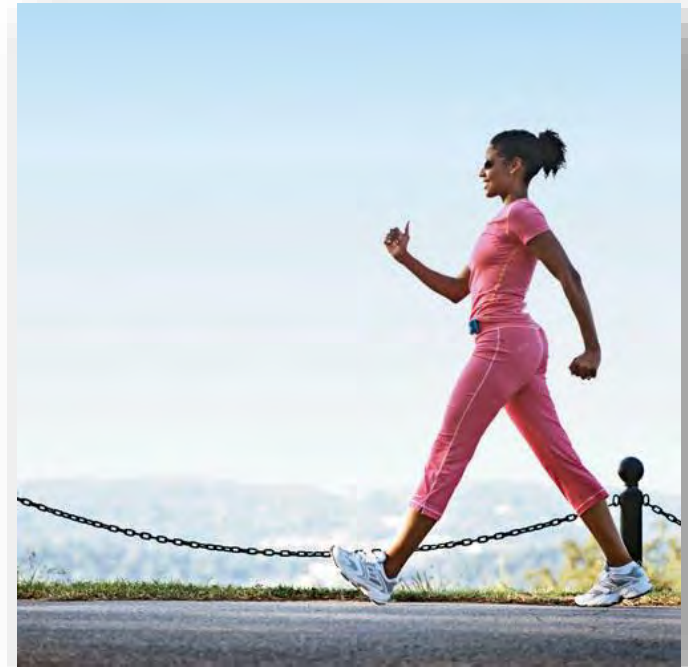
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Gives you Energy

- Exercise shown to decrease fatigue
 - Natural energizer
- Boosts circulation and increases oxygen supply to all cells in the body



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Daily Walking Can Improve:

- Sleep disturbances, including sleep apnea
- Chronic muscle and joint pain, and other types of pain
- Asthmatic and respiratory conditions
- Rheumatoid arthritis
- PMS
- Hypertension
- Energy levels
- Stress
- Immune system activity and response
- Heart rate variability
- Primary indicators of osteoporosis
- Fasting glucose levels among people with diabetes

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ACSM's Recommendations on How to be More Active at Work

1. Take a walk break every time you take a coffee break.
2. **Do some leisurely walking with colleagues after you eat lunch together at work.**
3. Stand up and move whenever you have a drink of water at work.
4. Whenever possible stand up as opposed to sitting down.
5. Stand up and talk on business phone conversations.
6. **Stop at the park on your way home from work and take a walk.**
7. Walk to a co-worker's desk instead of emailing or calling her/him.
8. Walk briskly when headed to meetings.
9. Take the stairs whenever you can.
10. Take the long route to the restroom at work.
11. Park as far away as possible.



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ACSM's Suggestions on Being More Physically Active

- Take a walk after dinner.
- Get a pedometer and start tracking your steps. Progress up to 10,000 steps or more a day.
- Walk up and down escalators or take the stairs.
- Pace the sidelines at your kids' athletic games.
- Walk up and down the shopping aisles at the store before you shop.
- Pick up a new active hobby, such as cycling or hiking.
- After reading six pages of a book, get up and move.
- Try standing and moving whenever you are talking on the phone.
- Play with your kids 15–30 minutes a day.

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“Nothing Worthy Is Accomplished Alone” Mark Divine

There are a number of resources that are available to you. Not only is there Health and Wellness facilities with professionals but many other systems that cost nothing to use:

- ▶ Rally
- ▶ MyFitnessPal
- ▶ Lose It!
- ▶ Fitbit Coach
- ▶ Garmin Connect

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It's not ALL cardio

- ▶ A healthy mix of cardiovascular exercise and strength training will provide great results
- ▶ A “cardio only” program will reduce your muscle tone and make it harder to keep weight off
- ▶ You'll be stronger and look better as your body changes

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methods of estimating in × when should i take amlo × ActivTrax: Workout × Walking Calories Burned ×

Secure | https://v3.activtrax.com/edit_workout.php#

Apps MoSo Login Home | ActivTrax Silver Sneakers

ActivTrax Main Page Log out

Resistance Abs **Cardio** Video Instructions

Enter Cardio

1 2 3
4 5 6
7 8 9
< 0 >

Time and Date Notes Options

Duration
Start Time: 6:00
End Time: 7:00
Duration: 1 hr 0 min

Workout Date

June 2018						
Su	Mo	Tu	We	Th	Fr	Sa
27	28	29	30	1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Walk from home ▾ to get started [Clear All](#)

Intensity Light **Medium** Intense Very Intense [Clear](#)

Duration hr 20 min 30 sec [Clear](#)

Distance 1.2 Miles ▾ [Clear](#)

Heart Rate 125 BPM [Clear](#)

Energy 139 Calories [Edit](#)

+ Add Additional Cardio Activity

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methods of estimating in X when should i take amlo X ActivTrax: Workout X Walking Calories Burned X

Secure | https://v3.activtrax.com/edit_workout.php#

Apps MoSo Login Home | ActivTrax Silver Sneakers

ActivTrax Main Page

Resistance Abs Cardio Time and Date Notes Options

Enter Cardio Duration Workouts Completed

Total Weight Lifted (lbs)	Sets Performed 22	Resistance Cals 559
22,865	Reps Entered 430	Cardio Cals 139
		Total Burned 698
Estimated Duration (hh:mm)	Actual Duration (hh:mm)	Workouts Completed
00:33	01:00	48

Heart Rate 125 BPM

Energy 139 Calories

Add Additional Cardio Activity

Continue

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Review

- Active vs. Sedentary
- Being Consistent Counts
- Benefits of Activity
- Calories In / Calories Out



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Go Forth and Be Great!

- ▶ "Success is never ending and failure is never final." – Robert Schuller
- ▶ *Thank You!*

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