



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

How to fit a well rounded workout into our busy lives?

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Reminder – Exercise Benefits

- Cardiovascular Health
- Weight Management
- Bone Strength
- Cholesterol
- Blood Pressure
- Sleep
- Anti-Aging
- Stress
- Job Performance



How much exercise is recommended??

- For most healthy adults:
150 minutes a week of Moderate aerobic activity (brisk walking, swimming, mowing your lawn)
OR 75 minutes a week of Vigorous aerobic activity (running, aerobic dancing)
=30 minutes 5 days a week

Recommended Cont....

- AND Strength Training Exercise at least twice a week. (Free Weights, machines, or activities that use your own body weight)

- A Total Body session Should take 20-30 min



Break up my workouts

- A landmark study published in 2001 in the “Journal of the American College of Nutrition” concluded that short, 10 minute bouts of exercise had a similar effect as one long session when it comes to aerobic fitness and weight loss.

How to get the most bang for your buck

<u>Activity (1 hour)</u>	<u>160</u>	<u>200</u>	<u>240</u>
• Aerobics High	533	664	796
• Aerobics Low	365	455	545
• Aerobics, water	402	501	600
• Bicycling, leisure	292	364	436
• Elliptical, moderate	365	455	545
• Golfing, carrying clubs	314	391	469
• Resistance (weight)training	365	455	545
• Running 5mph	606	755	905
• Running 8mph	861	1074	1286

Calories Burned Continued

• <u>Activity(1 hour)</u>	160	200	240
Swimming laps Light or moderate	423	528	632
Swimming laps – vigorous	715	892	1068
Tai Chi	219	273	327
Volleyball	292	364	436
Walking 2mph	204	255	305
Walking 3.5mph	314	391	469

What is the best workout?

**The workout
you will do
and stick
with**



How to measure intensity level?

- Moderate exercise is 50-70 percent of your maximum heart rate
- Vigorous exercise intensity is 70-85 percent of your maximum heart rate
- To determine your target zone
 - Subtract 220-age to get your maximum heart rate, then multiply that number by .5 to determine the low end and .85 to determine the high end.

If you are just starting, aim for the lower end of the target zone.

American Heart Association – Heart Rate Chart

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

How to maximize your efforts

- **Interval style workouts**, alternate between short bursts of High Intensity effort followed by brief periods of active recovery
- Alternate 2 or 3 days per week of **higher intensity** with more endurance focused sessions.
- Add **lifting weights** to your routine. The more muscle we have the more calories we burn even at rest.
- The body thrives on **new and different movements**, so change up every few weeks
- Try to make sure you don't eat back the **calories**, you just worked off.

How to put the best me into my workout! Helping your metabolism

- Drink lots of water - 3-4 20 oz bottles a day.
- Never skip meals. Try eating about 5-6 small meals a day
- Sleep tight
- Keep stress levels in check by managing your time.
- Lift some weights
- Alternate the speed and intensity of any cardio workout.



Importance of Water



- **Drinking Water Helps Maintain the Balance of Body Fluids** (help with digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.)
- **Water can help control calories** — choose no calorie drink over high calorie drinks. Water-rich foods include fruits, vegetables, broth-based soups, oatmeal, and beans.
- **Water helps energize muscles** — Muscles can fatigue without hydration
- **Water helps keep your skin looking good**
- **Water helps your kidneys**
- **Water can help keep you regular** 😊

What to do when I can't get to a GYM

Things are a lot different than 50 years ago..

It is the unintentional stuff we need to look at during our day.

- Get out and walk every hour
- Stand while you talk on the phone
- Have walking meetings
- While on a conference call do some resistance exercises.
- Change of Mindset

Do I need to Rest?

- To most, “rest” means absolute stillness.
- A period of stillness can be helpful for both body and mind, but stillness should not last an entire day.
- Each day of the week should contain descent amounts of movement. A rest day is where you remove the challenge of hard exercise, not sit still.
- You will be sore when you start but the more you get used to it, the less sore you will be. You need to train just above one’s current abilities. Better fitness is not achieved by long gaps between training days.
- You may need 1-2 days between training days
- Lighter workouts can be done on Rest Days.

Cardiovascular training

- Jumping jacks
- Cross Country Skiing
- Jump Squats
- Heel taps
- Run in place
- Mountain Climbers
- Walking
- High Knees

Strength Training

- Squats with chair
- Wall push up
- Tricep Dips
- Lunges
- Crunches
- Planks – lower back work
- With Bands Biceps, Shoulders

Stretching is important as Well!

- Neck
- Shoulders
- Torso
- Reach for toes
- Reach forward and back
- Ankles- wrists and fingers

FAQs

- I haven't exercised in years – Why start now?
- I have several medical conditions – Is exercise safe for me?
- Which exercises are easy on my joints?
- How much exercise is enough?
- How can I exercise on a limited budget?

Common Mistakes

- Too much socializing and not enough exercising
- Lack of Intensity
- Not changing your program
- Thinking you can spot reduce
- Doing too much too soon



The only way to
fail is to quit



Summarize

- Exercise is very good for us
- Mix of what you do every week, check intensity
- Find something you are going to stick with
- Lifting weights isn't just for guys
- Unintentional training is key
- Drink water
- Even on Rest days.....Move!

Sources

- Acefitness.org
- Webmd.com
- Shape magazine
- Health.com
- Mayo clinic

