



HEALTHY YOUNIVERSITY

EXERCISE

Welcome to Healthy yoUniversty! For 8 weeks we will be exploring ways to exercise our mind and body with skills that will enable us to reclaim a healthy balance in our lives. Each week, you will receive a packet of information that focuses on a different health topic. The first page of the packet has four tickets with activities based on the information in the rest of the packet. Complete as many of these activities as you like. Then fill out the tickets for the completed activities, cut them apart, and submit them in the box located at our Information Desk. For every ticket you submit, you will receive an entry in to our drawing to win a \$50 Amazon Gift Card. Good Luck!

Read the Exercise Packet

Name: _____ Phone Number: _____

Fill out the Activity Log and Goal-Setting Worksheet

Name: _____ Phone Number: _____

Attended the Get Started Safely With Exercise Class

Name: _____ Phone Number: _____

Go on the African American History Walk

Name: _____ Phone Number: _____



HEALTHY YOUNIVERSITY

EXERCISE

Why should a person exercise?

Being physically active is one of the most important steps that Americans of all ages can take to improve their health. Regular physical activity can produce long-term health benefits.

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with disabilities.
- The benefits of physical activity far outweigh the possibility of adverse outcomes.

How much exercise should a person get?

Guidelines for Children and Adolescents:

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.
 - **Aerobic:** Most of the 60 or more minutes a day should be either moderate or vigorous intensity aerobic physical activity, and should include vigorous intensity physical activity at least 3 days a week.

- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Guidelines for Adults:

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate intensity or 150 minutes a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Guidelines for Older Adults:

- When older adults cannot do 150 minutes of moderate intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

How do I exercise safely?

To do physical activity safely and reduce the risk of injuries and other adverse events, people should:

- Understand the risks and yet be confident that physical activity is safe for almost everyone.
- Choose to do types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- Increase physical activity gradually over time whenever more activity is necessary to meet guidelines or health goals. Inactive people should “start low and go slow” by gradually increasing how often and how long activities are done.
- Protect themselves by using appropriate gear and sports equipment, looking for safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- Be under the care of a health-care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.

What if I have a chronic medical condition?

- Adults with chronic conditions obtain important health benefits from regular physical activity.
- When adults with chronic conditions do activity according to their abilities, physical activity is safe.
- Adults with chronic conditions should be under the care of a health-care provider. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.

(Taken from the 2008 Physical Activity Guidelines for Americans:

<https://health.gov/paguidelines/pdf/paguide.pdf>)

Health Benefits Associated With Regular Physical Activity

Children and Adolescents

Strong evidence

- Improved cardiorespiratory and muscular fitness
- Improved bone health
- Improved cardiovascular and metabolic health biomarkers
- Favorable body composition

Moderate evidence

- Reduced symptoms of depression

Adults and Older Adults

Strong evidence

- Lower risk of early death
- Lower risk of coronary heart disease
- Lower risk of stroke
- Lower risk of high blood pressure
- Lower risk of adverse blood lipid profile
- Lower risk of type 2 diabetes
- Lower risk of metabolic syndrome
- Lower risk of colon cancer
- Lower risk of breast cancer
- Prevention of weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Improved cardiorespiratory and muscular fitness
- Prevention of falls
- Reduced depression
- Better cognitive function (for older adults)

Moderate to strong evidence

- Better functional health (for older adults)
- Reduced abdominal obesity

Moderate evidence

- Lower risk of hip fracture
- Lower risk of lung cancer
- Lower risk of endometrial cancer
- Weight maintenance after weight loss
- Increased bone density
- Improved sleep quality

Note: The Advisory Committee rated the evidence of health benefits of physical activity as strong, moderate, or weak. To do so, the Committee considered the type, number, and quality of studies available, as well as consistency of findings across studies that addressed each outcome. The Committee also considered evidence for causality and dose response in assigning the strength-of-evidence rating.

Examples of Moderate- and Vigorous-Intensity Aerobic Physical Activities and Muscle- and Bone-Strengthening Activities for Children and Adolescents

Type of Physical Activity	Age Group	
	Children	Adolescents
Moderate-intensity aerobic	<ul style="list-style-type: none"> • Active recreation, such as hiking, skateboarding, rollerblading • Bicycle riding • Brisk walking 	<ul style="list-style-type: none"> • Active recreation, such as canoeing, hiking, skateboarding, rollerblading • Brisk walking • Bicycle riding (stationary or road bike) • Housework and yard work, such as sweeping or pushing a lawn mower • Games that require catching and throwing, such as baseball and softball
Vigorous-intensity aerobic	<ul style="list-style-type: none"> • Active games involving running and chasing, such as tag • Bicycle riding • Jumping rope • Martial arts, such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Cross-country skiing 	<ul style="list-style-type: none"> • Active games involving running and chasing, such as flag football • Bicycle riding • Jumping rope • Martial arts, such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Vigorous dancing • Cross-country skiing
Muscle-strengthening	<ul style="list-style-type: none"> • Games such as tug-of-war • Modified push-ups (with knees on the floor) • Resistance exercises using body weight or resistance bands • Rope or tree climbing • Sit-ups (curl-ups or crunches) • Swinging on playground equipment/bars 	<ul style="list-style-type: none"> • Games such as tug-of-war • Push-ups and pull-ups • Resistance exercises with exercise bands, weight machines, hand-held weights • Climbing wall • Sit-ups (curl-ups or crunches)
Bone-strengthening	<ul style="list-style-type: none"> • Games such as hopscotch • Hopping, skipping, jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis 	<ul style="list-style-type: none"> • Hopping, skipping, jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis

Note: Some activities, such as bicycling, can be moderate or vigorous intensity, depending upon level of effort

How do I measure intensity?

Relative Intensity

The level of effort required by a person to do an activity. When using relative intensity, people pay attention to how physical activity affects their heart rate and breathing.

The **talk test** is a simple way to measure relative intensity. In general, if you're doing moderate-intensity activity you can talk, but not sing, during the activity. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

Absolute Intensity

The amount of energy used by the body per minute of activity. The table below lists examples of activities classified as moderate-intensity or vigorous-intensity based upon the amount of energy used by the body while doing the activity.

Moderate Intensity

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

Vigorous Intensity

- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack

Target Heart Rate

For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of his or her maximum heart rate. This maximum rate is based on the person's age. An estimate of a person's maximum age-related heart rate can be obtained by subtracting the person's age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 50 \text{ years} = 170$ beats per minute (bpm). The 50% and 70% levels would be:

- 50% level: $170 \times 0.50 = 85$ bpm, and
- 70% level: $170 \times 0.70 = 119$ bpm

Thus, moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 85 and 119 bpm during physical activity.

For vigorous-intensity physical activity, a person's target heart rate should be 70 to 85% of his or her maximum heart rate. To calculate this range, follow the same formula as used above, except change "50 and 70%" to "70 and 85%". For example, for a 35-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 35 \text{ years} = 185$ beats per minute (bpm). The 70% and 85% levels would be:

- 70% level: $185 \times 0.70 = 130$ bpm, and
- 85% level: $185 \times 0.85 = 157$ bpm

Thus, vigorous-intensity physical activity for a 35-year-old person will require that the heart rate remains between 130 and 157 bpm during physical activity.

Taking Your Heart Rate

Generally, to determine whether you are exercising within the heart rate target zone, you must stop exercising briefly to take your pulse. You can take the pulse at the neck, the wrist, or the chest. We recommend the wrist. You can feel the radial pulse on the artery of the wrist in line with the thumb. Place the tips of the index and middle fingers over the artery and press lightly. Do not use the thumb. Take a full 60-



second count of the heartbeats, or take for 30 seconds and multiply by 2. Start the count on a beat, which is counted as "zero." If this number falls between 85 and 119 bpm in the case of the 50-year-old person, he or she is active within the target range for moderate-intensity activity.

Achieving Target Levels of Physical Activity: The Possibilities Are Endless

These examples show how it's possible to meet the Guidelines by doing moderate-intensity or vigorous-intensity activity or a combination of both. Physical activity at this level provides substantial health benefits.

Ways to get the equivalent of 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic physical activity a week plus muscle-strengthening activities:

- Thirty minutes of brisk walking (moderate intensity) on 5 days, exercising with resistance bands (muscle strengthening) on 2 days;
- Twenty-five minutes of running (vigorous intensity) on 3 days, lifting weights on 2 days (muscle strengthening);
- Thirty minutes of brisk walking on 2 days, 60 minutes (1 hour) of social dancing (moderate intensity) on 1 evening, 30 minutes of mowing the lawn (moderate intensity) on 1 afternoon, heavy gardening (muscle strengthening) on 2 days;
- Thirty minutes of an aerobic dance class on 1 morning (vigorous intensity), 30 minutes of running on 1 day (vigorous intensity), 30 minutes of brisk walking on 1 day (moderate intensity), calisthenics (such as sit-ups, push-ups) on 3 days (muscle strengthening);
- Thirty minutes of biking to and from work on 3 days (moderate intensity), playing softball for 60 minutes on 1 day (moderate intensity), using weight machines on 2 days (muscle-strengthening on 2 days); and
- Forty-five minutes of doubles tennis on 2 days (moderate intensity), lifting weights after work on 1 day (muscle strengthening), hiking vigorously for 30 minutes and rock climbing (muscle strengthening) on 1 day.

Ways to be even more active

For adults who are already doing at least 150 minutes of moderate-intensity physical activity, here are a few ways to do even more. Physical activity at this level has even greater health benefits.

- Forty-five minutes of brisk walking every day, exercising with resistance bands on 2 or 3 days;
- Forty-five minutes of running on 3 or 4 days, circuit weight training in a gym on 2 or 3 days;
- Thirty minutes of running on 2 days, 45 minutes of brisk walking on 1 day, 45 minutes of an aerobics and weights class on 1 day, 90 minutes (1 hour and 30 minutes) of social dancing on 1 evening, 30 minutes of mowing the lawn, plus some heavy garden work on 1 day;
- Ninety minutes of playing soccer on 1 day, brisk walking for 15 minutes on 3 days, lifting weights on 2 days; and
- Forty-five minutes of stationary bicycling on 2 days, 60 minutes of basketball on 2 days, calisthenics on 3 days.

HEALTH BENEFITS of WALKING

 **20** WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/ YEAR

 **45** WALKING 45 MINUTES/ DAY HALVES ODDS OF CATCHING A COLD

 **1** WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5-2 MINUTES

 **20** WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS



DEMENTIA



Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.



DIABETES

Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.



HEART DISEASE

Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.



ARTHRITIS

Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.



DEPRESSION

Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 6 MILES/ WEEK CAN HALVE RISK OF ALZHEIMER'S DISEASE OVER 5 YEARS



WOMEN WHO WALK FOR 1 HOUR/ DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/ DAY CAN LOSE AND KEEP OFF 25 LBS



WALKING 30 MIN/ DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%



PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK



WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK





The *Runner's World* Start Walking plan will help you get in the habit of exercising regularly and stick with it.

With this seven-week plan, you can build up to and beyond 150 minutes of exercise per week—the amount of exercise that the American College of Sports Medicine (ACSM) says will stave off diabetes, heart disease, and stroke; lower blood pressure and cholesterol; increase energy; and improve depression and anxiety. By the end of the plan, you'll be able to complete a 60-minute walk.

- > These walks should be brisk—not a race walk, but not a window-shopping walk either.
- > You can substitute time on a stationary bike or an elliptical trainer, but walking is the best foundation for running.
- > If you don't have time for the longest workout of each week, it's okay to split it in half. You'll get the same health benefits.
- > If you have a BMI of more than 25, are 60 years or older, or if you'd like to take a more gradual approach, you can repeat any week, or every week, and stretch this out to an eight-, 10-, or 12-week plan.
- > If you're 40 or older, or have a family history of heart disease, diabetes, or other chronic illnesses, see a doctor before starting any exercise routine.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MINUTES EST MILEAGE
1	15 min	25 min	Rest or optional 15 min walk	25 min	Rest	35 min	Rest	100-115 min 5-7.7 miles
2	15 min	28 min	Rest or optional 15 min walk	28 min	Rest	38 min	Rest	109-124 min 5.4-8.3 miles
3	20 min	30 min	Rest or optional 15 min walk	30 min	Rest	40 min	Rest	120-135 min 6-9 miles
4	20 min	35 min	Rest or optional 15 min walk	35 min	Rest	45 min	Rest	135-150 min 6.7-10 miles
5	20 min	40 min	Rest or optional 20 min walk	40 min	Rest	50 min	Rest	150-170 min 7.5-11.3 miles
6	20 min	40 min	Rest or optional 20 min walk	40 min	Rest	55 min	Rest	155-175 min 7.8-11.7 miles
7	20 min	45 min	Rest or optional 20 min walk	40 min	Rest	60 min	Rest	165-185 min 8.25-12.3 miles

KEY

- > The total time of the workout is listed at the top of each workout in bold. So on Monday of the first week, 15 minutes (min) means that the total workout time is 15 minutes.
- > The distance for each day is an approximation based on a 10- to 20-minute-per-mile walking pace.

WALK YOUR WAY TO a healthier you.



We all know that walking is healthy. And although most Americans probably already take between 3,000 and 5,000 steps every day, adding more steps could improve your health and physique. Increasing your activity level is much easier than you may think, especially when you incorporate a pedometer in your routine. Follow the four simple steps below and before you know it, you'll be walking thousands more steps every day.

STEP 1: **Put your pedometer to work.** You may think you walk a lot during the day, but do you really? The only way to know for sure is with a pedometer—a small counting device about half the size of your cell phone that clips onto your waistband and counts each step.

You can purchase a pedometer at most sporting goods stores for \$15 to \$30.

STEP 2: **Set goals.** Taking 10,000 steps per day can improve your health and reduce your risk of developing an ongoing health condition. But if you're averaging only 2,000 steps now, that's OK. Just take it one step at a time—literally. Set weekly goals, chart your progress, and before long, those extra strides will become second nature.

STEP 3: **Go the distance.** Not sure how to walk more than you already do? Here are some suggestions:

AT HOME:

- Cart your clothes to the laundry room one load at a time.
- Instead of driving, walk to the store for that forgotten item.
- Take your dog for an extra walk each day.

AT WORK:

- Work on the 14th floor? Take the elevator to 12, then walk up the last two flights.
- Don't use the restroom down the hall—take the stairs and find one on another floor.
- When meeting with coworkers, walk and talk instead of sitting at a desk.

AT PLAY:

- Walk in and around your favorite park often.
- Stroll along the beach, wander through the woods, or window-shop.
- Take your kids on nature walks.

STEP 4: **Take the scenic route.** And use the chart on the back to record your progress.

MONTHLY WALKING LOG

WEEK 1:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								

WEEK 2:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								








WEEK 3:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								

WEEK 4:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

Why Mall Walk?

Mall Walking Programs May Help People Overcome Barriers to Physical Activity

	Barriers to Physical Activity (Lattimore, et al, 2011)	Mall Characteristics
	Weather (too hot, too cold, too inclement)	The majority of malls provide a temperature-controlled indoor environment that can be used for walking, regardless of seasonal changes and conditions.
	Neighborhood safety; fear of crime	Mall security staff and presence of other walkers and shoppers help to alleviate a fear of crime that may be prevalent in other neighborhood areas.
	Fear of injury	Accessibility to level surfaces in a mall helps reduce the risk of injuries that may occur with hilly and uneven terrain.
	Lack of resources or accessibility to a gym or health club	Few resources other than proper fitting walking shoes are needed for walking in a mall. Latest fashionable workout attire is not a requisite for mall walking.
	Lack of social support	Mall walking programs may provide support of a program leader, as well as support from other walking program participants for those who enjoy walking buddies.
	Lack of skills or experience with exercising	Most people can walk with little or no coaching or skills training. Mall walking programs can, and should be, inclusive of persons who may have difficulty walking.
	Lack of available and clean restrooms	Well-lit restrooms available in malls may help overcome the worry of some adults about walking in public places, where there may not be access to restroom facilities.



Activity Log

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

	Activity	Number of Minutes	Ways to Increase Activity
Weekday 1			

Total Minutes _____

Weekday 2			

Total Minutes _____

Weekend			

Total Minutes _____



Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and renew them regularly.

Short-term Goals

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1.

2.

3.

Long-term Goals

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

1.

2.

3.



1	HOW TO USE THE GUIDE	2	HOW TO WORK WITH HEALTH CARE PROVIDERS	3	INTRO, LETTER TO HEALTH CARE PROVIDER
4	HEALTH AND MEDICAL QUESTIONNAIRE	5	FITNESS ASSESSMENT	6	INFORMED CONSENT
7	CANCELLATION POLICY	8	STARTING AN EXERCISE PROGRAM PATIENT HANDOUT	9	YOUR PRESCRIPTION FOR HEALTH

STARTING AN EXERCISE PROGRAM

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations: 30 minutes of moderate-intensity physical activity at least five days per week, or vigorous-intensity activity at least three days per week, and strength training at least twice per week.

Guidelines for healthy adults under age 65 with no apparent chronic disease or condition

STEP 1 - Set aside time each day to exercise. Getting started can often be the most difficult part of any exercise routine. Scheduling exercise into your day and making it a priority will increase the chance of being successful.

STEP 2 - Choose cardiovascular activities you enjoy, such as swimming, biking, or playing basketball with friends to get your daily physical activity. If you need a variety of activities to stay motivated, combine a few that appeal to you. Physical activity can be accumulated through a variety of activities, not just running. **Walking** is a great way to do moderate-intensity physical activity. Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation.

STEP 3 - Start with 10 to 15 minutes of cardiovascular exercise daily. Each week, add five minutes to your exercise routine **until you reach 30 minutes of moderate-intensity for a minimum of five days per week.** Alternately, you may do 20 minutes of vigorous-intensity exercise three days per week. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary.

STEP 4 - Incorporate strength training into your routine. Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week. This can be accomplished by using dumbbells, resistance bands or your own body weight. If you are unsure how to perform the exercises correctly, seek the advice of an exercise professional.

Guidelines for adults over age 65 (or adults 50-64 with chronic conditions, such as arthritis)*

STEP 1 – Begin by following the four steps listed above. Both aerobic and muscle-strengthening activity is critical for healthy aging.

STEP 2 - If you are at risk of falling, perform balance exercises. If you are unsure how to perform the exercises correctly, seek the advice of an exercise professional.

STEP 3 - Have a physical activity plan. Older adults or adults with chronic conditions should develop an activity plan with a health professional to manage risks and take therapeutic needs into account. This will maximize the benefits of physical activity and ensure your safety.

PHYSICIANS' RECOMMENDATIONS:

For more information, visit www.exerciseismedicine.org.

*If your physician has not cleared you for independent physical activity, you should exercise only under the supervision of a certified professional. The American College of Sports Medicine has two groups of certified fitness professionals that could meet your needs. The ACSM Certified Clinical Exercise Specialist (CES) is certified to support those with heart disease, diabetes and lung disease. The ACSM Registered Clinical Exercise Physiologist (RCEP) is qualified to support patients with a wide range of health challenges. You may locate all ACSM-certified fitness professionals by using the ProFinder at www.acsm.org.

Healthy Mind, Healthy Body

Benefits of exercise

Longwood Seminars, March 13, 2014

Planning worksheet

My goals are to

- enhance my health
- tone my muscles
- extend my endurance
- lose ____ pounds (a pound a week is reasonable, so break down bigger goals into smaller, manageable chunks) in the next ____ weeks
- strengthen my upper body
- strengthen my lower body
- strengthen my core and back muscles
- step up my game in a sport _____
- be able to enjoy _____

(Here, consider what tasks and fun you are missing out on. Does your back hurt? Are you finding it hard to make it up stairs, smash an overhead in tennis, or dig deep while gardening?)

Right now, I exercise

- rarely or never
- once a week for ____ minutes
- twice a week for ____ minutes
- three to five times a week for ____ minutes

I'd like to

- exercise ____ times a week for ____ minutes
- add cardio exercise to my weekly routine
- add strength training to my weekly routine
- change up my weekly routine

Healthy Mind, Healthy Body

Benefits of exercise

Longwood Seminars, March 13, 2014

My new plan:

Fill in some goals for a week, writing in cardio sessions like 30 minutes of brisk walking (remember, this can be in two or three chunks) or the workouts you plan to try. If you're wondering what mix of exercise to choose, read "Special section: Exercise 101" and see Table 1.

I can do

- _____ on Monday at _____
- _____ on Tuesday at _____
- _____ on Wednesday at _____
- _____ on Thursday at _____
- _____ on Friday at _____
- _____ on Saturday at _____
- _____ on Sunday at _____

I will gain support for my new plan by

- hiring a personal trainer on these days (circle those that apply):
Monday Tuesday Wednesday Thursday Friday Saturday Sunday
- lining up an exercise partner for walks or workouts on these days (circle those that apply):
Monday Tuesday Wednesday Thursday Friday Saturday Sunday
- telling a friend about my plan and asking her to check in with me once a week on _____ to cheer me on and encourage me to stay the course
- rewarding myself by doing _____ at the end of the week
- measuring my gains on _____

To learn more...

This information was prepared by the editors of the Harvard Health Publications division of Harvard Medical School. It was excerpted from the Special Health Report *Workout Workbook*. You can learn more about this publication at hvr.d.me/u240f.

Want more information on exercise? See what the Olean Public Library can do for you!

Subjects to search for in the library catalog (oleanlibrary.org)

You can expand your search by looking in the catalog under these subject headings in all of the libraries of the Chautauqua-Cattaraugus Library System. You can request a book be sent here from another library in the System.

Exercise

Exercise for children

Exercise for Men

Exercise for middle ages persons

Exercise for older people

Exercise for pregnant women

Exercise for the aged

Exercise for women

Exercise – Physiological aspects

Exercise therapy

Exercise therapy. Arthritis

Exercise therapy. Backache

Fitness walking

Books (Find these and other books in the stacks at the Olean Public Library)

613.7 C *8 Minutes in the Morning* by Jorge Cruise

613.7 D *8 Weeks to SEALfit: a Navy SEAL's guide to unconventional training for physical and mental toughness* by Mark Divine

613.704 F *Lilias! Yoga Gets Better With Age* by Lilias Folan

613.704 R *Real Fitness for Real Women* by Rochelle Rice

613.704 S *The Yogafit Athlete* by Beth Shaw

613.708 L *Body by You* by Mark Lauren

613.71 B *The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts* by Hanne Blank

613.71D *The Show It Love Workout* by Kacy Duke

613.71 T *Get Fit in Bed* by Genie Tartell

613.71 V *Core Performance* by Mark Verstegen

613.71W *A Girl's Guide to Fitting in Fitness* by Erin Whitehead

DVD

DVD 613.704 Y *Yoga for the Rest of Us: Easy Yoga for Arthritis*

DVD 613.71C V1, V2, & V3 *Chair Fitness Vol 1, Vol 2, & Vol 3*

DVD 613.71 J *Jillian Michaels Ripped in 30*

DVD 613.71 P *Pilates Workout for Dummies*

DVD 613.712 G *Get Fit & Fab with Jillian Michaels*

DVD 613.714 S *Step by Step Tai Chi*

P/T DVD 613.704 F *Family Yoga*

Magazines

The following magazines are available in the library to check out (the current month's issue does not circulate, but you are free to look at it in the library):

Bicycling

Backpacker

Cross Country Skier

Health

Men's Health

Prevention

Runner's World

Self

Shape

Swimming World

Yoga Journal

eMagazines:

The following magazines are available on our Zinio platform. You can access these magazines by clicking on the Zinio link found on the library's webpage (oleanlibrary.org). You can download the magazine (including the current issue) and you never have to return it.

Men's Health

Prevention

Runner's World

Shape

Women's Health

Yoga Journal