

EXERCISE

OVERALL BENEFITS OF EXERCISE

- New brain cell development
- Improved memory
- Elevated mood
- Improved appetite and sleep
- Weight-control
- Disease prevention
- Increased energy
- Reduced risk of falls
- Socialization

CARDIOVASCULAR (AEROBIC) EXERCISE

- Benefits
 - More efficient heart and lungs
 - Lower blood pressure and heart rate
 - Increased levels of good cholesterol
 - Improved blood vessel health including in the brain
- Recommendation
 - Engage in 30 minutes of moderate physical activity five days per week OR 20 minutes of vigorous physical activity three days per week.
- Strategies
 - Start slow, with light-to-medium effort and gradually increase pace and workout length.
 - Consult a target heart rate chart to maximize the benefits of cardiovascular exercise.

- Move more and sit less. Any rhythmic, continuous physical activity that elevates the heart rate provides benefit, including:
 - Walking (including outside, indoors, or in a pool)
 - Biking (including recumbent bike)
 - Swimming
 - Dancing
 - Boxing
- Warm up and cool down at an easy pace.

STRENGTH TRAINING

- Benefits:
 - Increased blood flow and oxygen to muscles, improving their efficiency
 - Improved communication between the muscles and the brain
 - Improved range of motion of joints
 - Potential decrease in pain associated with arthritis
 - Increased bone density, lessening the risk of osteoporosis
 - Increased ease in performing activities of daily life such as carrying groceries and doing yardwork
 - Weight-control
 - Improved balance and reduced risk of falls
- Recommendation
 - Perform 8-12 repetitions and 2-3 sets of each weight-lifting exercise.
 - Perform 8-10 different weightlifting exercises using major muscle groups 2-3 non-consecutive days a week.
- Strategies
 - Hand weights, resistance bands, machines, and the body weight itself can be used for strength training. Simple household items work as well, such as a jug of milk or a can of soup.
 - The amount of weight to lift is correct if the last couple repetitions become tiresome.

- If 1 is the easiest effort and 10 is the most effort a person can give, strive for an 8.
- Avoid straining or holding one's breath when lifting weights.
- Lift and lower the weight in a controlled manner.
- Consult a certified professional for instructions on correct body mechanics and breathing.

FLEXIBILITY

- Benefits:
 - Reduced chance of getting injured when doing physical activities
 - Reduced aches and pains in the muscles
 - Improved posture and balance
 - Provides relaxation
- Recommendation:
 - Stretch the muscle group to the point of tightness, hold for 10-30 seconds, and release.
 - All muscle groups should be stretched a minimum of twice a week.
 - After stretching, gently move joints through a full range of motion.
- Strategies
 - Engage in a light warm-up activity such as walking or arm circles to heat the muscle groups. Do not stretch a cold, tight muscle.
 - Hold the stretch steady; do not “bounce” the stretch.
 - Stretching should not be painful.
 - Do everything in moderation; overstretched, weak muscles increase the risk of injury. Flexibility and strengthening go hand-in-hand.
 - Seek assistance from a certified professional for guidance on a flexibility program.

STRATEGIES FOR A SUCCESSFUL EXERCISE PROGRAM

- If there are health concerns such as heart disease, diabetes, asthma, high blood pressure, and/or others, consult a physician before starting an exercise program.
- Stop exercising if chest pain, dizziness, lightheadedness, faintness, or nausea occur. Consult a physician before resuming the exercise program.



- Set realistic goals and once met, provide a reward for success. Then set a new goal!
- Find an exercise buddy who will be an accountability partner. Making it social and fun helps with commitment!
- Dress appropriately for the exercise and for the climate.
- Hydrate well before and after exercise.
- Choose enjoyable activities.
- Do any outdoor activities during cooler times of day.
- Put the exercise plan in writing and keep it visible.