

# Exercise & Physical Activity

**Most of us know exercise is good for us, but here are specific ways you might benefit from regular exercise:**

- Reduced risk of heart disease & Type 2 Diabetes
- Reduced risk of high blood pressure and high cholesterol
- Reduced risk of dying prematurely
- Reduced risk of developing colon cancer
- Reduction in anxiety & depression symptoms
- Increased bone-strength and balance improvement
- Increased energy levels and metabolism
- Heightened self-esteem
- Decreased stress
- Improved sleep
- Weight control



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**Think: “Move More – Sit Less”**

**Becoming more active in your everyday life is one of the ways to improve your health.**

**The following are some ideas to incorporate on a daily basis:**

- Stand or walk while talking on the phone
- Conduct walking meetings
- Park in a parking spot farther away
- Consider biking instead of driving to local errands
- Take the stairs and avoid the elevator
- Walk in place or do jumping jacks during television commercials
- Get off bus a stop earlier



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## Things to Consider When Starting to Exercise:

**1. Set Attainable Goals-**  
Remember, there is no such thing as “instant fitness.” Start with realistic goals and build upon them. Set yourself up for success, avoid injury, discouragement and resorting to less activity. A slow, steady, regular and progressive increase in workload is the key to a lifelong successful fitness program.

**2. Make it Personal-**  
Customize your workout to YOUR preferences. Create a custom playlist of your favorite songs/albums that have an upbeat tempo.

**3. Schedule a Specific Time-**  
Don’t assume it will magically happen, set aside time to make sure you stay consistent. Try keeping walking shoes/socks or exercise clothes in the car for spontaneous workouts!

**4. Have a Backup Plan-**  
Be prepared with another activity in case the weather changes or you are feeling fatigued (for example, choosing an inside activity when it is raining outside, or choosing to walk instead of run when you are feeling tired), this will allow you to stay fit year-round.

**5. Implement the “10-Minute Rule” -**  
Commit to doing some type of physical activity for at least 10 minutes (knowing you only have 10 minutes can make getting started easier). If you feel like continuing after 10 minutes- go for it! If you are finished after 10 minutes congratulations, you’ve met your goal to make regular exercise a priority!

**6. Increase Gradually-**  
Make small changes to the intensity or duration of workouts (or both) in order to continue to reap the benefits from your exercise.

**7. Be Careful with any Physical Limitations-**  
If you have any physical limitations in your lower body- try performing aerobic or strength exercises from a seated position for extra support (look up “Sit and Be Fit” exercise videos online).

**8. Things to Avoid-**  
Try and avoid vigorous workouts in the 2 hours before bedtime so it does not interfere with sleep patterns. If an exercise physically hurts (not just tired or soreness), then stop. Listen to your body’s signals about what feels good.

## Need Some Ideas?

Here are a few exercise suggestions you can try to get you moving:

- Dance lessons
- Swimming or water aerobics
- Canoeing, kayaking or paddle boarding
- Vigorous game of frisbee
- Walking with friends or family...don't forget pets  
(Tip: walk like you're trying to catch a flight)
- Inclement weather: mall walking
- Bicycling
- Team sports
- Skiing (cross-country or downhill)
- Snow-shoeing
- Jump rope
- Climbing stairs
- Vigorous house cleaning or yard work (e.g. raking leaves, shoveling snow, using a push lawn mower)
- Group exercise classes; these can add an element of accountability & social engagement.  
Tip: When starting out, look for beginner's classes



<https://www.ourbeulah.com/events/exercise-support-group--23/2019-05-02>

## What Am I Striving For?

The recommended goal for adults is 150 minutes or more per week of moderate-intensity physical activity, or 80 minutes of vigorous physical activity per week!

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

Adapted from Heart.Org

Here is the target heart rate zones in relation to age

### **Don't Forget:**

- Weight lifting or use of elastic bands or own body weight (2-3 sessions per week on non-consecutive days) as well as Yoga or stretching are just as important in your fitness journey!
- Before beginning a new exercise routine you should discuss it with your primary care physician or orthopedic specialist.

### **Bariatric Patients (Post-Surgery):**

- Getting up and around helps with healing; Try 5-10 minutes of walking as tolerated for a few hours a day after surgery; increase duration as tolerated over the coming weeks.
- Wait for your surgeon's clearance before beginning weight bearing exercises or vigorous aerobic workouts!

**Everyone's fitness journey is different, what matters is that you do activities that you enjoy and work toward making the choice each and everyday to be active!**