



OPTIONS CENTER HEALTH TOPIC

KINDS OF EXERCISE

While selecting the method of exercise, consider the following:

- ◆ Exercise is a personal thing: you have to organize it according to availability of time, place and your attitude.
- ◆ Realistic tailoring according to your needs and resources will ensure compliance.
- ◆ For those with limited time and resources, the preferred forms are types of non-competitive exercises like jogging, brisk walking, weight training, cycling, and swimming.
- ◆ Skilled sports like skiing or golf may be appealing if you have the time and resources to invest in them. Highly competitive sports may add to your already stressed life style, so it is better to avoid such.
- ◆ Avoid pushing yourself too much in the beginning. Start in a graded manner.
- ◆ Remember that infrequent outbursts of exercise will do more harm than good. Short intervals of regular exercise are preferred.
- ◆ It is a good thing to take medical advice on the most suitable type of physical activity before you set out for the first time.

Information taken from <http://www.hanishbabu.com/exercise.htm>

IT'S TIME TO GET STARTED!

Now that you know exercise can make a big difference in controlling stress, make some time for regular physical activity. We'll help you get started by listing three activities you can choose from:

1. **Aerobic activity.** All it takes is 20 minutes' worth, six to seven days a week. Twenty minutes won't carve a big chunk out of your day, but it will improve your ability to control stress significantly.
2. **Yoga.** In yoga or yoga-type activities, your mind relaxes progressively as your body increases its amount of muscular work. Recent studies have shown that when large muscle groups repeatedly contract and relax, the brain receives a signal to release specific neurotransmitters, which in turn make you feel relaxed and more alert.
3. **Recreational sports.** Play tennis, racquetball, volleyball or squash. These games require the kind of vigorous activity that rids your body of stress-causing adrenaline and other hormones.

Not just any exercise will do. Don't try exercising in your office. Outdoors or away from the office is the best place to find a stress-free environment. Even a corporate fitness center can have too many work-related thoughts for some people.

Information taken from <http://www.snyderhealth.com/exercise.htm>

Moderate-Intensity Activity

Moderate-intensity activities include some of the things you may already be doing during a day or week, such as gardening and housework. These activities can be done in short spurts--10 minutes here, 8 minutes there. Alone, each action does not have a great effect on your health, but regularly accumulating 30 minutes of activity over the course of the day can result in substantial health benefits.

To become more active throughout your day, take advantage of any chance to get up and move around.

Here are some examples:

- ◆ Take a short walk around the block
- ◆ Rake leaves
- ◆ Play actively with the kids
- ◆ Walk up the stairs instead of taking the elevator
- ◆ Mow the lawn
- ◆ Take an activity break--get up and stretch or walk around
- ◆ Park your car a little farther away from your destination and walk the extra distance

The point is not to make physical activity an unwelcome chore, but to make the most of the opportunities you have to be active.

Aerobic Activity

Aerobic activity is an important addition to moderate-intensity exercise. Aerobic exercise is any extended activity that makes you breathe hard while using the large muscle groups at a regular, even pace. Aerobic activities help make your heart stronger and more efficient. They also use more calories than other activities and assist in your weight loss.

Some examples of aerobic activities include:

- ◆ Brisk walking
- ◆ Jogging
- ◆ Bicycling
- ◆ Swimming
- ◆ Aerobic dancing
- ◆ Racket sports
- ◆ Rowing
- ◆ Ice or roller skating
- ◆ Cross-country or downhill skiing
- ◆ Using aerobic equipment (i.e., treadmill, stationary bike)



To get the most health benefits from aerobic activity, you should exercise at a level strenuous enough to raise your heart rate to your target zone. Your target heart rate zone is 50 to 75 percent of your maximum heart rate (the fastest your heart can beat). To find your target zone, look for the category closest to your age in the chart below and read across the line. For example, if you are 35 years old, your target heart rate zone is 93-138 beats per minute.

Target Heart Rate

Age in years	50-75% [Average]	100% [Maximum]
20-30	98-146 beats per min.	195
31-40	93-138 beats per min.	185
41-50	88-131 beats per min.	175
51-60	83-123 beats per min.	165
61+	78-116 beats per min	155



To see if you are exercising within your target heart rate zone, count the number of pulse beats at your wrist or neck for 15 seconds, then multiply by four to get the beats per minute. Your heart should be beating within your target heart rate zone. If your heart is beating faster than your target heart rate, you are exercising too hard and should slow down. If your heart is beating slower than your target heart rate, you should exercise a little harder.

When you begin your exercise program, aim for the lower part of your target zone (50 percent). As you get into better shape, slowly build up to the higher part of your target zone (75 percent). If exercising within your target zone seems too hard, exercise at a pace that is comfortable for you. You will find that, with time, you will feel more comfortable exercising and can slowly increase to your target zone.

AVOIDING EXERCISE DROP OUT

Let's face it: When it is time to work off your tummy, most of us will prefer to remain on our couches and munch potato chips than go out and work it off. Sue Browder has some advice for potent exercise dropouts:

1. **Expect to feel exhausted at times:** Do not think that you will feel energetic all of a sudden after exercise. The initial period of difficulty is to be expected.
2. **Work for hidden rewards:** Exercise for a better physique, never dream of the perfect one! Aim for inner rewards like more energy, less anxiety, increased concentration, better sleep, keener decision making power etc
3. **Do your own thing:** Never let others choose your exercise program.
4. **When you lapse, don't collapse!** Remember that lapses are inevitable. Experts say that lapsing is most common during the third month. Forgive yourself and move on.
5. **Try daydreaming** while exercising to keep your mind from getting bored from monotony.
6. **Set your own pace:** Don't listen to fitness fads (no pain, no gain!); set your own pace, if it hurts, stop and relax, then proceed slowly.
7. **Sweat it out with your friends:** It is proven that dropouts occur less if the exercise program includes group activity.
8. **Try willpower boosters:**
 - ▶ Inspire yourself with music
 - ▶ Think active, you will become active
 - ▶ Chart your progress
 - ▶ Keep your exercise equipment visible
 - ▶ Combat excuses before you make them: exercise in a place where it is easy to get to

The Good news: As you keep on exercising it becomes easier to keep on!

Information taken from <http://www.hanishbabu.com/exercise.html>

Thank you for choosing Options Center.

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