

What About Exercise?? Truth and Myths

by

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Benefits of Physical Activity.....

- Decrease in mortality rates for both older and younger adults (more than 50% decrease).
- Decrease in cardiovascular disease, colon cancer, TypeII Diabetes, Obesity and the list goes on.....

Alarming Statistics....

- More than 60% of American adults are not regularly active.
- 25% of the adult population are not active at all.
- About half of American youths 12-21 are not vigorously active on a regular basis.

Myths.....

- I am too old to start an exercise program....
- I cannot regain muscle mass.....
- I have to exercise many hours per day to achieve a high fitness level.....
- I am too overweight.....
- I have to join a health club.....

The Truth is

- One can begin an exercise program at any age.....
- One can increase muscle mass at any age.....
- One can gain high levels of fitness.....
- One can always manage time.....

How to begin.....

- Assessment (injuries, health history, risks/needs).
- Goals (based on the Fitness Assess.).
- Limitations (time, family constraints..)
- Exercise Prescription.
- Feed-Back.
- Follow-Up assessement.

Cardiovascular Fitness

- Frequency: 3-5 times per week
- Duration: 30 – 60 minutes
- Intensity: moderate
- I.E.: Walking, Jogging, Cycling, Swimming....

Resistance Training.....

- Frequency; 2 – 3 per week
- Intensity: 12 to 15 exercises – 2 to 3 sets/ 12- 15 repetitions
- Duration: 30 to 45 minutes.
- Tools: free-weights, machines, bands.

Cooper's Prescription for Moderate Health....**minim.**

- Men: walk 2 miles in less than 27 min. (3 days per week) or walk 2 miles in 30 to 40 min. (6 to 7 days/week).
- Women: walk 2 miles in less than 30 min. (3x/wk) or 2 miles in 30 to 40 min. (5 to 6 days per wk).

Cooper's Prescription for High Fitness.....minimum

- Men: Walk 2.5 miles in less than 37.5 min. (6-7 x/wk) or run 2 miles in less than 20 min. (4 – 5 x/wk).
- Women: walk 2 miles less than 30min. (5-6 x/wk) or run 2miles in 20 – 24 min.(4x/wk).

Suggestions to stay on track.....

- Reasonable goals
- Visit with a personal trainer on a regular basis.....
- Schedule time to exercise.....
- Exercise with a friend.....
- Reward yourself.....
- Think of exercise as important as eating/ sleeping.....

And Just Remember....

**FITNESS IS NOT A DESTINATION BUT
A JOURNEY...IT ONLY ENDS WHEN WE
DIE.....**

Dr. Kenneth Cooper