

## BOOK 7: YOU CAN DO ANYTHING – BEING ACTIVE

You are now smoke-free and have already done the best thing you can possibly do for your health. Being physically active is one more thing you can do for yourself. It is not as hard as you might think and the benefits are enormous.

### WHY EXERCISE?

Exercise can enhance your physical and mental health. A small amount of physical activity can:

- Reduce the urge to smoke.
- Reduce irritability caused by becoming smoke-free.
- Help control your weight.
- Reduce stress.
- Help you sleep more soundly.
- Give you more energy.
- Make your muscles and bones stronger (very important as you age).
- Lower your cholesterol, heart rate and blood pressure.
- Reduce your chances of having heart problems.
- Reduce your chances of becoming diabetic.
- Make you feel better about yourself!

So why do we avoid being active when the benefits are so great? All it takes is an average of 30 minutes a day, four to seven times a week, to achieve these benefits. You can start now by just moving around more and increasing the steps in your day.

### Note

The average American adult watches four or more hours of television a day. Giving up 30 minutes to achieve the benefits of being active doesn't seem like much. There is always time to make yourself healthier and happier.

The trick is to start slowly. Begin with small changes. Set goals.

- Walk instead of drive if your destination is less than half a mile.
- Pick a parking space that is farther away from the entrance.
- Take the stairs if you are only going to the second or third floor.
- Go with friends for a walk during your breaks.
- Buy a stroller so you and your child can get out of the house.
- Plant a garden.
- Sell the riding lawn mower.
- Pass up the golf cart.
- Take the dog for a walk.

## No Pain

Do not push yourself to the point of straining. If you have not been exercising, start slowly. Exercise does not have to hurt in order to work. In fact, if it hurts don't do it.

## When You Exercise:

- You should always be able to carry on a conversation.
- You should never be gasping for air.
- If you get dizzy, stop!
- If a part of your body starts to hurt or gets "hot," stop exercising.
- If your body tells you to slow down, listen to it! It is usually right.

Avoid starting out too fast and risking injury or illness. Set realistic goals with your physician. **If you have medical problems or if you are over 40 years of age and have been inactive, we strongly recommend you see your physician before beginning an exercise program.**

## How Active Is Active?

Becoming more physically active is easy. Exercise is anything that involves movement. Once you start making changes, you will be surprised to find that simple things can make a difference. Think about it—you won't continue doing it if you find it boring or painful. The trick is to find something you enjoy doing.

Here are some suggestions:

- |                          |  |
|--------------------------|--|
| - Walking                | - Hiking                                     |
| - Dancing                | - Skating                                    |
| - Gardening              | - Golfing                                    |
| - Jogging                | - Aerobics                                   |
| - Martial Arts           | - Using Stairs<br>Instead of<br>the Elevator |
| - Tennis/<br>Racquetball |  |
| - Yoga                   | - Tai Chi                                    |

## Exercise Can Be Enjoyable

### Still not convinced? Let's try an experiment.

- Take two 10-minute walks at two points during the day (i.e., during a break; on your lunch hour, before eating; when someone can watch the kids, etc.).
- At the end of the day, make a “mental” note of how much you accomplished and what your general mood was throughout the day.
- On the next day, do not take a walk. Compare your energy and mood with the day you walked.

For many of us, these breaks are refreshing and give us a boost. Do not think of exercise as work, but as a chance to get away and clear your mind. Exercise is one of those rare things that allows you to get out of it what you put into it.

## Plan a Routine

There are two types of exercise— aerobic and muscle conditioning.

**Aerobic exercise** is any activity that involves constant movement. Examples include:

- Walking
- Jogging
- Dancing
- Swimming
- Biking, etc.

Aerobic activity strengthens your heart and lungs and decreases the chances of having heart problems.

**Muscle conditioning** includes activities that work your muscles for a shorter time frame, but that require more physical strength. Examples are:

- Weight lifting
- Chopping wood
- Calisthenics, etc.

Muscle conditioning strengthens your muscles and bones. This is especially important as you age, as muscle conditioning may help prevent osteoporosis (weak bones).

Try to incorporate both exercise types into your routine. Ideally, you want to build up to:

### Aerobic Activity

- Four to five times a week
- 30 minutes per session

### Muscle Conditioning

- Two to three times a week
- 20 minutes per session



## Why Warm Up, Cool Down and Stretch?

You should always warm up before exercising and cool down afterwards. Warming up decreases your chance of injury. Cooling down takes some of the strain off of your heart that occurs when you stop exercising suddenly.

### To warm up

Start your exercise session slowly, gradually increasing your pace.

### To cool down

Slow your pace at the end of the activity and continue exercising for five to 10 minutes.

Stretching helps prevent injuries and keeps your body flexible. It is important to learn the proper way to stretch so that you do not strain your back or knees. Only stretch when your body is warm and loose, such as the halfway point or end of a walk or a jog. See the examples on the following pages.



ACTIVITY:	CALORIES USED PER HOUR:
<input type="checkbox"/> Jogging at an 8.5-min. mile pace (7 miles in one hour)	784
<input type="checkbox"/> Stepping	409
<input type="checkbox"/> Aerobics	409
<input type="checkbox"/> Stationary cycling	341
<input type="checkbox"/> Cycling (10 miles in one hour)	409
<input type="checkbox"/> Walking (3.5 miles in one hour)	273
<input type="checkbox"/> Swimming	545

## Target Heart Rate

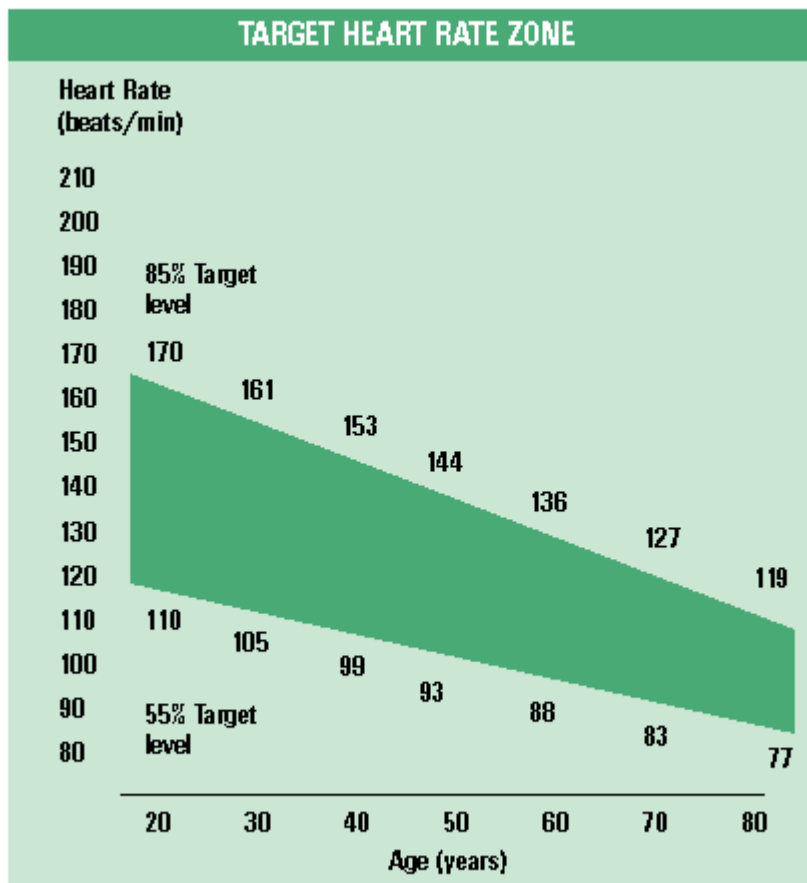
As you exercise, the heart rate rises to help do the work. To exercise at a moderate intensity, the heart rate should be within a certain range or zone. Refer to the chart below and find your target heart rate zone for your age. If you are just starting an exercise routine, work toward the lower end of the zone

(the 55% target level). As your fitness level increases, work toward the higher end of the zone (the 85% level).

## How to Measure Your Target Heart Rate

After five minutes of participation in your cardiovascular exercise program, count your pulse for 10 seconds, then multiply by six to get your beats per minute.

Use the chart below to determine your target heart rate zone.



Please note that these values are estimates. Try to stay within the target zone according to your age.

## Age and Exercise Intensity Recommendations (lower range for sedentary and upper level for active individuals)

Age	18-40 yrs	41-59 yrs	60+ yrs
Target Heart Rate	60-75%	55-70%	55-65%

Reference: American College of Sports Medicine Guidelines to Exercise.

An easier way to determine if you are exercising at the right pace or intensity for a certain activity is called the “Talk-Sing” method. Basically you should be able to talk to someone without being out of breath. You may experience some labored breathing, a faster heart rate and

maybe a little perspiration, but should still be able to have a conversation with a workout partner. If you are breathing very hard, slow down the pace. If you can sing during the exercise, you are not working hard enough.

### **Individuals Who Take Heart Medications**

Please consult your physician to determine if your medication will affect your heart rate. If your medication affects your heart rate, then the heart rate chart will not apply to you.



## SAMPLE EXERCISE PLANS:

There's a variety of things you can do depending on your fitness level.

### Plan 1: Beginner

- Monday: Walk for 10 minutes
- Wednesday: Bike 15 minutes or seven minutes on a stationary bike
- Thursday: Do 15 minutes of strength training exercises
- Friday: Swim or do water aerobics for 15 minutes
- Weekend: Do something fun — garden/mow the lawn; go for a walk in the park or on the beach; play nine holes of golf without a cart

### Plan 2: Intermediate

- Monday: Walk for 20 minutes. You might try adding some sit-ups
- Wednesday: Bike 30 minutes or 15 minutes on a stationary bike
- Thursday: Do 20 minutes of strength training
- Friday: Swim 20 minutes or use a rowing machine for 12 minutes
- Weekend: Do something fun — garden; mow the lawn; play doubles tennis; play nine holes of golf without a cart

### Plan 3: Advanced

- Monday: Walk-jog for 30 minutes with some strength training
- Tuesday: Bike for 30 to 50 minutes
- Wednesday: Swim for 20 to 30 minutes or use the rowing machine for 20 minutes
- Thursday: Weight lift for 30 to 45 minutes
- Friday: Walk-jog for 30 minutes
- Weekend: Two sets of singles tennis; six-mile hike with moderate hills; 18 holes of golf without a cart; chop wood; shovel snow; bathe the dog

## **SAMPLE STRETCHING ROUTINE**

After warming up your body (i.e., walk in place for 1 minute), perform some of the flexibility exercises pictured for approximately five minutes. Hold each position for a 10-second count (exhale slowly during this time; do not bounce). Repeat the stretch two times.



### **Lower Back**

Lie flat on your back with your head on the floor. Slowly pull both knees up toward your chest.



### **Calf Stretch**

Stand with one foot in front of the other, a shoulder width apart, with your chest up and shoulders back. Slowly shift your weight forward onto your front leg with the heel of your rear leg firmly on the ground. As you lean forward, you should feel a slight stretch in the calf muscles of the rear lower leg. Be sure to keep your heel on the ground. Place one hand on a fixed object (chair, wall) for balance, if necessary. Repeat with the opposite leg.

**DO NOT BOUNCE. BOUNCING CAN CAUSE INJURY.**

### Back of Upper Arm

Place your hand behind your head on your opposite shoulder blade. Slowly and gently, push on the raised elbow with your other hand, pressing downward until you feel mild tightness.



### Back of Thighs

Lie flat on your back with your head and shoulders down on the floor. Keep one foot on the floor with your knee bent. Pull the other knee to your chest and slowly attempt to straighten the leg until you experience mild tightness.



### Front of Thighs

Lie flat on your stomach with your head and shoulders on the floor. Grasp the outside of your ankle with your hand (same side hand as foot). Slowly and gently pull the foot towards your buttocks until you feel mild tightness. Keep the knee in line with your leg.



### Chest Front of Shoulders

Stand with your chest up, shoulders back, feet a shoulder's width apart and knees relaxed. Grasp your hands behind your back with your elbows relaxed. Slowly and gently lift your arms upward until you feel mild tightness. Do not bend at the waist or round your shoulders.

