

The Benefits of Exercise





I. Nervous System

(consists of the brain and all nerves throughout the body)

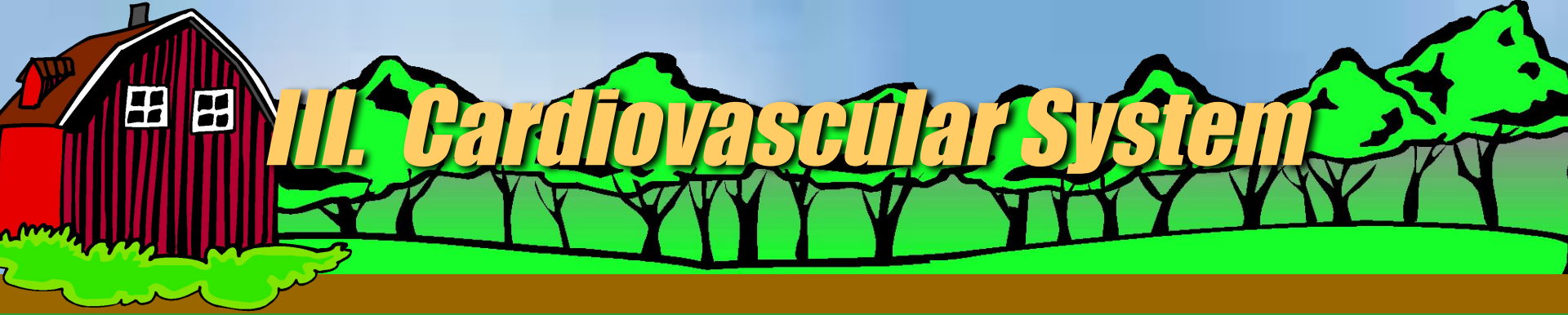
- Tunes it for more skillful body movement
- Improves your reaction time
- Improves mental performance



II. Respiratory System

(lungs)

- lung capacity increases
- works more efficiently



III. Cardiovascular System

(heart)

- Heart increases in strength.
Importance?
- Heart able to pump more blood more efficiently – reducing workload on the heart



IV. Mental Health

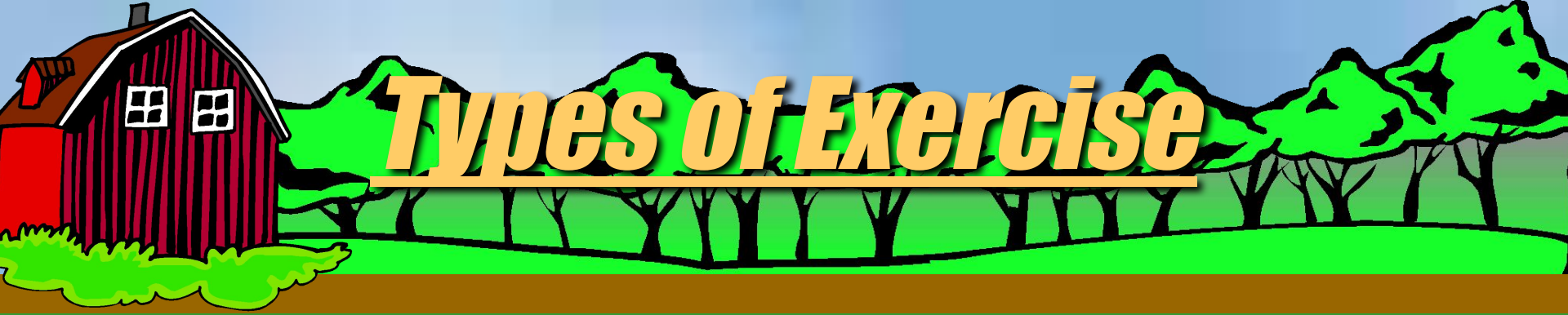


- Contributes to positive self esteem
- Helps deal with stress
- Able to relax
- Leads to more productive work
- Decreases fatigue



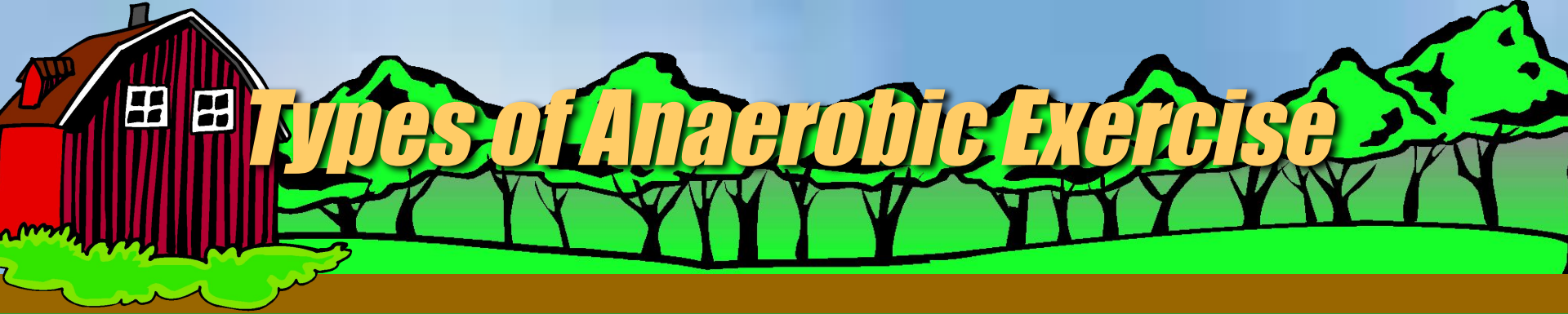
V. Social Health

- Helps one meet new people
- Helps one find new area of enjoyment with friends



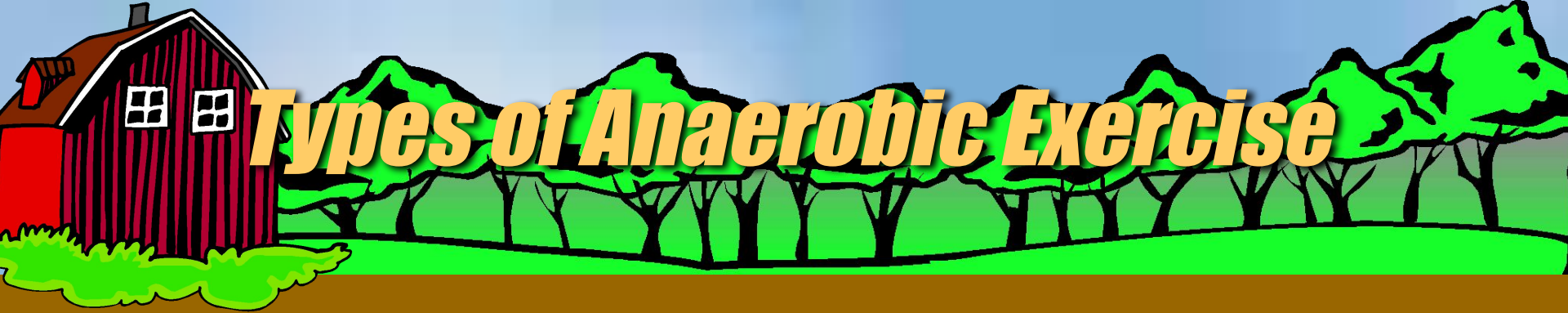
I. Anaerobic Exercise

Oxygen is not used for energy; intense physical activity in which the body's supply of oxygen to produce energy does not meet demand.



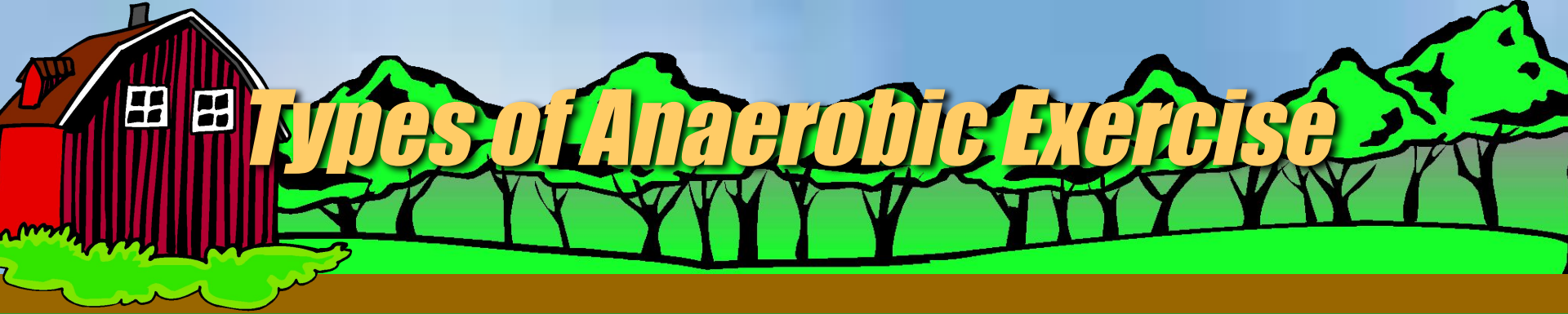
Types of Anaerobic Exercise

- + muscular strength
- + muscular endurance
- + flexibility



Types of Anaerobic Exercise

- Strength Training
 - + muscle size
 - + tendon, bone, and ligament strength
 - + your lean muscle mass throughout.
 - *+ Basal Metabolic Rate (minimum amount of energy needed to maintain normal body functions)
- *Increase muscle mass = Increase basal metabolic rate = increase in loss of fat !!!**



Types of Anaerobic Exercise

- Isometric – little or no movement; muscle tension; pushing against wall.
- Isotonic – repeated movements using weights; push-ups, weights
- Isokinetic – resistance is moved through entire range of motion; hydraulic



Types of Exercise

II. Aerobic Exercise

Continuous activity that
uses oxygen



Types of Aerobic Exercise

- + blood supply to muscles and ability to use oxygen
- + cardiovascular/ cardio respiratory function (heart and lungs)
- + threshold for lactic acid accumulation (soreness)
- - resting blood pressure for people with high blood pressure
- - body fat and improved weight control



Types of Aerobic Exercises

- Jogging
- Brisk Walking
- 15 – 20 minutes of continuous activity



Frequency (how often)

Intensity (how hard)

Time (how long)



F-I-T for Aerobic Activity

F – 3-5 times each week

I – keep heart rate between 60-80% MHR

T – exercise continuously for minimum
of 20 minutes.



F-I-T for Anaerobic Activity

F – 3 to 4 times each week

I – keep speed near 100% for
10 seconds to 2 minutes

T – repeat your intervals 15-30 times
with rest between



3 Parts to a Workout

- 1) Warm-Up: 3 – 5 min. then stretch 10 minutes
- 2) Work-Out: 20 – 30 min.,
3 – 5 times per wk.
- 3) Cool-Down: gradually; “pooling”



R-I-C-E

Rest

Ice

Compression

Elevation



R-I-C-E

REST: do not use/ put weight on injured area

ICE: 20 – 30 min. every 2 – 3 hrs for
first 24 – 48 hrs.

4 stages of cold: cold, burning, aching, numbness

COMPRESSION: use “ace” bandage; start below & wrap
upward.

ELEVATION: while icing or compression – raise higher
than heart to decrease swelling and pain.