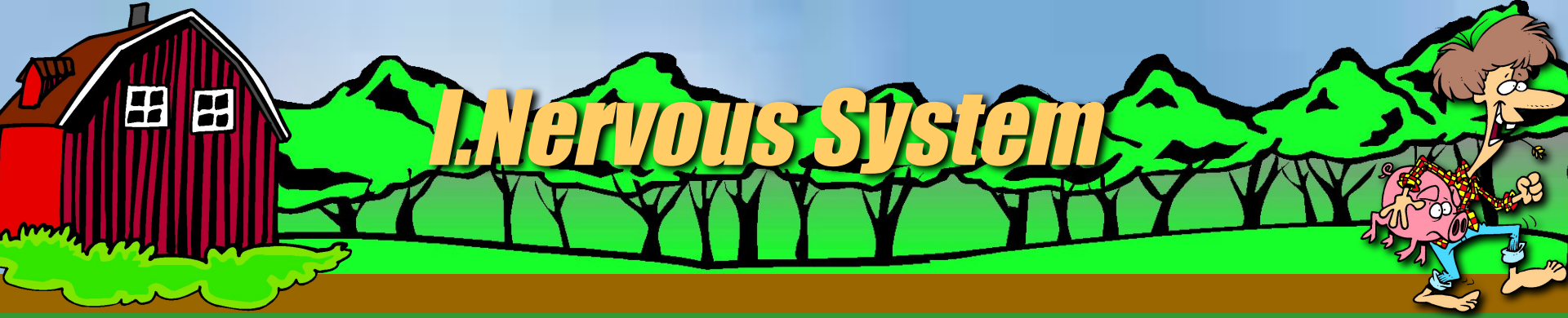

The Benefits of Exercise



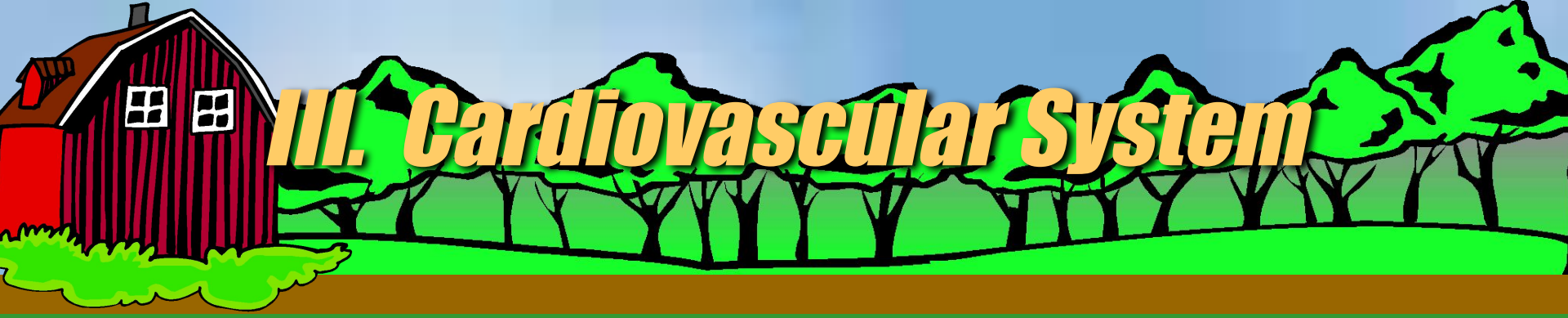
(consists of the brain and all nerves throughout the body)

- 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

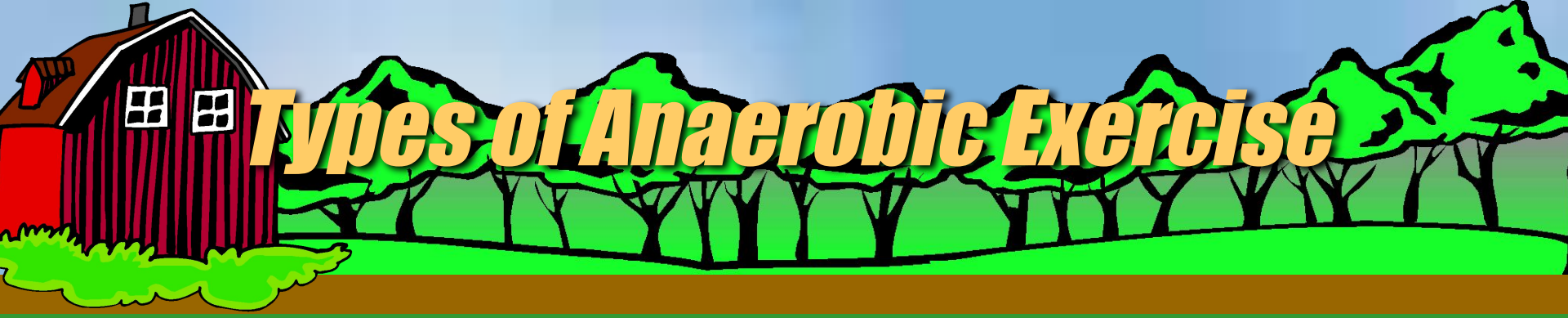
V. Social Health

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

Types of Exercise

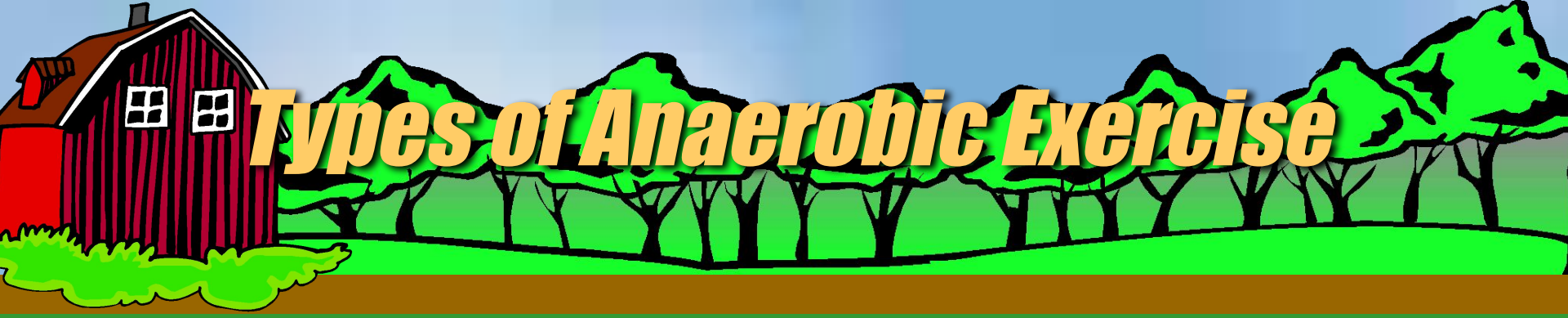
I. Anaerobic Exercise

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



Types of Anaerobic Exercise

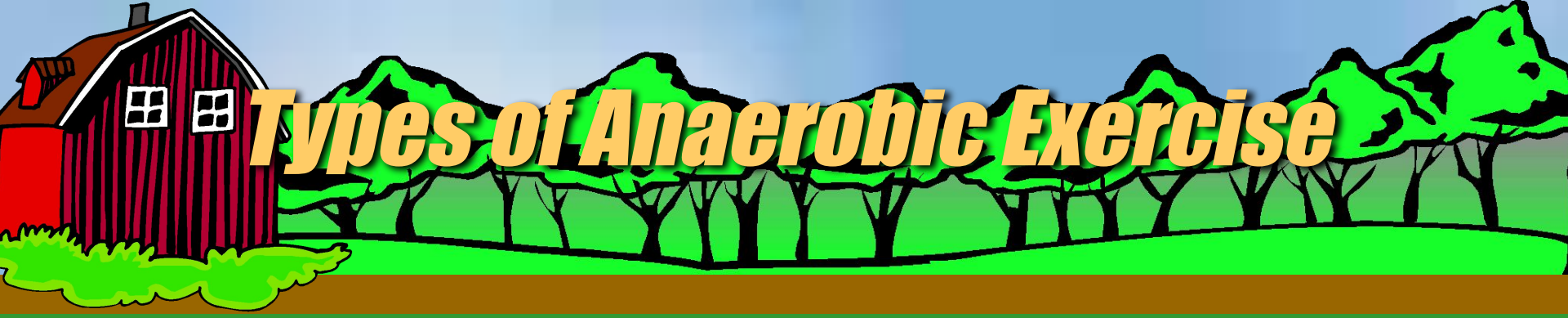
- + muscular strength
- + muscular endurance
- + flexibility



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

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

F requency (how often)

I ntensity (how hard)

T ime (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”

Rest

Ice

Compression

Elevation

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.