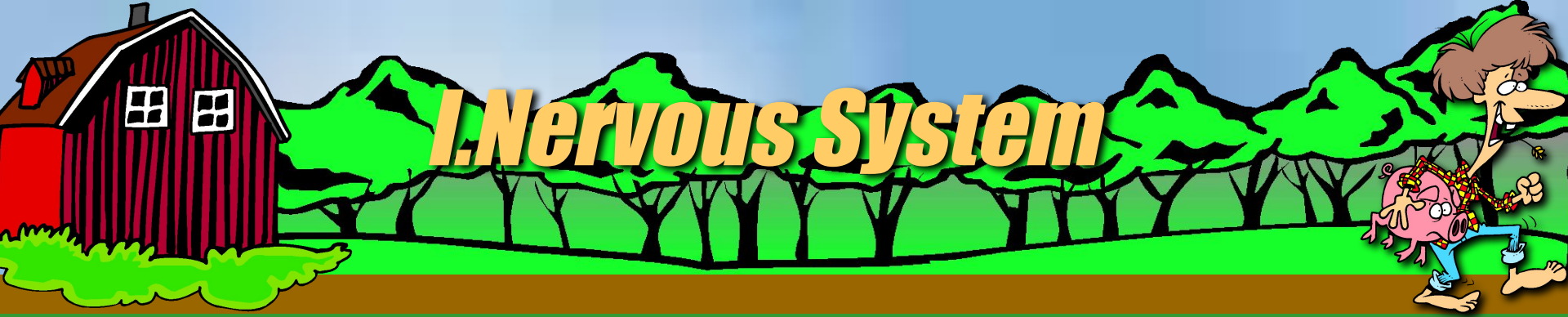


# *The Benefits of Exercise*





# I. Nervous System

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

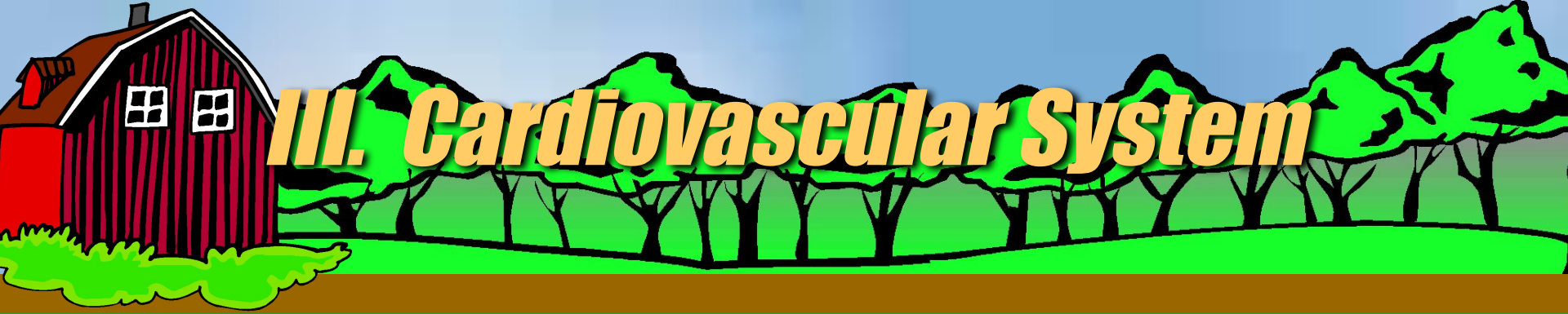
- Tunes it for more skillful body movement
- Improves your reaction time
- Improves mental performance



## *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

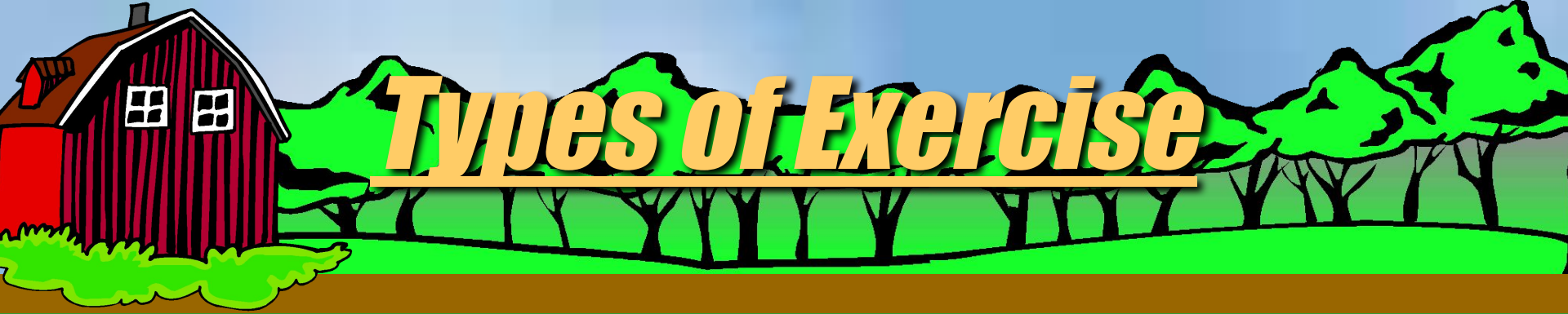


- Contributes to positive self esteem
- Helps deal with stress
- Able to relax
- Leads to more productive work
- Decreases fatigue



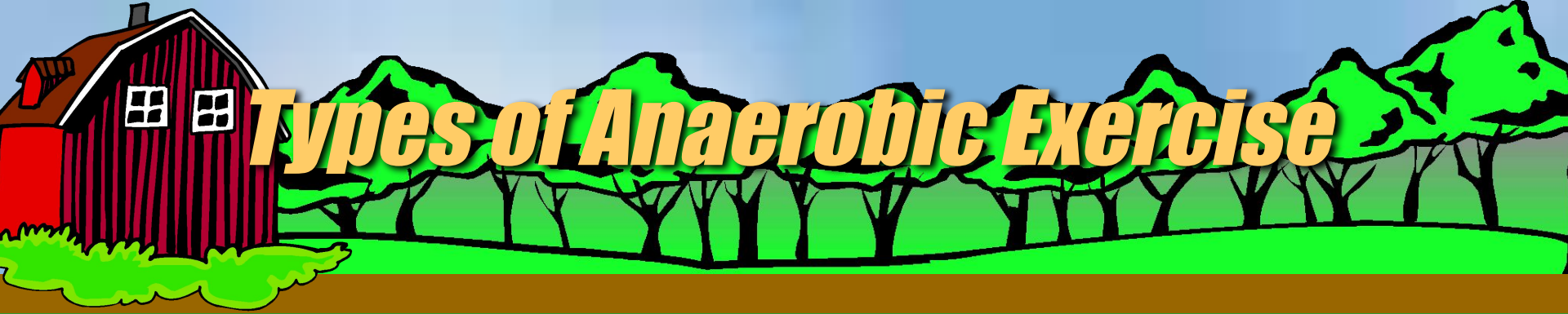
- Helps one meet new people
- Helps one find new area of enjoyment with friends





## I. Anaerobic Exercise

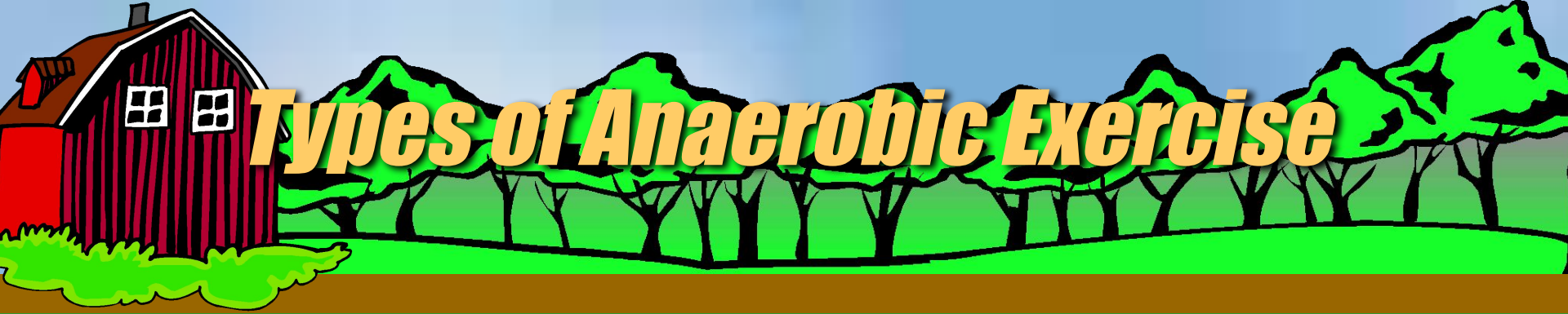
Oxygen is not used for energy; intense physical activity in which the body's supply of oxygen to produce energy does not meet demand.



# *Types of Anaerobic Exercise*

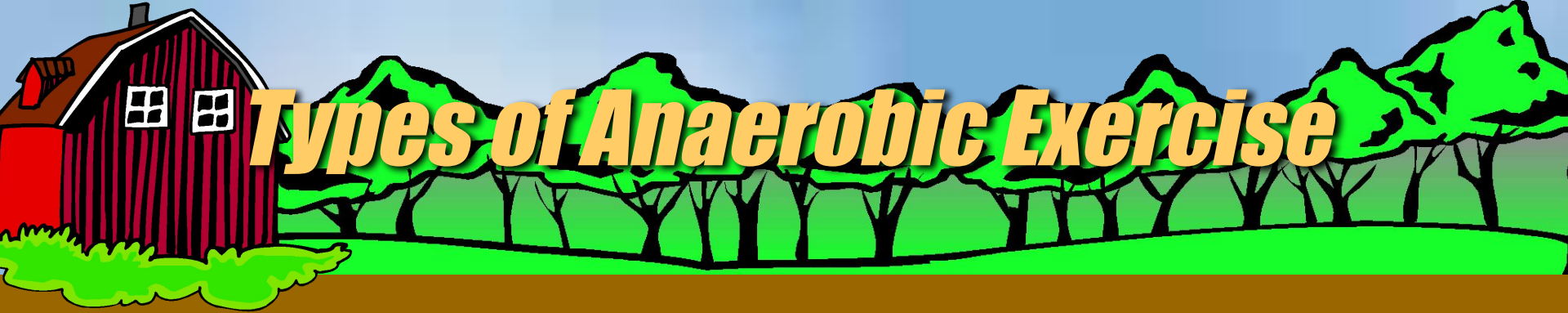
- + muscular strength
- + muscular endurance
- + flexibility





# 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



**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”



**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.