



HealthSmart[®] | Care
Management

Exercise

Do It For You!

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HealthSmart Wellness Program



- HealthSmart Care Management Solutions provides you with many tools and services to help you take a positive and hands-on role in your health and wellness.
- The Wellness Coach Program will assist you in establishing personal health goals, provide you with educational information and help move you toward positive lifestyle changes.

For more information regarding the Wellness Coach Program, please contact the Wellness Coach Team at:

(800) 469-4631 ext. 2465

(214) 574-2465

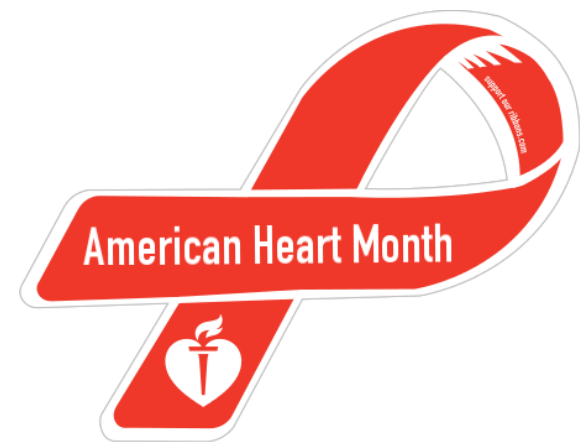
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American Heart Month



- Heart disease is the leading cause of death for men and women in the United States
- Every year, 1 in 4 deaths are caused by heart disease
- Heart disease can often be prevented by making healthy choices and exercising regularly



What is Exercise?



- Exercise is the physical exertion of the body - making the body do a physical activity which results in a healthy or healthier level of physical fitness and both physical and mental health.
- Exercise aims to maintain or enhance our physical fitness and general health



Types of Exercise

- Aerobic Exercise
 - Aerobic (or cardiovascular exercise, a term attributed to this kind of exercise because of its various benefits in cardiovascular health) refers to exercise that involves or improves oxygen consumption by the body.
- Anaerobic Exercise
 - Anaerobic exercise is the type of exercise that enhances power and builds muscle mass. Muscles trained under anaerobic conditions develop differently, leading to greater performance in short duration, high intensity activities, which last up to about 2 minutes.



Basic Elements of Fitness



- **Cardiovascular fitness**

- Cardiovascular or aerobic endurance
 - Walking, jogging, or bicycling
- Strengthens your heart and lungs
- Helps your muscles use oxygen more efficiently

- **Flexibility**

- Improves your range of motion in your joints and muscles, as well as how well your muscles work together
- Protects you from injury

- **Strength**

- Muscular endurance



The Scoop on Strength



- **Strength**

- Ability of a muscle to exert force for a brief period of time

- **Importance of strength**

- Strong muscles enable us to carry out simple, everyday tasks with minimal effort as well as help us maintain our upright posture



Strength Training



- **What is Strength Training?**

- Specialized form of physical conditioning that makes your muscles work harder than normal which builds muscle or lean body mass
- Specific exercise program to train muscles
 - ✓ Calisthenics, weight lifting, circuit training

- **What it does:**

- Increases your ability to exert or reduce force
- Builds muscle (lean body mass)
- Builds muscular endurance
 - Ability for your muscles to continue an effort over a period of time



Debunking the Myths



Myth #1: Strength training means weight lifting.

- ✓ Weight lifting is just one way to build strength.



Myth #2: I have to go to the gym to use all those fancy machines to do strength training.

- ✓ Strength training can involve all sorts of exercises that do not require access to a gym or machines
- ✓ You can start a program at home with a couple of hand weights or using your own body weight

Myth #3: If I start a strength training program, I will bulk up just like a body builder and lose flexibility.

- ✓ Body builders train specifically to bulk up their muscles
- ✓ Strength training will more likely “tone” your muscles



Exercise is good for your health!



Did you know?

- Once you hit the age of about twenty, you naturally start to *lose* muscle
 - Up to one half pound of muscle mass every year!

There is a solution!

- Strength training builds muscle tissue
 - Best way to counteract this muscle loss
 - Strengthened muscles also provide better support to the spine

Strengthens tendons and ligaments

- Prevents injuries, lessens arthritis pain

Builds strong bones

- Weight-bearing and resistance exercises make your bones stronger by increasing your bone-density
 - Reduces bone loss associated with osteoporosis



It's Healthy for your Heart



- Studies have shown that **circuit training** improves how much and how well your body uses oxygen
 - *Complements* your aerobic exercise routine
 - Can improve your performance
- Can reduce cardiovascular risk factors
 - Lowers cholesterol
 - Lowers blood pressure
 - Decreases risk for diabetes
- Can reduce the effects of clinical depression



It's Good For Your Health



- **Increases metabolism**

- Increases how many calories burned at rest
- A pound of muscle will burn 30 to 50 calories a day, even if you don't do anything!

- **Results**

- Burn calories more efficiently
- Improve body composition
 - More muscle, less fat
- Better “fat burner”
 - Helps prevent obesity
 - Good for weight loss & weight management



Getting Started



Basic Vocabulary

- **Load**
 - Amount of weight or resistance
 - The heavier the load, the harder your muscles have to work to do the exercise
- **Repetitions or “Reps”**
 - Number of times you do a particular move to train a certain muscle or muscle group
- **Set**
 - The number of repetitions attempted without rest
 - For example, 2 sets of 12 reps when you perform a set of push ups



Getting Started



- **Overload** is the main concept involved in strength training
 - In order to build muscles, you have to make your muscles work harder than they normally do
- How to achieve overload depends on:
 - ✓ *Intensity*
 - Load
 - ✓ *Frequency*
 - Number of “reps” and sets
 - ✓ *Time*
 - Number of seconds/minutes between sets
 - How often, how long a muscle group is trained



Strength Training Programs



Types of Programs

1. Calisthenics

- Consists of a variety of simple body movements that are intended to increase body strength and flexibility
- Relies on your own body weight for resistance
- Usually performed without weights or other equipment
- **Examples:** Sit-ups, push-ups, pull-ups, squats and lunges



Strength Training Programs



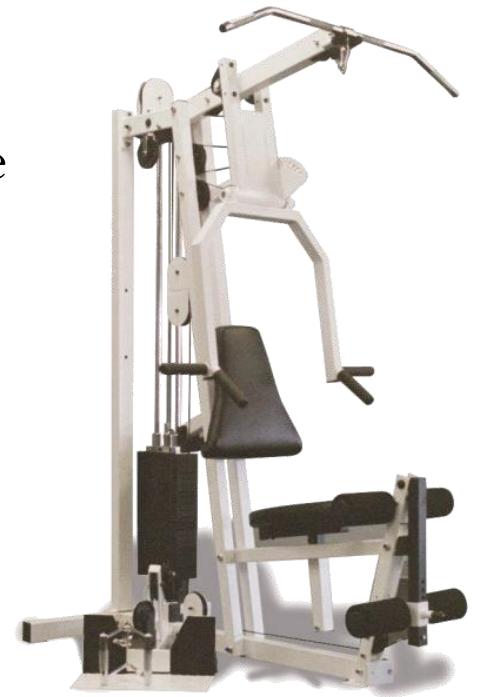
2. Weight lifting

- Most familiar form of strength training
 - ✓ Free weights
 - ✓ Weight machines



3. Circuit training

- Rotating through a series of weight machines one after another
- After doing each exercise, you rest for a period of 30-90 seconds before moving on to the next machine



How to Get F.I.T.



- Using the **F.I.T principle** can help you establish your program so you will continue to challenge your muscles and maintain your strength
- Step 1: **Frequency**
- Step 2: **Intensity**
- Step 3: **Time & Type**



Warm-Up



Before you get started, Warm-Up first!

- Working out with “cold” muscles that haven’t been warmed-up properly greatly increases your risk of injury
- **Warm-up exercise:**
 - 5 to 15 minutes
 - Light aerobic activity (walking, jogging, bicycling)
 - Warm up set of exercises
 - 8 to 10 repetitions of light resistance
 - Stretch
 - Hold each exercise for at least 30 seconds



Frequency & Intensity



Frequency

- 2 - 3 days each week
- Allow for 48 hours of rest

Intensity

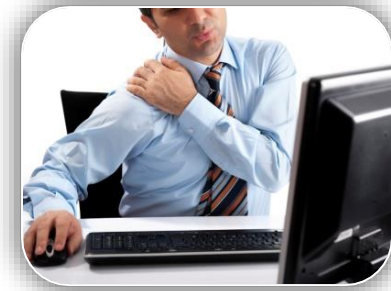
- ✓ 1 to 3 sets
- ✓ 8 to 15 repetitions
 - **Repetition:** a single, full performance of exercise movement
 - **Set:** a group of “reps”
 - For beginners, you can achieve the majority of benefits associated with resistance training by just doing one set!
 - Additional sets will help to enhance your results



How Heavy?



- Finding your “**right**” weight
 - Allows you to do 8 to 10 repetitions **using good form**
 - Start with a lighter weight at first
 - Gradually increase the weight until you reach a point that feels challenging but doesn’t cause you to sacrifice your technique
 - If you strain too hard to lift the weight, it is **TOO HEAVY!**
- “**No pain, no gain**” is *not* the name of the game in strength training!
 - Muscle strains and pulls and joint aches and pains are the most common types of injury in strength training
 - Any ache or pain that lasts longer than a couple of days may be a sign of injury
 - Contact a medical professional if you think you have an injury



Type



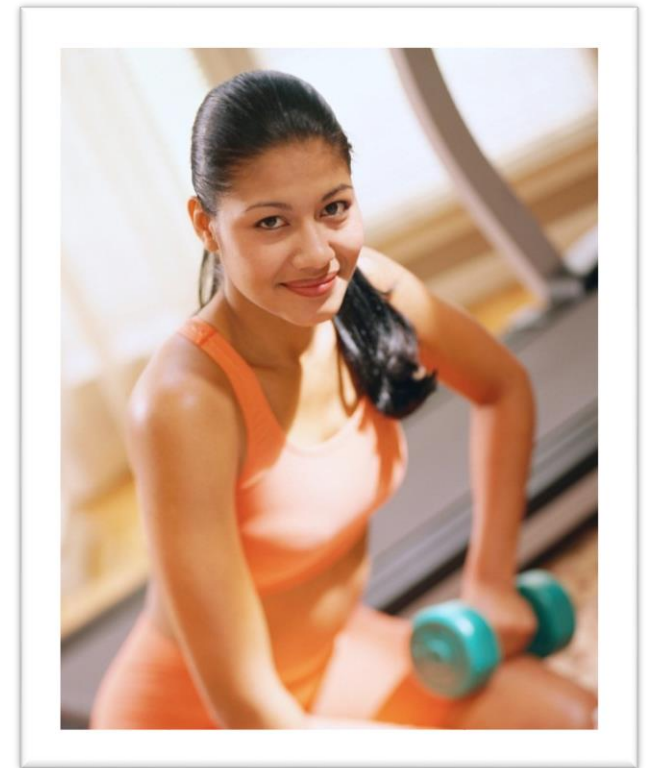
- 8 to 10 exercises per workout session
- A **well-rounded program** includes all major muscle groups
 - Upper and lower back
 - Chest
 - Shoulders
 - Abdominals (stomach muscles)
 - Hips
 - Legs
- **Whole body workout vs. Split body workout**
 - Whole body - includes all major muscle groups in 1 session
 - Split body - only a few major muscle groups in 1 session
 - Example: Upper body and Lower body



Example Workout



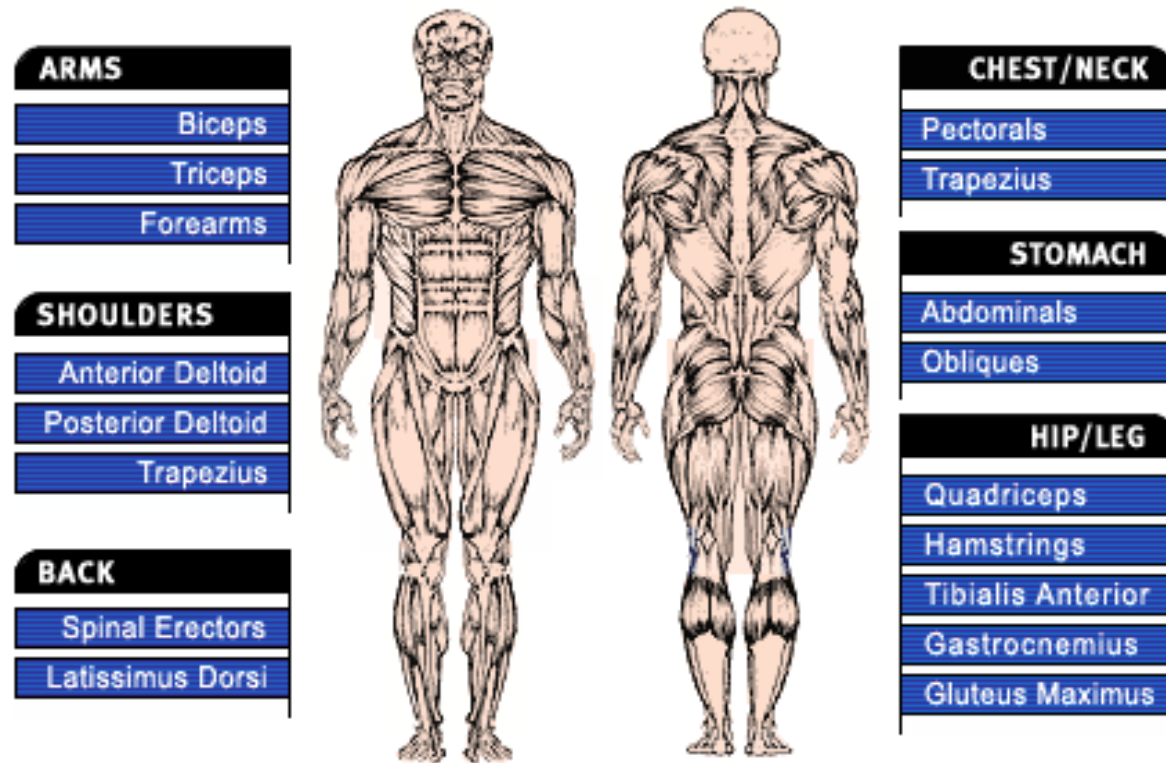
- ✓ Lunges, squats, or leg press (legs and hips)
- ✓ Push-ups or chest press (chest)
- ✓ Cable pull-downs or rows (back)
- ✓ Pull-ups or biceps curls (arms)
- ✓ Triceps push-downs (arms)
- ✓ Sit-ups or abdominal crunches (stomach)



The Balancing Act



- If you only concentrate on developing one group of muscles to the exclusion of another you risk creating a muscular imbalance



Think Technique... and Breathe!



- **Focusing on your technique will help you avoid injury and maximize your results**
 - Move smoothly through the exercise
 - Lift to the count of two
 - Pause briefly at point of maximum contraction
 - Lower to the count of two
- **Breathing is most important part of technique**
 - If you don't breathe properly as you perform a strength exercise, you can actually injure yourself
 - Holding your breath can raise your blood pressure, possibly to dangerous levels
 - Keep a slow and steady rhythm
 - Breathe out (exhale) as you contract the muscle or perform the lift
 - Breathe in (inhale) as you relax the muscle or lower a weight



How to Take It Up a Notch



- As you become a regular at strength training, your body will naturally adapt to the challenge and build muscle
- If you just want to hold steady and keep your muscles in shape, stick to your current routine
- To continue seeing improvements, you will need to increase your amount of overload by:
 - ✓ Increase amount of weight lifted, resistance
 - ✓ Increase number of reps in a set
 - ✓ Increase the number of sets
 - ✓ Increase speed of reps
 - ✓ Decrease resting time between sets



Summary on Strength Training



- Enhance your **health** and **quality of life**
- **Basic strength training** routine
 - Warm-up of 5 to 10 minutes, including stretching
 - 8 to 10 exercises
 - 1 to 3 sets of 8 to 15 reps for each exercise
 - 2 to 3 times a week
- **Keys to maximum results and safety**
 - Technique
 - Breathing



Questions?





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For additional information, please contact:

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