

Aerobic and Strength Training

Aerobic Training: This type of exercise will get your heart pumping and increases your oxygen intake. During aerobic exercise you will use large muscle groups, such as your legs and arms, increase your breathing and your heart rate.

Benefits of aerobic training include:

- Can help you lose weight
- Ease stress
- Boost your immune system
- Reduce your risk of certain diseases
- A more efficient heart
- Improved mental health

Getting Started:

- Start by warming up your muscles with a brisk walk for 5 to 10 minutes
- Stretch out major muscles for 5 to 10 minutes
- When starting your exercise program, start slowly and gradually build up to 20 or 30 minutes of continuous activity
- Cool down for 5 to 10 minutes
- Stretch out major muscles again

Examples of aerobic exercise:

- Walking
- Jogging
- Stair stepping
- Biking
- Swimming

How often should you include aerobic exercise? Aerobic exercise should be done for 20-30 minutes on most days of the week. Remember that you don't have to do all 30 minutes at once; if it is easier you can break it into three 10-minute sessions.

Calculating your Target Heart Rate:

Take 220 minus your age; multiply your answer by .7 and .8 to calculate 70% and 80% of your heart rate maximum. If you are just starting aerobic activity keep your heart rate at the lower end of your target heart rate and gradually work up to a higher intensity level.

Example: $220-35=185$
 $185 \times .7=129.5$
 $185 \times .8=148$

Strength Training: This type of exercise will help you to increase muscular strength and endurance; which helps firm and tone muscles. For greatest benefit, you should do weight training two to three times a week. You need to allow adequate time for your muscles to re-build after strength training. Plan to rest for approximately 48 hours to allow adequate recovery of the worked muscles.

Strength activities include:

- Weight machines
- Free weights (dumbbells)
- Resistive bands (Dynabands)
- Calisthenics (push-ups, sit-ups/crunches, pull-ups, leg lifts)

Getting Started

- Warm your body up with abdominal and chest exercises
- For each exercise start with a weight you can lift comfortably 12 to 15 times.
- Use smooth and controlled movements
- Avoid jerking the weight or using momentum to lift the weight
- Be sure to stretch after your training session to maintain flexibility

To receive the points in the strength training category, a strength training session must consist of 6 different exercises, 1-3 sets of 8-12 repetitions.

***Information adapted from www.mayoclinic.com