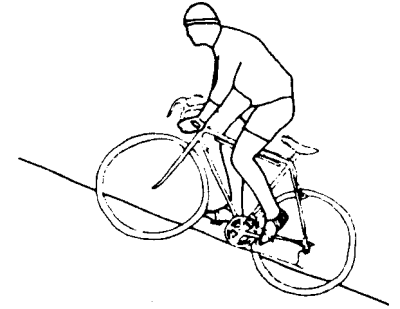


# **Recommendations For Physical Exercise**



## **1. WHAT ARE AEROBICS?**

Aerobics are exercises that increase the heart and breathing rates for a sustained period of time, greatly increasing the flow of oxygen and blood to all parts of the body. To be effective, the exercise must raise the heart (pulse) rate to target level and keep it there for at least 10 to 15 minutes.

Examples of aerobic exercises are bicycling, running/jogging, swimming, jumping rope, vigorous walking. Stop and go exercises (golf, downhill skiing, housework, gardening, etc.) and those of short duration (sprinting, square dancing, calisthenics, etc.) don't produce a desired fitness level.

## **2. WHAT ARE SOME OF THE BENEFITS OF AEROBIC EXERCISE?**

- A. Intramuscular fat is decreased and lean muscle is developed, leading to more efficient use of calories.
- B. Lungs and muscles are strengthened improving general circulation. This may also reduce blood pressure and usually slows the heart rate.
- C. Improved absorption of food.
- D. Increased energy and stamina.
- E. More restful sleep.
- F. Lessening (if not elimination) of depression, nervous tension.

## **3. DON'T BE IN A HURRY!**

You need to condition your heart and muscles to new demands. Increase your exercise gradually. Get a physical exam and EKG—especially if you are over 40.

## **4. HOW OFTEN?**

Regular exercise is vital. We recommend at least 4 to 5 times per week. The weekend or now-and-then exerciser is in potential danger because his heart and body are not strong enough to handle a really vigorous workout. However, you should temporarily suspend exercise when you are ill or excessively tired.

## 5. WARM-UP

Our bodies need gradual warm-up before strenuous exercise. This is especially important for those past 40 years of age. About five minutes is all that is necessary. Calisthenics (such as sit-ups and push-ups) and stretching exercises are particularly good. They get your “motor” in gear, increase your flexibility and coordination, and tone and strengthen muscles you may not use in aerobics.

COOLING DOWN after a period of vigorous exercise is just as important as warming up. A gradual (three to five minute) cool-down eases the transition between vigorous exercise and rest. For example, walk after running, or slow your exercise to a relaxed, easy pace before stopping.

## 6. HOW MUCH IS TOO MUCH?

- A. If you experience faintness, dizziness, nausea, tightness or pain in the chest, severe shortness of breath, or loss of muscle control—stop exercising immediately.
- B. Heart Rate Recovery. Count your pulse five minutes after exercise. Unless it has returned to 120 (beats/minute) or below, you’re pushing yourself too hard. Count your pulse again after 10 minutes—if it isn’t back below 100, ease up a little.
- C. Breathing Recovery Rate. If you’re short of breath 10 minutes after exercising, your exercise is too strenuous.
- D. Fatigue. Exercise should be stimulating and invigorating. If you’re worn out and tired all the time, it may be a sign that you are over-doing and should slow down on your exercise program.

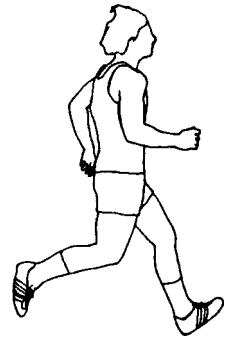
## 7. HOW MUCH IS ENOUGH?

To gain the desired effect, you should not over-exert yourself, or go too slowly. The following chart will help you determine that in-between, optimum level.

To use the table, find your age in the left hand column and follow it across to the second column to determine your recommended training pulse rate. Go over to the third column if you have a history of heart disease.

To count your pulse rate while exercising or at rest simply place two fingers over the carotid artery in your neck. With a light touch you should feel your pulse. Watch the clock for 6 seconds and count the pulse. Multiply this number by 10 and you have your heart (pulse) rate.

AGE	RECOMMENDED TRAINING PULSE RATE	HEART DISEASE HISTORY (Not to exceed)
20	160	150
22	158	148
24	157	147
25	155	145
28	154	144
30	152	143
32	151	142
34	150	140
36	149	140
38	147	138
40	146	137
45	143	134
50	140	131
55	137	128
60	128	120
65+	120	113



For someone who is terribly out of shape, walking in place may be all that is needed to raise his pulse to the desired level. Another person, who is conditioned, may have to run quite hard to reach the same heart rate. Don’t try to keep up with someone else—use the table to find your own pace. Enclosed is a 10 week program for beginners.

The first few times, stop after a minute or two and take your pulse. If it is less than your recommended exercise pulse, you aren’t pushing yourself hard enough. If it is too high, ease up a bit. Of course, you should continue to utilize the guidelines in number 6, also.

## 8. WHEN TO EXERCISE

The time of day should fit your individual schedule. Some people prefer after work because it is an extremely effective way of revitalizing yourself and eliminating all the day’s problems and tensions.

Morning exercise has other advantages. In the hot summer months it is a cool time of day. Also, some people find their morning time more disciplined and less likely to vary than their evenings.

### A TEN WEEK PROGRAM FOR BEGINNERS

1st week	stretch 10 min.	walk 1/4 mile a day	stretch 5 min.
2nd week	stretch 10 min.	walk 1/2 mile a day	stretch 5 min.
3rd week	stretch 10 min.	walk 3/4 mile a day	stretch 5 min.
4th week	stretch 10 min.	walk 1 mile a day	stretch 5 min.
5th week	stretch 10 min.	walk 1 mile a day	stretch 5 min.
6th week	stretch 10 min.	walk 1 mile a day	stretch 5 min.
7th week	stretch 10 min.	walk 1/4 mile, jog 1/4 mile, walk 1/4 mile a day	stretch 5 min.
8th week	stretch 10 min.	walk 1/4 mile, jog 1/2 mile, walk 1/4 mile a day	stretch 5 min.
9th week	stretch 10 min.	walk 1/4 mile, jog 3/4 mile, walk 1/4 mile a day	stretch 5 min.
10th week	stretch 10 min.	walk 1/4 mile, jog 1 mile, walk 1/4 mile a day	stretch 5 min.

NOTE: Brisk walking can be substituted for jogging at the **7th** week of this program. A similar program can be developed for swimming or bicycling or other aerobic exercises.