

Beginners Guide to Exercise

Getting started & building a routine is one of the hardest parts about working out. I get it. Here are some tips on how to get started.



BENEFITS OF EXERCISE

Improve cardiovascular and respiratory function
Reduction in coronary artery disease risk factors
Decrease mortality and morbidity
Decrease anxiety and depression
Increased feelings of well-being
Enhanced daily physical function



FIVE COMPONENTS OF FITNESS

Cardiorespiratory Endurance - The ability to perform large muscle movement over a sustained period; related to the capacity of the heart-lung system to deliver oxygen for sustained energy production.

Muscular Strength - The maximal force a muscle or muscle group can exert during contraction.

Muscular Endurance - The ability of a muscle or muscle group to exert force against a resistance over a sustained period of time.

Flexibility - The ability to move joints through their normal full ranges of motion.

Body Composition - The makeup of the body in terms of the relative percentage of fat-free mass and body fat.

PARTS OF A WORKOUT

Warm Up - Your warm up should be at 50% of your normal intensity and should last about 5-15 minutes. Some examples of warm ups include biking, walking, swimming, or a light jog.

Cardiorespiratory - Plan to do cardio exercises 3-5 days a week at an intensity of 50-85% of your Max Heart Rate (Max Heart Rate=220-Age(x)100%). Examples of a cardiorespiratory workout include run, brisk walk, swim, dance, elliptical, & bike.

Muscular Strength & Endurance - For this workout, plan on 8-10 exercises training major muscle groups. Each exercise should include 8-12 repetitions. Complete this type of workout at least 2 times per week.

Flexibility - Holding a mild stretch for 15-30 seconds while you breathe normally.

Cool Down - Should last about 5-15 minutes and include light cardio & stretching.

TIPS

Stretching - Static stretch to a moderate tension/discomfort, hold for 20-30 seconds, repeat stretch 1-3 times.

Sleep - Average adults need 7-8 hours of sleep daily. 5 keys to sleeping well:

- Avoid caffeine, nicotine, & alcohol
- Exercise regularly
- Practice mind/body relaxation
- Avoid eating or drinking near bed time
- Go to sleep and get up at the same time every day

Free Weight Form -

- Use proper form to decrease your risk of injury
- Exercises should be performed in a smooth, continuous movement rather than jerky movements
- Muscle should be exercised through a full range of motion
- Exhale during the greatest exertion (usually the lifting phase) and inhale when lowering the weight
- Maintain a neutral spine (ears in line with shoulders, shoulders over hips, hips over knees, and knees over ankles), knees should be unlocked, and feet should be shoulder width apart.

Guidelines for Intermediate Exercisers

- If you've been exercising for at least 3 months consistently, you typically fall into this category
- If your goal is to [lose weight](#), you want to shoot for 20-60 minutes of cardio about 5 or more times a week.
- Your strength training schedule will depend on what type of workouts you're doing (e.g., total body training or a [split routine](#)).
- You can do cardio and weight training on the same day, depending on your time constraints. It doesn't matter which one you do first, so vary your routine and try different combinations to find the one that is right for you.

Tip: While working out, it is important to stay hydrated. Signs of dehydration include frequent headaches, low blood pressure, fatigue, dizziness, & dry mouth or skin. Did you know that when you have the feeling of thirst, your body is already in the early stages of dehydration?

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