

EXERCISE

CONCERNING YOUR HEALTH

YOUR MARVELOUS BODY MACHINE

Your body is a marvelous machine! Putting your body to work can increase your physical strength and resistance to disease. Exercise can help in weight control, increase lung capacity and strengthen your heart. It can help with circulation and relieve stress and tension. Exercise can actually improve your outlook on life!

The good news is that greater vitality, better health and longer life can be yours through regular, brisk physical activity. Exercise can promote your body's ability to throw off toxic wastes and recharge its supply of oxygen. Physical activity can actually help you to relax and sleep better, a *natural* sleeping medication.

One of the special benefits of exercising outside is that you can combine at least three of the health principles into one: *sunlight, fresh air, and exercise.*

Muscles deteriorate when they are not used. Try putting a cast on your arm for a few weeks. The muscles atrophy and have to be strengthened by a special exercise program. Daily use of the muscles will prevent this wasting and improve muscle tone.

Scientific research has proven that people who exercise regularly have a lower incidence of osteoporosis, a painful condition in older people in which the bones become thin and fragile.

What kind of activity is best? Walking is the ideal exercise. Other good activities are swimming, bicycling, gardening and yard work. Also jogging, stair climbing, rock climbing, or jumping rope. A daily program of thirty to forty minutes is best for maximum benefit. The important thing is that you enjoy what you do and do it regularly!

One of the special benefits of exercise is weight control. Many people fight "the battle of the bulge"! Activity and exercise speed up the body's metabolic rate. Not only are more calories burned during the exercise, but the effect continues for several hours. The result:



the person uses more energy and weight is lost. To lose weight, you have to achieve a negative energy balance: either you reduce the number of calories (eat less), or you increase the number of calories that go out (be more active).

EXERCISE PRECAUTIONS

- 1) Start slowly and progress gradually.
- 2) It is better to exercise before a meal than right after a meal.
- 3) Allow time to warm up and cool down.
- 4) Discontinue your exercise and see your physician should you have any of the following symptoms:
 - a) Pain in the chest, teeth, jaw, neck, or arm;
 - b) Difficulty in breathing;
 - c) Light-headedness or fainting;
 - d) Irregular heart rate persisting during exercise and recovery period;
 - e) Discomfort or swelling of joints;
 - f) Excess fatigue;
 - g) Unexplained weight loss;
 - h) Persistent nausea or vomiting occurring after exercise.

ACHIEVING MAXIMUM BENEFIT

To achieve maximum benefit to the heart, you should establish a target heart rate. The formula used at the Aerobics Center is: for men, 205 minus half his age; for women, 220 minus her age. So for a 40-year-old man (205-20 = 185); for a 40-year-old woman (220-40 = 180). It is probably best to start at 65% of your target heart rate and work up to 80%. The target heart rate should be maintained for at least twenty minutes to achieve the best aerobic workout.



Always consult your physician before beginning an exercise program. Your doctor is the best one to advise you about your health status and what activity will be safe for you to do. Choose an activity that you enjoy, set a time every day and stick to it. It can be dangerous to take a hit-or-miss approach. Have fun and feel better every day!

