



Exercise and Physical Activity

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EXERCISE & PHYSICAL ACTIVITY

- **Physical Activity**: any movement that works the larger muscles of the body, such as arms, legs, and back muscles. Basically, not being sedentary (very little movement).
- **Exercise** is physical activity that is planned, structured, and repetitive, that results in improvements to your health and fitness level



How Much Exercise?

AEROBIC EXERCISE

- Do moderately intense cardio 30 minutes a day, five days a week

Or

- Do vigorously intense cardio 20 minutes a day, 3 days a week

Moderate-intensity aerobic activity-- means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song.



Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're

Two Types of Exercise



Cardiorespiratory or Aerobic Exercise

- Continuous activity in which the heart can supply all the oxygen the muscles need. Heart rate remains elevated for a period of time (usually over 15 min).
- Examples: jogging, swimming, cycling, etc.



Resistance Training or Anaerobic Exercise

- Physical activity done in short, fast bursts in which the heart cannot supply blood and oxygen as fast as muscles use it. Activity that cannot be sustained for a long period of time.

The FITT Principle



- The FITT principle provides a *framework* you can follow for developing an effective exercise program.
- This principle allows you to design a routine that ensures that you are going to achieve a high level of physical fitness by including all the necessary components of fitness.
- You are more likely to benefit from exercise if it is designed to meet specific goals and includes at least

The FITT Principle

- **F: Frequency** is the number of times you exercise each week.
- **I: Intensity** is how hard you are working while you are exercising. (The effort you put forth.)
- **T: Time** is the total amount of time that is spent exercising in one session.



the type of exercise you are doing—cardio or training. Aerobic or anaerobic exercise.

Cardiorespiratory Endurance

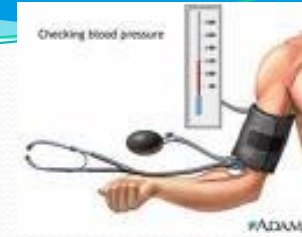


- **F**requency- exercise 3-5 times per week
- **I**ntensity- train at 60-85% of one's maximum heart rate
- **T**ime- 20-60 minutes per session
- **T**ype- any aerobic activity that keeps heart rate within your target heart zone



Examples: Jogging, swimming, cycling, playing basketball or soccer, step aerobics class, etc.

Benefits of Doing Cardio



- **Physical Benefits:**

- Makes the heart a more efficient pump, reducing the risk of heart diseases. Lowers blood pressure.
- Helps to burn fat and control body weight.
- Increases lung capacity

- **Mental Benefits:**

- Improves regulation of stress hormones (feel less stressed)
- Improves blood flow to the brain, allowing a person to

Finding Target Heart Rate Zone

- A simple way to determine your maximum heart rate is to use the following formula:
 $220 - \text{age} = \text{Maximum Heart Rate}$
- Maximum Heart Rate An example for a 15 year old person would be as follows: $220 - 15 = 205$
- $205 \times .60 = 123$
- $205 \times .85 = 174$
- Target Heart Rate Zone 123 – 174
- This range is what a 15 year old should work at in



Benefits of Resistance Training or Anaerobic Exercise

- Builds and tones muscles, increases the strength and density of bones
- Increases muscle mass—which helps to maintain a healthy metabolism
- Reduces chances for muscle deterioration and less chance of muscle injury in life
- Improved sport performance



Muscular Endurance



- **F**requency-weight train 2-4 times per week
- **I**ntensity- workout so that you are lifting a weight appropriate for 8-20 repetitions, with little rest time in between lifts
- **T**ime-a total workout can be about 30-60 minutes (allows enough time to perform 8-10 different exercises about 8-15 repetitions.)
- **T**ype-an activity that allows the muscles to perform a

Flexibility




- The range of motion that is possible around a joint or joints.
- The skeletal muscles of the body will shorten over time as a result of poor posture and lack of activity. Proper stretching works to restore the flexibility of a joint by elongating the muscles surrounding the joint.

- Increased range of motion reduces risk for better athletic performance



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Flexibility

- **Frequency-** daily stretching
- **Intensity-** stretch muscles and hold beyond its normal length at a comfortable stretch (hold to tension, not pain)
- **Time-** hold stretch for 10-20 seconds . The stretching workout lasts as long as it takes to stretch all the different muscle groups.
- **Typ**  : stretches that allow the body to move through the full range of motion. Yoga.





THANK YOU