

An Exercise Program for You

(Mature Adult)

- I. What is Wellness?** Wellness is a state of being, a collection of practices and behaviors that promote optimum health and a sense of overall well-being.
- II. What is Fitness?** Physical Fitness is the ability to enjoy physical activity, perform activities of daily living, and have reserve physical ability to deal with the unsuspected emergencies that may occur.
- III. Key Measures to Promoting Wellness**
 - A. Physical Activity
 - B. Proper Nutrition
 - C. Social and Mental Stimulation
 - D. Mind and Spirit
 - E. Adequate Sleep
 - F. Medical Monitoring and Care
- IV. Rational/Why?** Study/research by Dr. Kenneth Cooper shows that as little as 15 minutes a day can have a significant impact on health and lessen the incidence/degree of heart disease, stroke, and diabetes. Other studies show that exercise can be a significant benefit in the battle against cancer. Exercise can help increase bone density, which is a critical issue regarding osteoporosis. The American College of Sports Medicine (ACSM) Guidelines Manual indicates exercise benefits are: lowering heart rate & blood pressure, reduce insulin needs & improve glucose tolerance, increase serum hdl cholesterol, and decrease serum triglycerides, and reduce body fat and intra-abdominal fat. It can strengthen the immune system, increase the overall health of the individual and decrease the ever-spiraling medical costs.
- V. Why be Active?** – Regular moderate intensity physical activity provides a range of benefits, including:
 - A. Reducing your risk of developing type 2 diabetes
 - B. Helping to improve your blood glucose control if you have type 2 diabetes
 - C. Reducing your risk of heart disease
 - D. Improving blood cholesterol and blood lipids

- E. Improving blood pressure control
- F. Helping to achieve and maintain a healthy body weight
- G. Improving strength and flexibility
- H. Improving mental health

VI. Four Keys to Fitness (F.I.T.T.)

- A. Frequency: 3-6 times a week
- B. Intensity: 50-85% target rate (A.H.A./CDC)
- C. Time/Duration: 20-30 mins. at target rate
- D. Type – Cardio (i.e. large muscle), Strength (specific small muscle)

VII. Considerations

- A. Time
- B. Place
- C. Equipment
- D. Proper Exercise
- E. Rest/sleep
- F. Diet/Water
- G. Supplementation
- H. Goals – Target (Lose weight, muscle size, performance, etc.)

VIII. Steps to Good Health – What can you do?

- A. Follow a healthy eating plan (low in fat, particularly saturated fat, high in fiber and a suitable carbohydrate intake.)
- B. Have a regular planned physical activity. Aim for 30-45 minutes on most days.
- C. Measure your blood glucose levels and maintain them within the recommended range.
- D. Have your blood pressure and cholesterol checked and treated if high.
- E. If you drink alcoholic beverages, do so in moderation.
- F. Do not smoke.
- G. Check your body for any changes.
- H. See your doctor regularly.
- I. Maintain a positive “stay well” attitude.

IX. Getting Started

- A. Find out which activities will be safe for you.
- B. Choose what you’ll do and make detailed plans.
- C. Learn your blood glucose response to exercise (adequate nutrition for exercise).

- D. If low blood glucose is interfering with your exercise routine, eating a snack before you exercise or adjusting your medication may help.
- E. Plan to have water and snacks handy during activity.
- F. Wear a medical identification bracelet, necklace or a medical ID tag if necessary to protect yourself in a case of emergency.
- G. Decide how you'll keep track of your progress.
- H. For more information contact the American Diabetes Association at 1-800-DIABETES (342-2383). Ask for a free copy of A Guide to Changing Habits. Or America Heart Association at (806) 748-2500 for recommendations.

X. Overcoming Barriers

- A. "I don't have time to exercise 30 minutes a day." – Do as much as you can. Every step counts. If you're just starting out, start with 10 minutes a day and add more little by little. Work up to 10 minutes, three times a day.
- B. "I'm too tired after work." – Plan to do something active before work or during the day.
- C. "I don't have the right clothes." – Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin.
- D. "I'm too shy to exercise." – Choose an activity you can do on your own, such as following along with an aerobics class on TV or going for a walk.
- E. "I'm afraid I'll get low blood glucose." – If you're taking a medication that could cause low blood glucose, talk to your health care provider about ways to exercise safely.
- F. "Walking hurts my knees." – Try chair exercises or swimming.
- G. "It's not safe to walk in my neighborhood." – Find an indoor activity, such as exercise class at a community center.
- H. "Exercise is boring." – Find something you enjoy doing. Try different activities on different days.

XI. Exercise Recommendations - According to guidelines from the American College of Sports Medicine (Balado) and the American Diabetes Association (Ruderman), the exercise program should be as follows:

- A. Type: Aerobic exercise
- B. Frequency: 3-5 times per week
- C. Duration: 20-60 minutes

D. Intensity: 50-74% of maximal aerobic capacity

E. Safety Precautions:

1. Warm-up/Cool-down
2. Careful selection of exercise type and intensity
3. Education (wellness & fitness)
4. Proper footwear
5. Take precautions when exercising in extreme heat or cold
6. Maintain adequate hydration
7. Be aware of your surroundings and potential hazards

XII. Basic Activities

A. Endurance/Cardio - Exercise that involves repetitive motions, uses large muscle groups, increases heart rate for an extended period, and raises core body temperature (e.g. walking, dancing, swimming, continuous activity)

B. Strength/Resistance Training - Exercise that requires muscles to generate force to move or resist weight/band, target major muscle groups: legs, chest arms, back, shoulders, core/abdominal

C. Flexibility Training - Exercise that lengthens muscles to increase a joint's capacity to move through a full range of motion. Target heel cords, hamstrings, thighs, shoulders (reach, stretch, and bend)

D. Mind and Body – physical exercise executed with a profoundly inwardly directed focus.” According to Ralph La Forge, MS., Qigong, T'ai Chi, T'ai Chi Chih[®], Yoga, Pilates, Etc.

E. Lifestyle modification - Use opportunities in a person's daily routine to increase energy expenditure (e.g., manually open doors, carry groceries, use stairs, parking farther away); substitute active for sedentary leisure time. Activities include: gardening, housekeeping, shopping, stair climbing, and walking.

F. Keeping motivated - this is probably the biggest key to success in a personal fitness program. Just remind yourself “Why am I doing this?”

- i. To be independent to last day
- ii. To have a vibrant active and involved lifestyle
- iii. To be able to enjoy family and friends
- iv. To be able to enjoy life to its fullest

References and Resources

- American College of Sports Medicine ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams and Wilkins 6th Edition 2000 <http://apps.medsch.ucla.edu>
- American Heart Association (AHA) at www.americanheart.org
- The Center for Reintegration. www.reintegration.com
- *Growing Stronger – Strength Training for Older Adults: Intensity*. Center for Disease Control. <http://www.cdc.org>
- *Healthy People 2010*. Center for Disease Control. <http://www.cdc.org>
- My Pyramid – USDA. www.mypyramid.gov
- National Health Information Center. www.health.gov/nhic
- *Older Adults*. Center for Disease Control. www.cdc.org
- *Physical Activity*. Senior Journal. www.seniorjournal.com
- *Physical Activity for Everyone: Components of Physical Fitness*. Center for Disease Control. www.cdc.org
- *Physical Activity for Everyone: The Importance of Physical Activity*. Center for Disease Control. www.cdc.org
- *Physical Activity Resources for Health Professionals: Reports and Recommendations*. Center for Disease Control. www.cdc.org