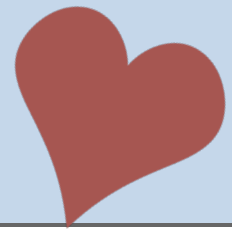


Exercise with HEART



H appy	<ul style="list-style-type: none">• Do what you enjoy!
E ffort	<ul style="list-style-type: none">• Start out with light to moderate effort• Progress to moderate and vigorous effort
A erobic	<ul style="list-style-type: none">• ≥ 5 days/week of moderate exercise, or 3 days/week of vigorous exercise (or combination of both)• ≥ 30 minutes/session<ul style="list-style-type: none">○ Or 3 sets of 10 minutes
R esistance	<ul style="list-style-type: none">• At least 60% 1RM (moderate intensity) to improve strength, 2 or more days/week
T ime	<ul style="list-style-type: none">• Aim for 150 minutes of activity per week

Benefits of Exercise

Exercise is the key to healthy aging of both your mind and your body! Regular exercise can help you maintain your independence by reducing your risk of falls by enhancing mobility, flexibility, and balance, decreasing the impact of chronic diseases (Alzheimer's, diabetes, obesity, heart disease, osteoporosis, arthritis), and improving your sleep, mood, and cognitive function.



Photo by: blog.mass.gov



Photo by: LetsMove.gov

What is Exercise?

- Any type of activity that uses **large muscle groups** and can be maintained over a period of time
- Aerobic exercise should be at a **moderate level**, in which the individual notices increases in heart rate and breathing rate
- Resistance exercise requires muscles to work against a load that is increased over time, which may be an **external load or body weight**

RPE Scale	
10: Max Effort	Almost impossible to continue, unable to talk
9: Very Hard	Can barely breathe & speak
7-8: Vigorous	Almost feels uncomfortable, can speak short sentences
4-6: Moderate	Can maintain activity for a long time Breathing heavy, but can hold conversation
2-3: Light	Can maintain for hours Easy to breathe
1: Very Light	Just above resting

When exercising, ask yourself "How hard am I working?" On a scale of 1-10, with 1 being sleeping and 10 running a marathon, you should aim to exercise around 5-6 (moderate effort) or 7-8 (vigorous effort).

Sample Exercise Schedules
❖ 15 minutes of <i>walking</i> , 5 days per week = 75 minutes
❖ 20 minutes of <i>resistance training</i> , 5 days per week = 100 minutes
❖ 25 minutes of <i>aqua aerobics</i> , 5 days per week = 125 minutes
❖ 30 minutes of <i>cycling</i> , 5 days per week = 150 minutes
❖ 10 minutes of <i>dancing</i> , 3 times per day, 5 days per week = 150 minutes
❖ 30 minutes of <i>Tai Chi</i> , 5 days per week = 150 minutes
❖ 30 minutes of <i>yoga</i> , 5 days per week = 150 minutes



Photo by: womenshealth.gov

Ways To Incorporate Exercise Into Your Life

While exercise should be challenging, incorporating it into your daily life should not be! Below are some simple examples of exercise. You can join others or be active on your own!

- Gym
 - Group fitness classes or personal training – ask your local fitness facility!
- Social groups / recreational sports
 - Community athletic agencies
 - Mall walking programs
- Home Workout
 - Youtube Videos
 - Instructional DVD's
 - Fitness trackers: challenge your friends to who can have the most minutes of physical activity

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