Transform Your Exercise Routine

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PEBTF
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Jim Meister, RD, LDN, CPT
Learning Objectives

Transform Your Exercise Routine

• **Understand** the benefits of exercise
• **Review** exercise recommendations
• **Learn** how Cross-Training and High-Intensity Interval Training (HIIT) can benefit your routine
• **Discuss** tools and resources to get you started
The Benefits of Exercise

Regular physical activity can:

• Help you lose weight
• Help you maintain your weight
• Increase muscle tone
• Improve your energy
• Improve memory and attention
• Help you manage stress
• Reduce the risk of chronic conditions

Why do you exercise?
Exercise Recommendations

• Aim for 150 minutes of *moderate* exercise per week
  – 30 minutes 5 days per week
  – 50 minutes 3 days per week
  OR
• 75 minutes of *vigorous* exercise per week
  – 25 minutes 3 days per week

• Resistance Training at least 2 times per week

• Combine multiple intensities for a well rounded work out = *Cross Training*!

Moderate Activity

• Your breathing quickens, but you’re not out of breath
• You develop a light sweat after ~10 minutes of activity
• You can carry on a conversation, but you can’t sing

Vigorous Activity

• Your breathing is deep and rapid
• You develop a sweat after a few minutes
• You can’t say more than a few words without pausing for a breath

Source: Centers for Disease Control
What Is Cross Training?

Cross-training is the combination of various activities to spread the work among various muscle groups

Variables:

• **Activity:**
  – Try different activity types

• **Location:**
  – Instead of the gym, take your exercise outdoors

• **Intensity:**
  – Sprint one minute, walk one minute

• **Time:**
  – Workout for 20 minutes one day, followed by 60 minutes the next day
Variety = Enjoyment!

Mix and match more than one category into your routine

<table>
<thead>
<tr>
<th>Aerobic</th>
<th>Resistance</th>
<th>Recreational</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk/Run/Jog</td>
<td>Dumbbell training</td>
<td>Tennis</td>
</tr>
<tr>
<td>Hike</td>
<td>Resistance bands</td>
<td>Soccer</td>
</tr>
<tr>
<td>Bike</td>
<td>Pilates/yoga</td>
<td>Volleyball league</td>
</tr>
<tr>
<td>Swim</td>
<td>Calisthenics/Plyometrics</td>
<td>Softball league</td>
</tr>
<tr>
<td>Group aerobics classes</td>
<td>Group resistance classes</td>
<td>Basketball league</td>
</tr>
<tr>
<td>High Intensity Interval Training (HIIT)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Rate Your Intensity

The Borg Rating of Perceived Exertion (RPE):

- Way of measuring physical activity intensity level
- Based on physical sensations experienced during physical activity:
  - Heart rate
  - Sweating
  - Muscle fatigue

<table>
<thead>
<tr>
<th>RPE Scale</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Rest</td>
</tr>
<tr>
<td>1</td>
<td>Really Easy</td>
</tr>
<tr>
<td>2</td>
<td>Easy</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Somewhat Hard</td>
</tr>
<tr>
<td>5</td>
<td>Hard</td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Really Hard</td>
</tr>
<tr>
<td>8</td>
<td>Really, Really Hard</td>
</tr>
<tr>
<td>10</td>
<td>Max Effort: Cannot sustain for long</td>
</tr>
</tbody>
</table>
High Intensity Interval Training (HIIT)

High Intensity Interval Training (HIIT) combines short periods of high intensity exercise with short periods of rest.

High-Intensity Interval Training:
- Quick and effective
- Heart healthy
- Burns more fat and can aid in weight loss
- Increase metabolism
- *Challenges you*
## Interval Training to Challenge Your Body

### Walk/Jog Interval (30 min)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Intensity (RPE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0:00 – 5:00</td>
<td>Warm-Up</td>
<td>1-2</td>
</tr>
<tr>
<td>5:00 – 10:00</td>
<td>Walk</td>
<td>3</td>
</tr>
<tr>
<td>10:00 – 10:30</td>
<td>Jog</td>
<td>5</td>
</tr>
<tr>
<td>10:30 – 13:30</td>
<td>Walk</td>
<td>3-4</td>
</tr>
<tr>
<td>13:30 – 14:00</td>
<td>Jog</td>
<td>5</td>
</tr>
<tr>
<td>14:00 – 16:00</td>
<td>Walk</td>
<td>3-4</td>
</tr>
<tr>
<td>16:00 – 17:00</td>
<td>Jog</td>
<td>5</td>
</tr>
<tr>
<td>17:00 – 19:00</td>
<td>Walk</td>
<td>3-4</td>
</tr>
<tr>
<td>19:00 – 20:00</td>
<td>Sprint</td>
<td>6-8</td>
</tr>
<tr>
<td>20:00 – 25:00</td>
<td>Cool-Down</td>
<td>1-2</td>
</tr>
<tr>
<td>25:00 - 35:00</td>
<td>Stretching</td>
<td>1</td>
</tr>
</tbody>
</table>
While traditional weight training can certainly be a part of this routine, any activities where the individual is using significant resistance (such as one's own body weight) against a muscle are likely to produce beneficial effects.”

Jim Pivarnik, Ph.D
President’s Council for Fitness, Sports and Nutrition
Stretch For Success

Flexibility exercises stretch your muscles and can help your body stay limber

Tips:

• Aim for a minimum of 2-3 days per week
• Hold stretch for 10-30 seconds
• Repeat 2-4 times on each stretch

Stretching exercises can improve your flexibility, but they will not improve your strength or endurance
Daily Change = Daily Challenge

By incorporating variety, you not only challenge your body with the constant changes, you challenge your mind as well

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobics</td>
<td>Strength</td>
<td>Cycling</td>
<td>Run</td>
<td>Rest</td>
<td>Yoga</td>
<td>Rest</td>
</tr>
<tr>
<td></td>
<td>Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

# Find the Right Activity For You!

<table>
<thead>
<tr>
<th>Yoga</th>
<th>Pilates</th>
<th>Aerobics</th>
<th>Resistance</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Relaxation</td>
<td>• Total Body</td>
<td>• Traditional (Hi/Low)</td>
<td>• Bodyweight</td>
</tr>
<tr>
<td>• Toning</td>
<td>• Upper Body</td>
<td>• Kickboxing</td>
<td>• Tubing or Bands</td>
</tr>
<tr>
<td>• Prenatal</td>
<td>• Lower Body</td>
<td>• Step</td>
<td>• Dumbbells</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Dance-inspired</td>
<td>• Free Weights</td>
</tr>
</tbody>
</table>

Transforming your routine keeps exercise fun, functional and fresh!

Cross Training & High Intensity Interval Training (HIIT):

• Has many benefits including:
  – Weight loss
  – Increased muscle tone
  – Reduced risk of injury
  – Exercise adherence

• Allows a variety of ways to incorporate it into your routine:
  – Different activity daily
  – Different activity during a single workout
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Thank you