

# WELLNESS

TAKE ACTION FOR A HEALTHIER YOU!

## INSIDE THIS ISSUE:

<b>AEROBIC AND MUSCLE-STRENGTHENING EXERCISE</b>	<b>2</b>
<b>SAMPLE EXERCISE PROGRAMS</b>	<b>3</b>
<b>BUILD UP YOUR ACTIVITY EXERCISE ALTERNATIVES</b>	<b>4</b>
<b>HEALTHY EATING</b>	<b>5</b>
<b>SAMPLE TRAINING PROGRAMS</b>	<b>6</b>

## READY TO GET HEALTHY? LET'S GET STARTED!

It's a new year and many folks have made new years resolutions. "I will lose 20 pounds" or "I will eat better" tend to be the most common types of promises people make to themselves.

This year, why don't you really do it! We challenge you to get healthy!

In this newsletter you will learn about exercise and healthy eating habits. Unfortunately getting healthy is not as easy as taking a pill and forgetting about it. It takes changing lifestyle and behavior long term, not for just a month or two. Does it mean you must turn your life upside down to get healthy? No. You will learn how small and gradual changes

can change your health for the better, and change your perspective on living a healthier lifestyle.

Exercise or physical activity is one part of getting healthier. You will learn about 2 types of exercise—aerobic and muscle strengthening. Both of which are important to a healthy long term future.

Diet or eating better is another part of getting healthier. You will learn the importance of eating healthy foods with variety. And no, it does not mean you can never eat what you like—just make a few modifications or think of the saying "everything in moderation".

As you make small changes in your physical activity and diet, you may not run marathons every weekend—but you will start to feel a change. More energy, a healthier body and a positive attitude because you took the challenge to get healthy and are reaping the rewards!



## • Get Started!



## HELPFUL HINTS TO STAY SAFE WHILE YOU ARE ACTIVE:

- If you haven't been active in a while, start slowly and build up
- Learn about the types and amounts of activity that are right for you
- Choose activities that are appropriate for your fitness level
- Build up the time you spend before switching to activities that take more effort
- Use the right safety gear and sports equipment
- Choose a safe place to do your activity
- See a health care provider if you have a health problem

## AEROBIC EXERCISE

Aerobic exercise is exercise that makes your heart rate and breathing go higher than normal—need for oxygen.

How do you know if you're doing light, moderate or vigorous intensity aerobic activities? Intensity is how hard your body is working during aerobic activity. For most people, light activities such as shopping, cooking or doing the laundry doesn't count toward the guideline. Why? Your body isn't working hard enough to get your heart rate up.

There are 3 levels of intensity. Light, moderate and vigorous.

**Light—intensity** aerobic activ-

ity mean you're starting to raise your heart rate. Examples include:

- Light to moderate walking
- Light biking on level ground

**Moderate—intensity** aerobic activity means you're working hard enough to raise your heart rate and break a sweat. Examples include:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with a few hills
- Playing doubles tennis
- Pushing a lawn mower

**Vigorous—intensity** aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you are working at this level, you won't be able to say more than a few words without pausing for breath. Examples include:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing basketball

A rule of thumb, **1 minute of vigorous activity is about the same as 2 minutes of moderate activity.**



## MUSCLE—STRENGTHENING

Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders and arms)

To gain healthy benefits, muscle-strengthening activities need to be done to the point where it is hard for you to do another repetition without help.

**Repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up.

Try to do 8-12 repetitions per activity that count as **1 set**. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets at a time.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, what ever works best for you. Just keep in mind that muscle-strengthening activities don't count toward your aerobic activity goal.

There are many ways you can strengthen your muscles, whether it's at home or the at

the gym.

You may want to try the following:

- Lifting weights such as dumbbells or cans of soup
- Work with resistance bands
- Doing exercise that use your body weight for resistance (such as push ups, sit ups)
- Heavy gardening (digging, shoveling)
- Yoga

**Build up over time—If you want to do more vigorous—level activities, slowly replace those that take moderate effort like brisk walking with more vigorous activity like jogging.**



## LOW INTENSITY SAMPLE EXERCISE PROGRAM:

### GOAL:

**Aerobic Exercise**—30 minutes 3-5 times a week of low to moderate intensity exercise (*can be broken down into three 10 minute episodes a day or two 15 minute episodes a day*) Goal is 150 minutes a week.

**Muscle-Strengthening Exercise**—2 times a week that works all major muscle groups (*legs, hips, back, abdomen, chest, shoulders and arms*)

### EXAMPLE:

- Walk during break or lunch at work 2-5 times a week, 10-15 minutes each walk
- Walk at home 3-5 times a week, 10-15 minutes each walk if time allows
- Abdominal crunches, standing at the wall push-ups, arm curls and/or squats, 2 sets of 5-10 repetitions. You can hold a can of soup or water bottle in each hand for increase weight and resistance. 2 times a week.



## MEDIUM INTENSITY SAMPLE EXERCISE PROGRAM:

### GOAL:

**Aerobic Exercise**—30 minutes 5 times a week of moderate intensity exercise or 15 minutes 5 times a week of vigorous intensity exercise (*or combination of both*). Goal is 150 minutes a week.

**Muscle-Strengthening Exercise**—2 or more days a week that work all major muscle groups (*legs, hips, back, abdomen, chest, shoulders and arms*)

### EXAMPLE:

- Jogging / biking / elliptical 3 times a week, 15-30 minutes each depending upon intensity (*vigorous intensity 15 minutes each, moderate intensity 30 minutes each*)
- Brisk walk during break or lunch at work 3-5 times a week, 15 minutes each
- Abdominal crunches, knee bent on the floor or full push-ups, arm curls, squats and lunges with free weights or weights around the house (*cans, water bottles*). 2 sets of 8-12 repetitions, 2 times a week.

**Always consult your physician before starting any exercise program.**

## VIGOROUS INTENSITY SAMPLE EXERCISE PROGRAM:

### GOAL:

**Aerobic Exercise**—30-60 minutes 5 times a week of moderate and vigorous intensity exercises. Goal is 300 minutes a week.

**Muscle-Strengthening Exercise**—2 or more days a week that work all major muscle groups

### EXAMPLE:

- Vigorous intensity jogging / running / biking / elliptical work 3 times a week, 15-45 min. each
- Moderate intensity jogging / biking / elliptical work 3 times a week, 30-60 min. each
- Free weights and/or machine training each muscle group 2-3 set of 8-12 reps 2-3 times a wk



## BUILD UP YOUR PHYSICAL ACTIVITY OVER TIME

### Start by doing what you can, and then look for ways to do more

If you have not been active for a while, start out slowly. After several weeks or months, build up your activities—do them longer and more often.

### Walking is one way to add physical activity to your life—easily

When you first start, walk 10 minutes a day on a few days during the first couple of weeks. Then begin adding more time or more walks as you can.

### Add more time and days

Walk a little longer. Try 15 minutes instead of 10 minutes. Then walk more days in the week.

### Pick up the pace

Once walking is easy to do for you, try walking faster. Keep up your brisk walking for a couple of months. You might want to add biking on the weekends for variety.

To learn more, go to [www.health.gov/paguidelines/adultguide/default.aspx](http://www.health.gov/paguidelines/adultguide/default.aspx)



## EXERCISE ALTERNATIVES FOR PHYSICALLY IMPAIRED

Starting from a **sitting position** in a chair or wheelchair, there are alternatives for you to be physically active and reach your goals.

- Sitting up straight, do arm curls or straight arm raises in front of you or at your side. You can do the exercise with either a light weight such as water bottles in each hand or no weight at all. Do 2 sets of 5-8 reps and slowly build the sets and reps over time.
- Sitting upright, keep your back straight and head up. Squeeze your abdominal area tightly, not altering your posture. Hold the abdominals tightly for 5-10 seconds, then release. Do 2 sets of 4-6 reps and slowly build the sets and reps over time.
- Sitting at a table, put your hands on top of a duster or towel on the table top. Using the duster, slide your hands away from your body so that you stretch forward and elongate your trunk. Return to the starting position and repeat 3-5 times for 2 sets.
- Sitting upright, keep your back straight and head up. Lift your lower leg to straighten each leg, bringing the foot off the floor. Slowly lift and lower the feet one at a time. Repeat 3-5 times each leg for 2 sets.

Set a goal for the time you spend exercising each week and track your progress. Logging your activities will help you stay aware of your progress.



**WHAT IS A HEALTHY DIET?**

Your food and physical activity choices each day affect your health—how you feel today, tomorrow and in the future.

The dietary guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat free or low-fat milk and milk products such as yogurt and cheese
- Includes lean meats, poultry, fish, beans eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Some tips to help you:

- Make half your grains whole
- Vary your veggies
- Focus on Fruit
- Get your calcium rich foods
- Go lean with protein
- Find your balance between food and physical activity
- Keep food safe to eat

To learn more about the new My Pyramid food group recommendations, please visit [www.mypyramid.gov](http://www.mypyramid.gov)



As you log your physical activity, log your daily food intake as well. You may be surprised how many calories you eat each day!

**CALORIES: HOW MANY SHOULD I EAT A DAY?**

The amount of calories you should consume can depend upon your age, activity level and even your gender. The **USDA** offers the following calorie intake recommendations:

**Inactive adult women, Seniors and children**—1,600 calories a day

**Inactive men and moderately active women**—2,200 calories a day

**Teenage girls**—2,200 calories a day

**Teenage boys**—2,800 calories a day

**Active men and women**—2,800 calories a day

**Pregnant & lactating women**—2,200–2,800 calories a day



## SAMPLE WEIGHT TRAINING PROGRAMS

To learn how to do these exercises

Visit: [www.fitstep.com/Library/Exercises/Exercises.htm](http://www.fitstep.com/Library/Exercises/Exercises.htm)



### Muscle Building Program

Perform a warmup set of each exercise everyday first by using 2/3 of the normal amount of weights. Additionally, do two exercises back-to-back, then rest for 2 minutes, and continue onto the next two exercises that you'll perform back-to-back with no rest (this is called 'supersetting'). Finally, complete each routine three times each day, adding 2 repetitions everytime you go through the list (ie, do 6, then 8 and finally 10 repetitions of the bench press).

#### Day 1

Barbell bench press (6 reps)  
Barbell bent over row (6 reps)  
Dumbbell fly (8 reps)  
Seated reverse fly (8 reps)  
Swiss-ball preacher curl (6 reps)  
French press (6 reps)

#### Day 2

Beginner squat (4 reps)  
Dumbbell lunge (8 reps)  
Single-leg standing calf raise (10 reps)  
Crunch twist (10 reps)  
Reverse crunch (10 reps)

#### Day 3

Assisted pull-up (5 reps)  
Bar military press (5 reps)  
Upright row (8 reps)  
Triceps assisted dip (6 reps)  
Machine biceps curl (8 reps)  
Machine triceps curl (6 reps)

#### Day 4

Dead lift (4 reps)  
Decline leg curl (6 reps)  
Dumbbell lunge (8 reps)  
Single-leg standing calf raise (8 reps)  
Hanging leg raise (8 reps)  
Ab crunch on a ball (6 reps)

**Beginner Program** (1 set – 12 reps / 3 times a week) Start with 15 minutes of cardio

#### Shoulders

Bar Military Press

#### Back

Lat Pulldown  
Cable seated low row

#### Chest

Decline close-grip  
Dumbbell pull over

#### Arms

Machine triceps extension  
Dumbbell biceps curl

#### Legs

Machine leg press  
Machine leg extension  
Machine leg curl

**Abdominal Defining Program** (1 set – 10 to 12 reps) 3 – 5 minute warm up, then 1 minute high pace running or cycling

Kneeling cable crunch (1 set / 10 – 15 reps)  
Pulse Up (1 set / 10 – 12 reps)  
Side crunch (1 set / 10 – 12 reps)  
Oblique V-up (1 set / 10 -12 reps)  
V-up (1 set / 10 – 12 reps)  
Inclined reverse crunch ( 1 set / 10 – 12 reps)

**Weight Loss Program (2 – 3 times per week )**

Do following rapidly 2 or 3 times per workout  
Start with 5 minutes of cardio  
Beginner squat  
Machine lateral pulldown  
Single-leg standing calf raise  
Barbell bench press  
Bulgarian split squat  
Ab crunch on ball  
Bar military press

**Business Travel Program** (2 sets – 12 reps)

Bent over row  
Bulgarian split squat  
Chair dip  
External rotation  
Lying hip extension  
Ski squat  
Towel fly