

Exercise Myths & Exercise Prescription



No title needed...



What's the best exercise to perform?



What's the best exercise to perform?



THE ONE YOU'LL ACTUALLY DO.



U.S. physical activity trends, 2008



- **Recommended** 48.8
 - **Insufficient** 37.7
 - **Inactive** 13.5
 - **No Leisure-Time Physical Activity * National Average** 24.1
- 1 in 4 people never move a muscle on their free time.

Exercise Myths





Exercise Myths

You have to exercise all at once or it is useless

You must be in your target heart rate





Exercise Myths

You have to exercise all at once or it is useless

You must be in your target heart rate

I need the latest infomercial gadget

“I’m waiting for a magic bullet”





Exercise Myths

You have to exercise all at once or it is useless

You must be in your target heart rate

I need the latest infomercial gadget

“I’m waiting for a magic bullet”

Crunches/sit ups will give you a flat stomach

Leg exercises will make your legs shapely



COURTESY: THIGHMASTER



Exercise Myths

You have to exercise all at once or it is useless

You must be in your target heart rate

I need the latest infomercial gadget

“I’m waiting for a magic bullet”

Crunches/sit ups will give you a flat stomach

Leg exercises will make your legs shapely

Exercise keeps your metabolic rate high

If I’m not sweating, I’m not going hard enough.



“The benefits of exercise are dose related; the more you ‘take’ the higher the benefit.”



- **Frequency**

- 3 days/wk if vigorous
- 5 days/wk if moderate
- 7 days/wk if diabetic or low intensity

“The benefits of exercise are dose related; the more you ‘take’ the higher the benefit.”



- **Frequency**
 - 3 days/wk if vigorous
 - 5 days/wk if moderate
 - 7 days/wk if diabetic or low intensity
- **Intensity**
 - 55%-75% of Max Heart Rate
($220 - \text{age} = \text{MHR}$)
 - ✦ Lower intensity for weight loss and general health
 - ✦ Higher intensity for endurance and increased health
 - Breathing Test
 - Rate of Perceived Exertion

Checking Your Pulse



10 sec. or 30 sec. count

- Do not use thumb; avoid checking on neck.
- Count each beat and then multiply by 6 or 2 respectively.



Pulse Monitor

- Easy to use
- Accurate





Rate of Perceived Exertion

6	Rest
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion



“The benefits of exercise are dose related; the more you ‘take’ the higher the benefit.”



- **Frequency**

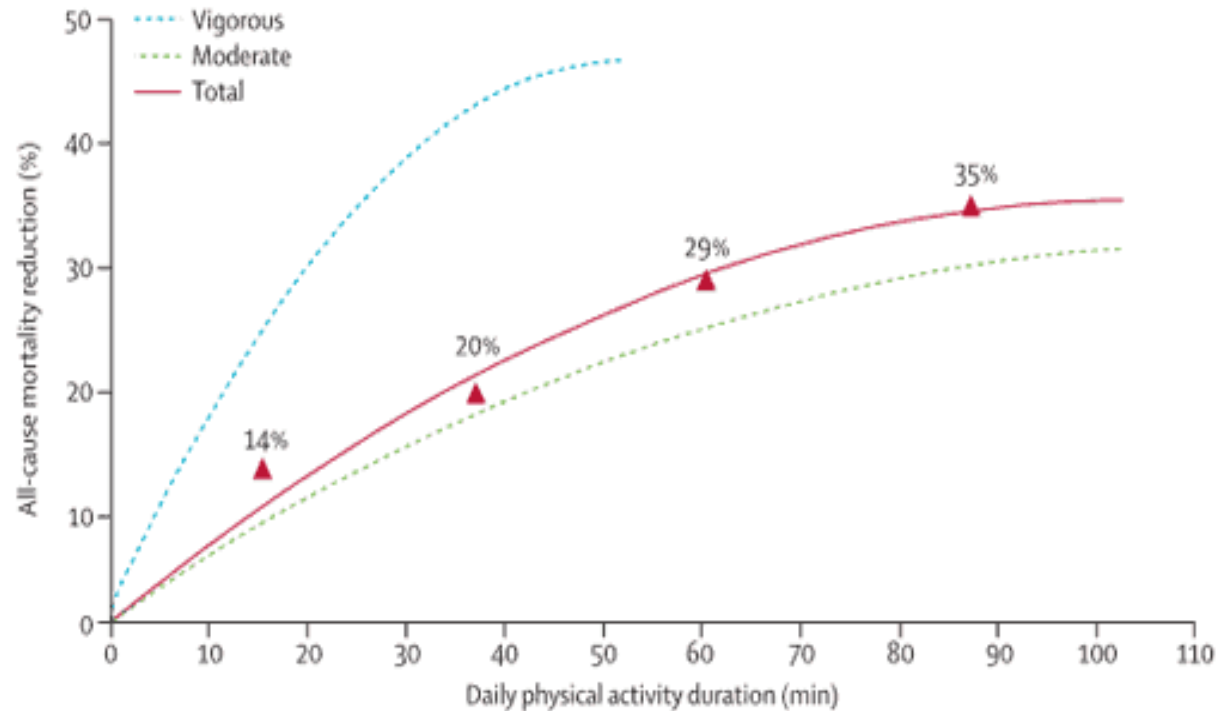
- 3 days/wk if vigorous
- 5 days/wk if moderate
- 7 days/wk if diabetic or low intensity

- **Intensity**

- 55%-75% of Max Heart Rate (220-age=MHR)
 - ✦ Lower intensity for weight loss and general health
 - ✦ Higher intensity for endurance and increased health
- Breathing Test
- Rate of Perceived Exertion

- **Time**

- 30 – 60 minutes
- Depends on purpose of exercise
 - ✦ Athletes training should exercise all at once
 - ✦ General health and weight loss can be split up



“Exercise is dose related; the more you do, the greater the benefits”

“The benefits of exercise are dose related; the more you ‘take’ the higher the benefit.”



- **Frequency**

- 3 days/wk if vigorous
- 5 days/wk if moderate
- 7 days/wk if diabetic or low intensity

- **Intensity**

- 55%-75% of Max Heart Rate (220-age=MHR)
 - ✦ Lower intensity for weight loss and general health
 - ✦ Higher intensity for endurance and increased health
- Breathing Test
- Rate of Perceived Exertion

- **Time**

- 30 – 60 minutes
- Depends on purpose of exercise
 - ✦ Athletes training should exercise all at once
 - ✦ General health and weight loss can be split up

- **Type**

- Cardiovascular Fitness use large muscle groups
- Muscular strength and endurance use 8-12 exercises using major muscle groups

Types of Exercise



- **Muscular Endurance**

- Walking, biking, swimming, and similar exercises are best.
- Find something that you enjoy or occupational.

- **Strength Training**

- Dumbbells or Machines
 - ✦ Choose 10 exercises that use major muscle groups and can be safely performed.
- Perform each exercise one set of 8-12 repetitions.
- Increase weight periodically so that you “feel a burn”



F.I.T.T.

Changing/increasing one or more components of FITT will result in improvement.

Frequency: Keep all things the same, but add more days.

Intensity: Go harder, but less days.

Time: Go longer, but less intense.

Type: Keep all things the same, but change exercises.

YMCA 3-minute Step Test

Step Test purpose:

a step test provides a submaximal measure of cardio-respiratory or endurance fitness (see also other step tests)

Equipment required:

12 inch step, stopwatch, metronome.

Procedure:

In time with the beat step one foot up on the bench (1st beat), step up with the second foot (2nd beat), step down with one foot (3rd beat), and step down with the other foot (4th beat.) Practice the stepping to the metronome cadence, which is set at 96 beats per minute (4 clicks = one step cycle) for a stepping rate of 24 steps per minute. The athlete steps up and down on the platform at the given rate for a total of 3 minutes. The athlete immediately stops on completion of the test and sits down and remains still. Starting within 5 seconds, the tester is to count the subject's heart rate for one complete minute.

Scoring:

The total one-minute post-exercise heart rate is the subject's score for the test.

6 minute Walk Test

The six-minute walk test measures the distance an individual is able to walk over a total of six minutes on a hard, flat surface. The goal is for the individual to walk as far as possible in six minutes. The individual is allowed to self-pace and rest as needed as they traverse back and forth along a marked walkway.

Equipment needed:

- A 100' pre-measured flat walking area with interval markings every

 - 5 feet.

- Cones or brightly colored tape to mark boundaries of the course

 - Watch or timer to time 6 minutes

 - Chair available if patients need to rest during testing