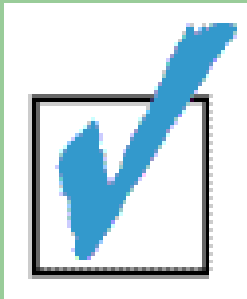


Introduction to Exercise Program

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

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Developing a Healthy Exercise Program

- Identify Benefits
- Combat Myths about exercising
- Combat Roadblocks to exercising
- Identify and overcome: Triggers to avoid, ignore, or stop exercising
- Look at what is new in exercise offerings



Benefits of Healthy Exercise

- **Compensates for fat accumulation by burning calories**
- **Provides a "natural high" by the release of endorphins**
- **Strengthens the cardiovascular and respiratory systems if aerobic type exercise sustained for at least fifteen minutes on a regular basis.**
- **Keeps the muscular system supple**
- **Keeps the circulatory system operating at its best**
- **Builds bone mass to combat osteoporosis.**



1. Myths about Exercise

1. ***Exercise makes you tired.*** Because heart rate and respiration is increased, a person becomes energized, alert, and awake after a period of strenuous exercise.
2. ***Exercise increases your appetite.*** The immediate effect of exercise is a decrease in appetite
3. ***Exercise is boring.*** Rigorous exercise results in the production of hormones called endorphins which give a feeling of well-being, a "natural high



2. Myths about Exercise

- 4. With exercise you can reduce certain spots on your body. Where people lose weight is determined by their hormones. With proper exercise people can increase muscle tone in certain areas and can speed along the general loss of fat, which helps overall appearance but not necessarily in specific areas.***
- 5. You have to have athletic ability to get the most out of an exercise program. A complicated program of sophisticated athletic activities is unnecessary. Simply walking a 1/2 hour to hour a day during time when you normally would have been sedentary is enough exercise to provide some balance in your life.***



3. Myths about Exercise

6. *A health spa or gym is the best place to exercise.* Health spas and gyms can be useful if you need a social atmosphere in which to exercise. However, the type of exercise needed for lifestyle change can be done effectively with no expense.
7. *Exercise takes a lot of time and expensive equipment.* You need only 30- 45 minutes of consecutive, brisk, full-body movement a day to gain the full benefit of exercise. You can do this in your home with your own equipment (e.g., stationary cycle, rebound trampoline, or rowing machine), or you can do it without equipment by walking, jump roping, etc...



Roadblocks to Exercise

- **Not enough time; my schedule is already so full**
- **Implementing a program of exercise takes exceptional effort and planning**
- **The health club is too far away. It is not "on my way" to anywhere**
- **An exercise program costs a lot of money.**
- **It is unpleasant to get all sweaty when you exercise**
- **Exercise can be so boring**
- **Exercise makes your body sore**



Time for Exercise

- Make the exercise session a priority of the day
- schedule a regular, specific time of day for exercise.
- Choose a convenient time.
- Exercise in the morning before breakfast, in the afternoon before lunch, or in the evening after getting home from work, but before dinner.



Place for Exercise

- **Choose an exercise easily performed around the house, e.g., treadmill, stationary cycle, rowing machine, jumping rope, rebound trampoline, jumping jacks, walking, running, biking, swimming.**
- **Perform exercises that can be done in an air-conditioned environment (stationary cycle, rowing machine, or rebound trampoline). Profuse sweating is not necessary for exercise to be worthwhile.**



Reduce Costs of Exercise

- Choose an exercise which doesn't involve the purchase of equipment or club memberships, e.g., walking, running, jumping rope, etc.



Keep Exercise Interesting

- **Try indoor exercise in front of a TV or while listening to motivational tapes or energizing music.**
- **Try outdoor exercise in tree-lined or park-like settings with interesting scenery and use a portable radio or tape player**
- **For either type of exercise, get a partner or group of people to exercise with; make it a social experience that will provide mutual motivation and encouragement**



Start out Slow to Protect Your Body from Being Strained

- Slowly phase an exercise program in; help your body adjust to the increased activity
- Use warm-up and cool-down exercises to avoid muscle strain
- Wear the proper clothing and shoes to avoid body strain or injury