

Workout to Feel Good, Not Look Good

Benefits of Physical Activity

Improve your memory and brain function (all age groups).

Protect against many chronic diseases.

Aid in **weight management**.

Lower **blood pressure** and improve **heart** health.

Improve your quality of sleep.

Reduce feelings of anxiety and depression.

Combat cancer-related fatigue.

Improve joint pain and stiffness.

When we **exercise**, the body releases chemicals that boost your sense of well-being and suppress hormones that **cause** stress and anxiety. Among the chemicals released are endorphins, serotonin, and dopamine neurotransmitters which are related to pain and depression emotions.

You are more likely to stay motivated if you focus on feeling good instead of future weight loss goals.



Starting Point Base line

1. What type of exercise do you do now?
2. How often do you exercise during the week? Frequency
3. How long do you participate in that exercise? Duration
4. How hard is your workout? Intensity / Heart Rate / Perceived exertion



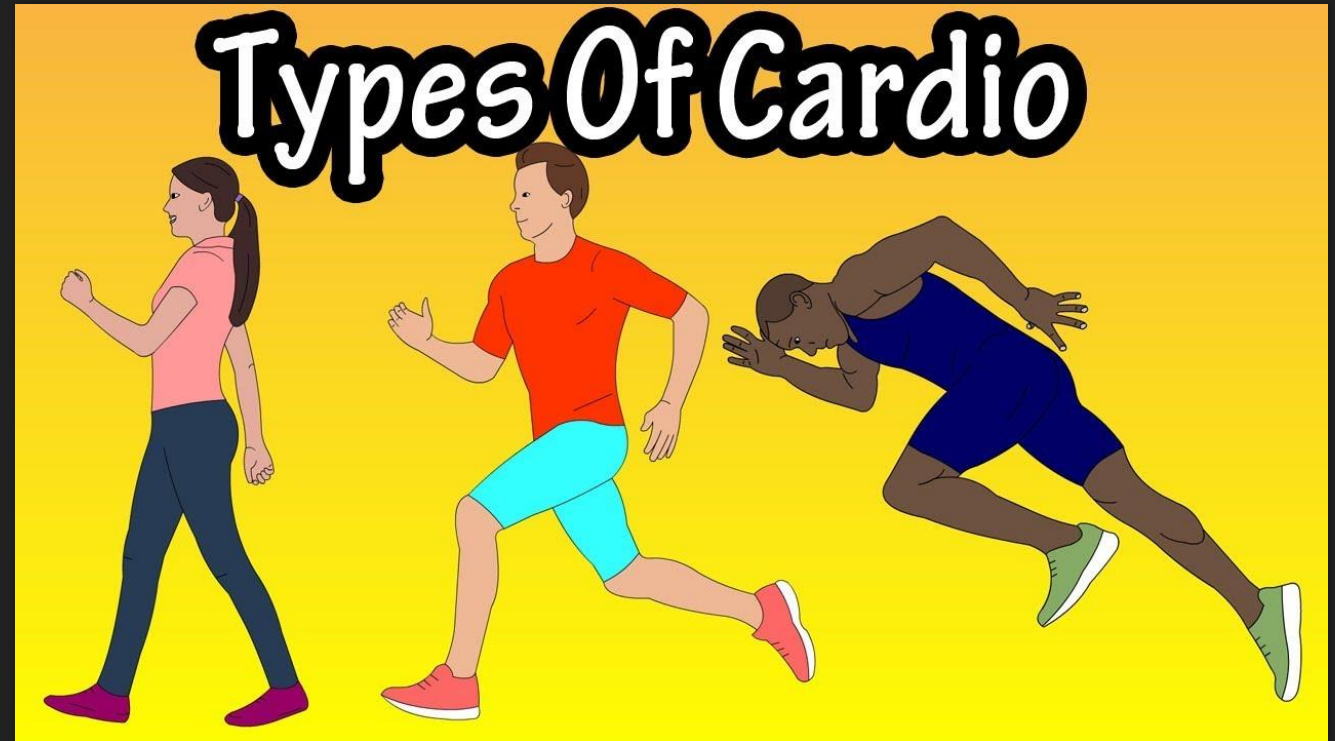
“DON'T BE
AFRAID OF
BEING A
BEGINNER.”

FITNESSCHAT.CO

Cardio exercise
is any exercise that
raises your heart rate.

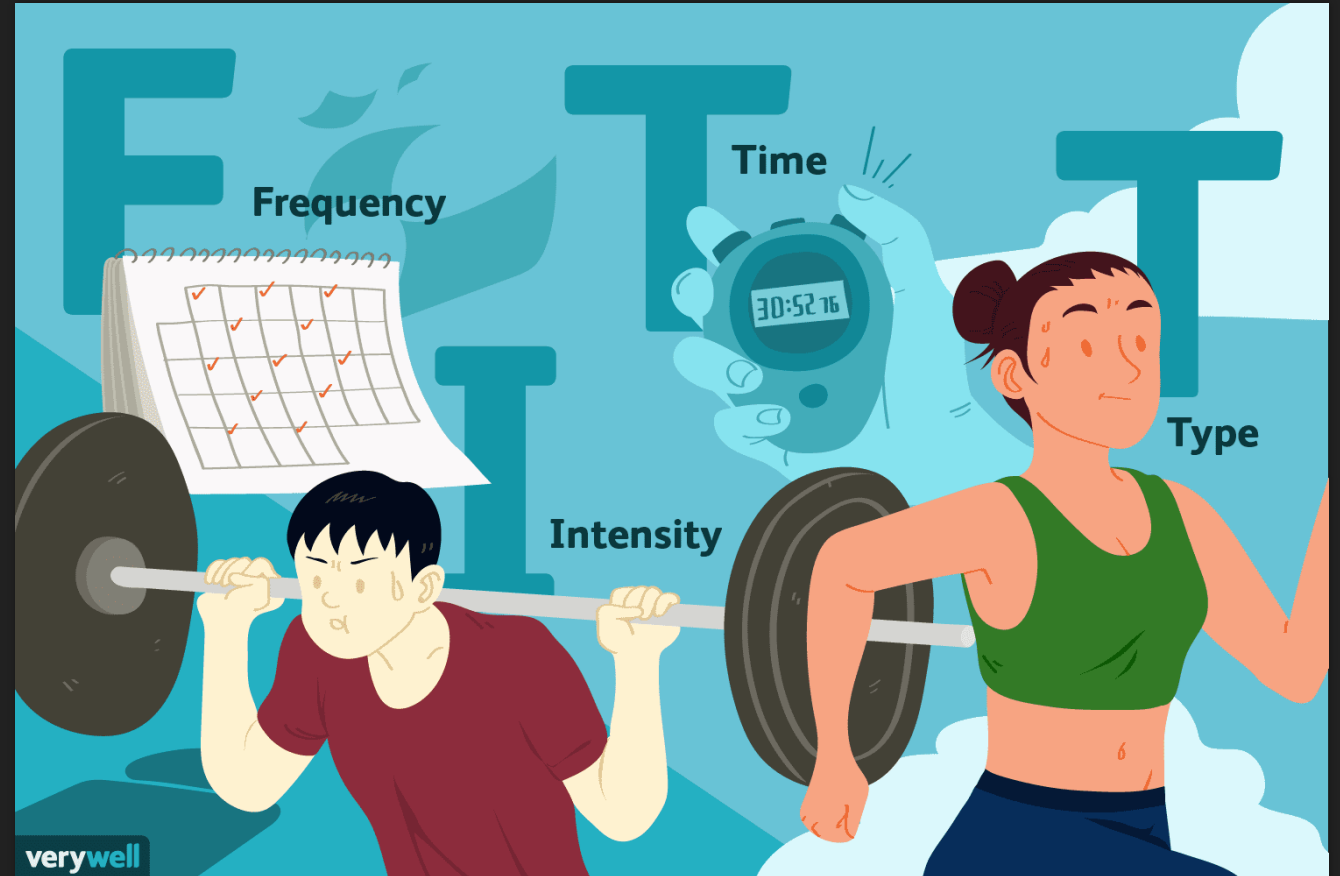
Types of Exercise Mode

1. Walking
2. Dancing
3. Swimming
4. Biking
5. Sport activities
6. Jump roping
7. Roller skating
8. Skiing
9. Snow shoeing
10. Ice skating
11. Hiking



CARDIO FREQUENCY

The **frequency** of your **workouts** will depend on your fitness level and your schedule. The general guidelines are: For general health, try moderately-intense **cardio** 5 days a week, or vigorously-intense **cardio** a 3 days a week



DURATION

How long you perform the exercise

If you're new to working out, try starting with short workouts that are 30 minutes or less. As you feel your strength building, add a couple more minutes every week.

The [American Heart Association](#) recommends 75-150 minutes of aerobic activity, as well as two strength-training sessions, per week.

The duration of your workout also depend on the intensity of the exercises



Measuring intensity

Target heart rate

There are two basic ways to measure exercise intensity:

How you feel. Exercise intensity is a subjective measure of how hard physical activity feels to you while you're doing it — your perceived exertion. Your perceived exertion level may be different from what someone else feels doing the same exercise. For example, what feels to you like a hard run can feel like an easy workout to someone who's more fit.

Your heart rate. Your heart rate offers a more objective look at exercise intensity. In general, the higher your heart rate during physical activity, the higher the exercise intensity



PRECEIVED EXERTION SCALE

The **RPE scale** is **used** to measure the intensity of your exercise. The **RPE scale** runs from 0 – 10. The numbers below relate to phrases **used** to rate how easy or difficult you find an activity.

If your heart rate too low, and the intensity feels “light” to “moderate,” you may want to push yourself to exercise a little harder, especially if you’re trying to lose weight. If it’s too high, you may want to go slower.

If you’re just starting out, aim for the lower range of your target zone (50 percent) and gradually build up

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

Important: Some medications affect heart rate, meaning you may have a lower maximum heart rate. If you have a heart condition or take medication, ask your doctor what your heart rate should be



Take your pulse on the inside of your wrist, on the thumb side. Use the tips of your first two fingers (not your thumb) and press lightly over the artery. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute

HEART RATE TARGET

(10 Second Count)

To find your target heart rate, locate your age category and count your pulse for 10 seconds using one of the two sites illustrated in figures 1 and 2 and multiply by 6. This calculation gives you your target heart rate (55%, 60%, 70%, 80% and 85%) and helps you determine your safe and effective training range.

1. Neck. To feel and count the carotid pulse place the index and middle fingers gently on the side of the neck, just in the throat.

2. Wrist. The radial pulse can be taken by placing the first two fingers lightly over the radial artery of the wrist, directly in line with the thumb.

AGE	55%	60%	70%	80%	85%
15	19	21	24	27	29
20	18	20	23	27	28
25	18	19	23	26	28
30	17	19	22	25	27
35	17	19	22	25	26
40	17	18	21	24	26
45	16	18	20	23	25
50	16	17	20	23	24
55	15	17	19	22	23
60	15	16	19	21	23
65	14	16	18	21	22
70	14	15	18	20	21
75	13	15	17	19	21
80	13	14	16	19	20
85	12	14	16	18	19
90	11	13	15	17	18