

# EXERCISE

“Exercise is the magic pill,” says Michael R. Bracko, EdD, FACSM, chairman of the American College of Sports Medicine’s Consumer Information Committee. “Exercise can literally cure diseases like some forms of heart disease. Exercise has been implicated in helping people prevent or recover from some forms of cancer. Exercise helps people with arthritis. Exercise helps people prevent and reverse depression.”



## There is No Perfect Exercise

“Any little increment of physical activity is going to be a great boost to weight loss and feeling better,” says Rita Redberg, MSc, chairwoman of the American Heart Association’s Scientific Advisory Board for the Choose to Move program.

Your exercise options are numerous, including walking, dancing, gardening, biking – even doing household chores, says Redberg. The important thing is to choose activities you enjoy, she says. That will increase your chances of making it a habit.

## The LIV Fit Workout App

The Liv Fit exercise app was designed for the busy, active person that may not have time or resources. Do what fits your lifestyle, but be active.

## How Much is Just Enough?

The American Heart Association recommends 30 minutes of moderate-intensity physical activity on most day of the week. Obviously the more you do and the more often you do it will burn more calories and will show on the scale faster.

Whenever you begin an exercise program, it is wise to consult a doctor. Anyone with major health risks, males aged 45 and older, and women aged 55 and older should get medical clearance, says Cedric Bryant, PhD, chief exercise physiologist for the American Council on Exercise.

## Sample Workouts for Beginners

Dulce Zamora from WebMD makes the following suggestions for someone just beginning to exercise.

**Warm up.** Before beginning any fitness routine, it’s important to warm up, then do some light stretching. Save the bulk of the stretching for after the workout.

Once you’re warmed up, experts recommend three different types of exercise for overall physical fitness: cardiovascular activity, strength conditioning, and flexibility training. These don’t all have to be done at once, but doing each on a regular basis will result in balanced fitness.

**Cardiovascular activity.** Start by doing an aerobic activity, like walking or running, for a sustained 20-30 minutes, four to five times a week, says Bryant. To ensure you’re working at an optimum level, try the “talk test”: Make sure you can carry on a basic level of conversation without being too winded. But if you can easily sing a song, you’re not working hard enough.



**Strength conditioning.** Start by doing one set of exercises targeting each of the major muscle groups.





Bryant suggests using a weight at which you can comfortably perform the exercise eight to 12 times in a set. When you think you can handle more, gradually increase either the weight, the number of repetitions, or number of sets. To maximize the benefits, do strength training at least twice a week. Never work the same body part two days in a row.

**Flexibility training.** The American College on Exercise recommends doing slow, sustained static stretches three to seven days per week. Each stretch should last 10-30 seconds.

#### Other Ideas for Fun Exercise:

Aerobics	Horseback Riding	Swimming
Ballet	Hula Hooping	Tae Kwon Do
Baseball	Ice Skating	Tennis
Basketball	Jump rope	Trampoline
Biking	Paintball	Treadmill
Boating	Ping-Pong	Volleyball
Bowling	Rock Climbing	Walking
Boxing	Roller Blading	Weightlifting
Canoeing	Running	Wii sports games
Dance Revolution	Skateboarding	Zumba
Field Hockey	Skiing	

