

# Wellness Culture

## November Wellness Component: Exercise

### The Basics

Exercise is any type of physical exertion we perform in an effort to improve our health, shape our bodies or boost performance. Regular exercise is extremely important for long-term health and well-being and an optimal program should include aerobic activities, stretching, and strength training.

### The Benefits

- **Exercise improves your mood**  
Exercise stimulates your brain to feel happy, more relaxed, and may even help to reduce depression & anxiety
- **Ward off disease**
  - Exercise can reduce your risks for **heart disease, high blood pressure, stroke & cholesterol**
  - Reduce your risk of **Type II diabetes**
  - Prevent or treat **obesity**, which is a leading factor into other serious diseases such as diabetes, heart disease, high blood pressure, and certain cancers
  - **Osteoporosis** – Weight bearing exercises (walking, jogging, dancing, strength training) help to strengthen bone formation which helps to prevent osteoporosis.
- **Increase your metabolism**
  - Muscle is the body's most efficient tissue in your body and can help to raise your metabolism no matter what your age. Muscle also helps to strengthen your body to combat back pain, skeletal injuries, poor posture, osteoporosis, and help reduce your body fat composition.
- **Promotes better sleep & makes you smarter!**
  - Exercise helps you sleep. Within 5-6 hours after exercising your body temperature will naturally drop, helping you fall asleep and improve your deep sleep period. When you are well rested you can concentrate better, more productive, and are generally in a better mood.

### Getting Started Is Easy!

- **FITT Principle**
  - Frequency** – How often you will exercise (Cardio: 3x wk maint. /4-7x wk for weight loss and 2x wk strength training)
  - Intensity** – The amount of effort you exert during the workout (60-85% max.heart rate for cardio or 70-85% max. rep- 8-10 reps, 1-3 sets)
  - Time** - The duration of each session (30min. – heart health or 60-90 min to maintain or lose weight; strength training is a minimum of 10-15 minutes per session)
  - Type** - The type of exercise (cardio, resistance training, both) and the specific exercises

### Resources:

American College of Sports Medicine Guidelines for Exercise Testing and Prescription 6<sup>th</sup> Edition

<http://www.mayoclinic.com/health/exercise/HQ1676>

[http://www.medicinenet.com/benefits\\_of\\_exercise/article.htm](http://www.medicinenet.com/benefits_of_exercise/article.htm)

[http://www.healthgoods.com/Education/Fitness\\_Information/fitness\\_short\\_course/fitt\\_principle.htm](http://www.healthgoods.com/Education/Fitness_Information/fitness_short_course/fitt_principle.htm)



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#### 4 Easy Steps for F.I.T.T. Success:

1. For beginners choosing the **Type** of exercise may be the best place to start and choose something you like to do and that will keep your interest. (i.e. walking, swimming, etc.)
2. Next determine the **Frequency**. Consider how much time each week you truly will devote to this workout.
3. If you are very limited in your schedule then determining your **Time** would be the appropriate next step.
4. Otherwise, choose your **Intensity** level, which will determine how long your workout session should be. For example, a higher intensity will typically provide more benefit (such as burning more calories in a shorter amount of time). So, choosing to jog may require only 30 minutes of commitment versus walking which may require 45-60 minutes.

#### How To Determine Your Target Heart Rate?

The Target Heart Rate (THR) is determined by a formula that takes a percentage of a person's Maximum Heart Rate (MHR). The MHR is approximately calculated as 220 minus your age, or it can be accurately measured by a stress test.

#### 220 - Age = Maximum Heart Rate

Example: 40 year old       $220 - 40 = 180$  beats per minute (bpm) Max Heart Rate

#### Calculate Your Target Heart Rate:

220 - \_\_\_\_\_ (your age) = \_\_\_\_\_ (THR)  
(THR) \_\_\_\_\_ x .60 = \_\_\_\_\_ (60% MHR)  
(THR) \_\_\_\_\_ x .75 = \_\_\_\_\_ (75% MHR)  
(THR) \_\_\_\_\_ x .85 = \_\_\_\_\_ (85% MHR)

#### How To Take Your Pulse?

The most common sites to check your pulse are your carotid artery (side of the neck) or the radial artery (inside of the wrist). Take 2-3 fingers (not your thumb) and gently palpate for the pulse. Then count for either 6 seconds and multiply by 10 or for 30 seconds and multiple by 2.

#### Perceived Exertion Scale

- Level 1: I'm watching TV and eating bon bons
- Level 2: I'm comfortable and could maintain this pace all day long
- Level 3: I'm still comfortable, but am breathing a bit harder
- Level 4: I'm sweating a little, but feel good and can talk effortlessly
- Level 5: I'm just above comfortable, sweating more and can still talk easily
- Level 6: I can still talk, but am slightly breathless
- Level 7: I can still talk, but I don't really want to. I'm sweating like a pig
- Level 8: I can grunt in response to your questions and can only keep this pace for a short time
- Level 9: I am probably going to die
- Level 10: I am dead



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