

# Let's Get Moving!



Katie Mahoney, MS, RD, LD  
Nutrition Education/Wellness Coordinator

# Components of Physical Fitness

- **Cardiorespiratory endurance**
  - Your heart and lung's ability to supply fuel during physical activity
- **Muscular strength**
  - Your muscles ability to work against resistance
- **Muscular endurance**
  - Your muscles ability to work without growing tired
- **Body composition**
  - Your body's amount of fat, muscle, bone, and other tissues
- **Flexibility**
  - The range of motion around a joint. Good flexibility can help prevent injuries.

# Keys to Improving Fitness

## ■ F.I.T

### – Frequency

- How often you exercise

### – Intensity

- How intense the workout is

### – Timing

- How long you exercise for

# Types of Exercise

## ■ Aerobic

- Causes body to use oxygen to create energy
- Easier to sustain for long periods of time

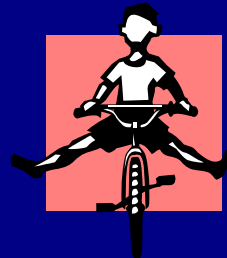
## ■ Anaerobic

- Causes body to create energy without oxygen
- Can be sustained for short amounts of time

# Aerobic



- "Any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature."
- The body supplies oxygen to muscles which allows them to work for longer periods of time.
- Jumping rope, walking, swimming, biking



# Anaerobic



- Exercises where the body uses oxygen very quickly and the muscles do not get enough oxygen for extended activity.
- Muscles will fatigue easily.
- Sprinting, weight lifting, going up stairs, sit-ups, push-ups.



# Heart Rate

- Good indication of exercise intensity
- Normal Heart Rate = 70 bpm (men), 75 bpm (women)
- Maximum Heart Rate =  $220 - \text{Your age}$
- The intensity of your activity will determine how high your heart rate goes.





# Preventing Injuries

- Warm-up and Cool-down
  - Stretch after warming-up and cooling-down
- Stay hydrated
  - Drink water before, during, and after exercise
- Learn how to lift weights properly



# Benefits of Being Physically Active

- Decrease risk of heart disease
- Lower blood pressure
- Lose or maintain weight
- Reduce stress
- Build healthy bones, muscles, & joints
- Improve stamina
- Reduce risk of dying prematurely
- Reduce risk of developing cancer
- Lower risk of developing diabetes

# What Counts as Physical Activity?

- Gardening
- Cleaning the house
- Walking the dog
- Washing the car
- Dancing
- Playing with kids/grandkids
- Go for a bike ride
- Water aerobics
- Pilates
- Yoga

# What to Expect

- Muscle soreness
- Possible weight gain in the beginning
  - You may gain weight from growing muscles
- Weight loss
- More energy
- Appetite suppression
  - Appetite may be suppressed for a short time after exercising.
- Endorphins!!
  - Natural painkillers that the body releases. Promote a sense of well-being.

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