

# Exercise

At Hotze Health & Wellness Center, we firmly believe in the importance of a nutritionally balanced diet, but we incorporate hormone supplementation when indicated and a vitamin and mineral regimen as well. We also endorse and embrace the many benefits of exercise.

If you are currently involved in an exercise program, we applaud you.

Continue! If you are not physically

active, you are at increased risk of coronary heart disease, obesity, high blood pressure, diabetes, cancer, and osteoporosis. There is also increasing evidence that exercise can decrease the severity of hot flashes and act as a natural anti-depressant - the mood-heightening effect can last for several hours after exercise! Exercise, especially morning exercise, is beneficial in helping with sleep problems, too.

If you are not currently involved in an exercise regimen, then the following guidelines can assist you in beginning or resuming your exercise program.



## AMERICAN COLLEGE OF SPORTS MEDICINE

### *Exercise Recommendations for Healthy Adults*

#### **Cardio Respiratory Fitness**

*Kind of Activity:* Any activity that uses large muscle groups, can be maintained continuously and is rhythmical and aerobic in nature.

Activities include: Walking, hiking, jogging, cycling, cross-country skiing, rope skipping, rebounding, elliptical trainers, rowing, stair climbing, swimming, skating, and endurance game activities.

*Training Frequency:* 3-5 days per week.

*Training Intensity:* 55/65-90% of maximum heart rate. The lower intensity values are most applicable to individuals who are quite unfit. A simple way to determine your Training Heart Rate Range:  $220 - \text{age} \times \% = \text{THR}$ . (Example: for a 42-year-old at 90% maximum heart rate:  $220 - 42 \times 90\% = 160$  beats per minute)

*Training Duration:* 20-60 total minutes of continuous or intermittent (in sessions

lasting 10 or more minutes) aerobic activity. Duration is dependent on exercise intensity. Lower-intensity activity should be conducted over a longer period of time (30 minutes or more). Lower-to-moderate intensity activity of longer duration is recommended for the non-athletic adult.

### **Muscular Strength and Endurance**

Resistance Training (using one set of 8-10 exercises that condition the major muscle groups) should be performed 2-3 days per week. Most people should complete 8-12 repetitions of each exercise. For older (approximately 50-60 years of age and above) and more frail people, 10-15 repetitions may be more appropriate. Multiple-set regimens may provide greater benefits if time allows. Squats are one of the most beneficial exercises for maintaining bone density of the hips and spine.

### **Flexibility Training**

Stretches for the major muscle groups should be performed a minimum of 2-3 days per week; at least four repetitions, held for 10-30 seconds, should be completed. Stretching should include appropriate static and/or dynamic techniques. Yoga and Pilates are 2 forms of exercise that incorporate flexibility enhancement into their format along with strength benefits.

### **Interval Training**

Interval training is a period of high intensity exercise, followed by a period of low intensity exercise. These 'sets' of high and low intensity activities are repeated. This type of activity can be strength training exercises, cardiovascular exercises, or a combination of both. Ongoing research continues to show that interval training is one of the most efficient and effective ways to decrease body fat and increase your fitness level.

We hope these guidelines are helpful to you. If you are just starting a strength training program, we would advise hiring the services of a Certified Personal Trainer to design an exercise program specifically for you. Look for a Personal Trainer that is nationally certified by ACSM, ACE, AFAA or NSCA.