SHORT ON TIME?
EXERCISE LIKE THIS!

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Overview

- Welcome Back!
- What's the difference between physical activity and exercise?
- Health-related components, types of exercise, and your goals.
- Let's get it together!

Part 1: What's the difference between physical activity and exercise?
General Adaptation Syndrome: An Update

Part 2: Health-related components, types of exercise, and your goals!

The Recommendations

Traditional Cardiorespiratory Fitness Prescription:
- Moderate exercise (~75% of HRMax)
  - 30 minutes for 5 days per week
  - 150 minutes per week
- Vigorous exercise (~90% of HRMax)
  - 20 minutes for 3 days per week
  - 75 minutes per week (i.e., 3 x 20 min @ 75%)
- Utilizing both moderate and vigorous exercise is preferred. 5 minutes of vigorous exercise is equal to 2 minutes of moderate exercise.
- In fact, higher intensity (i.e., vigorous) exercise is a major part of the prescription to improve fitness.
  - Higher levels of fitness are associated with lower levels of morbidity and mortality.
  - But we can't train at vigorous intensity all the time.
The Recommendations (cont.)

Traditional Strength Training Prescription:
- 8-10 exercises for the major muscle groups.
- 8-12 repetitions to maximize strength development.
- 1 set is sufficient, but 2-3 is better with training on 2 or more consecutive days.

Further Recommendations:
- Train your whole body.
- Choose large, multi-joint exercises.
- Sometimes less is more.
- Make time for both strength training and cardiovascular training.

Part 3: Let's put it all together!

If We Added It Up Correctly...

Recommendations say something like:
- 3-5 days per week of cardio.
- 2 days per week of resistance training.
- So I'm supposed to exercise 5-7 days per week?
- A variety of programs exist:
  - Less about what you do and more about what you'll continue to do.

Exercise Program Considerations:
- Current level ofismaa/muscle mass
- Goals, and needs assessment
- Prior exercise history
- Risk factors
Example 1

If your priority is strength/muscle development:
- 3-5 full body training days.
- Higher intensity is okay, using heavier weight results in more muscle.
- Traditionally, higher intensity types of “cardio” are recommended.
  - But research now shows as long as the moderate “cardio” doesn’t affect the training, it is fine.
  - This is important because we can now incorporate even higher intensity (e.g., true high intensity) into our programs and avoid unnecessary accumulation of training stress.
- Resistance training volume is a considerable factor.
  - Intensity and volume should be an inverse relationship. Duane stress.
  - Lower reps are better for strength development; higher reps are better for muscle development. Try both.
- Rotate periods of higher training volume with periods of lower training volume.
  - Occasionally take recovery off (i.e., no, not the complete off, just decreasing different).

Example 2

If your priority is weight loss or weight management:
- Weight loss recommendations are 1-2 pounds per week.
- Sustainable long-term weight loss is very difficult.
- Long-term energy deficit can cause your metabolism to be negatively influenced.
- Resistance training is vital for long term success.
  - As well as nutritional intervention (e.g., higher protein intake (2-3 g/kg/day)).
- Use a variety of “cardio” methods if preferred.
  - Keep your motivation high.
  - Don’t confuse exercise with physical activity.
  - Typical recommendation is double the traditional recommendation (300 mins of moderate intensity and 150 mins of vigorous intensity).
  - If you can’t do weight loss & stress in one way, they can’t be done.
- Adherence is everything.
  - It’s less about what you do and more about what you continue to do.

Example 3

If your priority is injury prevention:
- Higher intensity training is the recommendation for developing higher levels of fitness.
  - Can and take relationship increased risk for injury.
  - Notice should avoid higher intensity.
- Aim to exceed the minimum requirements.
  - Duration and intensity of training share a relationship.
- Other factors, strength training can provide valuable sustainability.
  - It can help with muscle imbalances, overuse injuries, and enhance force production.
  - Circuit stair climbing is a useful tool.