

**SHORT ON TIME?
EXERCISE LIKE THIS!**

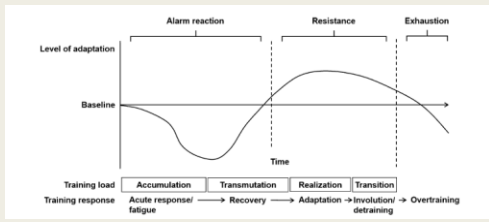
Bucky Buchanan, MS, MA, CSCS
Asst. Director, Fitness
HEHP Adjunct Faculty

Overview

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

**Part 1: What's the difference between
physical activity and exercise?**

General Adaptation Syndrome: An Update



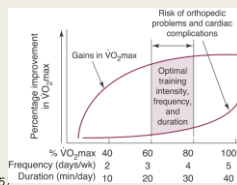
*Image from Curran et al. (2018).

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

The Recommendations

Traditional Cardiorespiratory Fitness Prescription

- Moderate exercise (~70% 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 know 3 x 20 isn't 75)
- Utilizing both moderate **and** vigorous exercise is preferred. 1 minute 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 intensities 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 nonconsecutive days.

Further Recommendations

- Train your whole body
- Choose large, multi-joint exercises
- Sometimes less is more
- Make time for both strength training and cardiorespiratory 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 of stress/readiness
- Goals and needs assessment
- Prior exercise history
- Risk factors

Example 1

If your priority is strength/muscle development:

- 2-4 full body training days.
- Higher intensity days (i.e., using heavier weight) need more recovery.
 - *If you're doing higher intensity training, then fewer days per week is warranted.*
- Traditionally, higher intensity types of "cardio" are recommended.
 - *But research now shows as long as the moderate "cardio" days aren't extensive then little to no impact.*
 - This is important because we can now incorporate lower intensity days (good for the stress balance) into our program and avoid excessive accumulation of training stress.
- Resistance training volume is a considerable factor.
 - *Intensity and volume should have an inverse relationship due to stress.*
 - *Lower reps are better for strength development; higher reps are better for muscle development. Train both.*
- Rotate periods of higher training volume with periods of lower training volume.
 - *Occasionally take some time off (No, no, no! Not completely off, just do something different).*

Example 2

If your priority is weight loss or weight management:

- Weight loss recommendations are 1-2 pounds per week.
- Sustained long-term weight loss is very tricky.
 - *Long-term energy deficits 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 intakes [2+g/kg/day]).*
- Using a variety of "cardio" methods is preferred.
 - *Keep your metabolism guessing.*
 - *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 couldn't tell, weight loss is stress in more than one way.*
- Adherence is everything.
 - *It's less about what you're doing and more about what you'll continue to do.*

Example 3

If your priority is cardiorespiratory development:

- Higher intensity training is the recommendation for developing higher levels of fitness.
 - *Give and take relationship: increased risk for issues.*
 - *Novice should avoid higher intensities.*
- Aiming to exceed the minimum requirements.
 - *Duration and intensity of training share a relationship.*
- Often forgotten, strength training can provide valuable sustainability.
 - *It can help with muscle imbalances, overuse injuries, and enhance force production.*
 - *Circuit style training is a useful tool.*
