



Newsletter

Physical Wellbeing: The Latest Research on Exercise

Benefits of Exercise

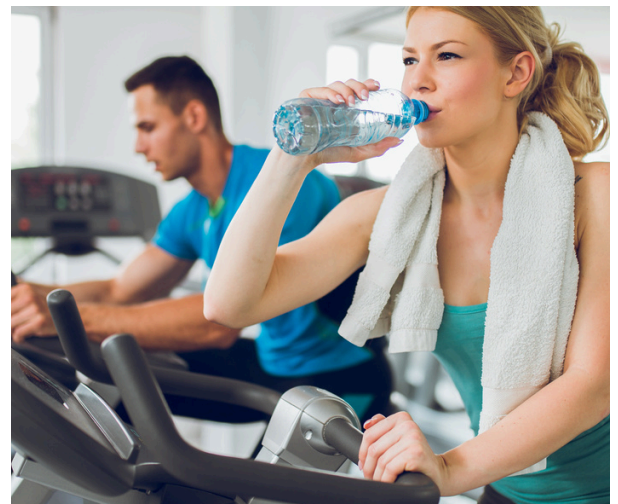
- Controls weight - Even small things like taking the stairs or parking farther away in a parking lot adds up to more exercise and managing weight!
- Combats health conditions and diseases - Not only does it improve cognitive function, it helps to reduce chances of stroke, metabolic syndrome high blood pressure, type 2 diabetes, depression, anxiety, many types of cancer, arthritis and falls.
- Improves mood - Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious. It can boost your confidence and improve your self-esteem.
- Boosts energy - Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.
- Promotes better sleep - Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep.

Baseline Hydrate

- In the first 10 hours you are awake, consume 8 oz (240 ml) of water every hour (that's 80 oz or 2.4 L of fluid total in the first 10 hours).

Additional Hydration during Exercise

- If you exercise, divide your body weight (in lbs.) by 30 = the fluid ounces to consume every 15-20 minutes of exercise.
- Ex: 200 lb person / 30 = 6.7 oz every 15 min.





3 Types of Exercise You Need

- Resistance Training - Do resistance training every other day for about 50-60 minutes. Start with a warm up. Then lift all major muscle groups. (At a minimum do resistance training twice a week).
- Zone 2 Cardio - Aim for at least 150-200 minutes of Zone 2 Cardio each week (ideally outside). That's running, swimming, brisk walking - anything where you are able to just barely maintain a conversation with someone.
- H.I.I.T (High Intensity Interval Training) - These are fast and effective workouts (anywhere from 15 minutes up) that alternate bursts of high intensity, full energy movement with brief recovery periods.
 - H.I.I.T. for Beginners - you could start with 30 seconds of high intensity (using an elliptical machine, walking/running, biking, etc., followed by 1 minute of recovery, repeated until you've worked out for 20 minutes.



Looking for a good starter walking H.I.I.T. program? Check this out:

- Warm up with a slower pace for around 5 minutes
- Walk at a steady pace for 3 minutes
- Walk at a brisk pace for 1 minute
- Walk at full intensity, pushing as hard as you can for 1 minute
- Repeat steps 2-4 for as long as you're walking (perhaps aim for 15 or 20 minutes and build up to longer HIIT walks)
- Finish with at least 3 minutes of slow recovery walk to cool down