



CAPTA NEWS

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Exercising in a Safe and Beneficial Way

By Jill Sly, PT, DPT

As the weather gets warmer, more and more people will feel motivated to begin or resume an outdoor exercise routine. Below are some motivating facts about the benefits of exercise. There will be more tips and reminders to come in the next issue of CAPTA News!

Benefits of Regular Exercise:

Improvement in cardiovascular and respiratory function

-Lower heart rate and blood pressure

-Increased maximal oxygen uptake

Decrease in risk factors associated with Coronary Artery Disease (CAD)

-Decreased in systolic/diastolic blood pressures

-Increase in HDL ("good") cholesterol and decrease in triglycerides

-Reduction in total body fat (decreased abdominal fat)

-Improved glucose tolerance (reduced insulin needs)

Decreased mortality and morbidity

-Higher fitness levels are associated with lower death rates from CAD

-Regular exercise is also related to a lower incidence for cardiovascular disease, CAD, colon cancer, and type 2 diabetes.

Greater strength and endurance

Weight Management

Reduced Stress, Anxiety, and Depression

Improved self-esteem and general feelings of well-being

Improved performance of work, recreational, and sport activities

Fun and enjoyment

The American College of Sports Medicine has issued updated exercise guidelines for healthy adults under age 65:

*Do moderately intense cardio 30 minutes a day, five days a week **OR** do vigorously intense cardio 20 minutes a day, three days a week. In addition, they recommend doing 8-10 strength training exercises, 8-12 repetitions of each exercise twice a week. Moderate intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. To lose weight or maintain weight loss, 60-90 minutes of exercise may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and decrease the risk for chronic disease.*

Resources:-ACSM's Guidelines for Exercise Testing and Prescription, 6th ed. Lippincott Williams & Wilkins, 2000.

-ACSM Website: www.acsm.org

