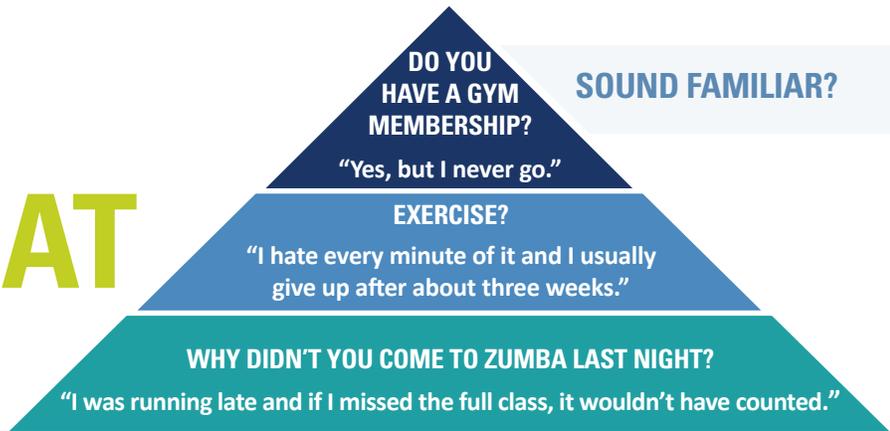


JUNE 2015

NO SWEAT



We all know we should be exercising because the benefits of regular exercise are many:

- More energy
- Better sleep
- Less stress
- Less depression
- Enhanced mood
- Improved memory
- Less anxiety
- Better sex life
- Higher life satisfaction
- More creativity
- Better overall wellbeing

In order to reap the benefits of regular exercise, what quantity and quality of exercise should we be getting? According to The American College of Sports Medicine (ACSM), the latest recommendations are:

CARDIORESPIRATORY EXERCISE

- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met through 30-60 minutes of moderate intensity exercise (five days per week) or 20-60 minutes of vigorous intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.
- Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.
- People unable to meet these minimums can still benefit from some activity.



RESISTANCE EXERCISE

- Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.
- Very light or light intensity is best for older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise and 15-20 repetitions improve muscular endurance.
- Adults should wait at least 48 hours between resistance training sessions.



FLEXIBILITY EXERCISE

- Adults should do flexibility exercises at least two or three days each week to improve range of motion.
- Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- Static, dynamic, ballistic and PNF stretches are all effective.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.





the supplement

FACILITATING VITALITY

NEUROMOTOR EXERCISE

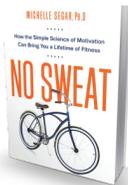
- Neuromotor exercise (sometimes called “functional fitness training”) is recommended for two or three days per week.
- Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (tai chi and yoga) to improve physical function and prevent falls in older adults.
- 20-30 minutes per day is appropriate for neuromotor exercise.



If there are compelling reasons to exercise and there are guidelines for realizing the benefits, why can't we start or sustain a regular exercise program?

According to *No Sweat*, by Michelle Segar, PhD the current model for exercise comes out of a medical framework – it is prescription-based. It doesn't take into account the realities of emotionally-motivated decision making. Human beings are hard wired to choose immediate gratification over future benefits. Logic doesn't motivate us, emotions do. If we want to start and sustain an exercise program, we have to do what makes us feel good and stop doing what makes us feel bad. The ACSM guidelines as written feel overwhelming.

Look back over your personal exercise history. What types of exercise have you enjoyed? What have you sustained? As Dr. Segar says, we are playing the long game here. If the goal is to maintain activity over a lifetime and reap the benefits that that brings, try to refocus and start choosing to move in ways that feel good to you. It all counts.



BOOK REVIEW

No Sweat
by Michelle Segar, PhD

Until I read Dr. Segar's book, I had never stopped to examine what types of exercise I have actually been able to start and sustain. In retrospect, each type has felt good and improved my daily life in some immediate way. When it stopped producing those results, I changed to something that did. Exercise is a part of my personal self-care hierarchy. It is non-negotiable. What does yours look like?



THE SELF-CARE HIERARCHY

RESOURCES



PATRICIA M. FULLER, PhD,
Director, Wellness Engineering

Patricia M. Fuller has dedicated the last 17 years to designing and delivering wellness programs as a project manager and contractor for PricewaterhouseCoopers, LLP. Her training events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

pfuller@bks-partners.com | Have a Question? Email it to Dr. Pat!

This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.