

# *How Much Exercise Is Right For You?*

## Facts

- ✓ Exercise is a key part of weight loss—combined with a sensible diet, it helps burn more fat and less lean body tissue.
- ✓ Regular exercise keeps your metabolic rate high for up to 30 minutes after you finish—that’s why it’s especially important for weight maintenance.
- ✓ Different forms of exercise burn calories at different rates—whatever type of exercise you select, the important thing is to keep moving and exercise regularly.
- ✓ Substitute poly- or monounsaturated fats for saturated fats whenever possible.

## Warm Up and Cool Down

- ✓ Be sure to incorporate 5–10 minutes of low-level exercise before and after your exercise session, such as:
  - Walking
  - Walking in place
  - Slow jogging
- ✓ Then follow with slow smooth stretching. Hold each stretch for 10–20 seconds.
- ✓ The warm-up gets your muscles ready for exercise and helps prevent soreness and injury.
- ✓ The cool-down helps prevent soreness and helps in getting blood back to the heart so you don’t feel dizzy or light-headed.

# How much Exercise Is Enough?

1. Calculate your maximum pulse rate capacity. Do this by subtracting your age from 220.

Then, multiply that rate by 70 percent to determine a target pulse rate for a moderate activity level.

2. Learn how to count your actual pulse rate:

- Put two fingers high up on one side of your neck, just under the jawbone, where you can feel the carotid artery pulsing.
- Count the heartbeats you feel for 10 seconds, then multiply by 6 to get your pulse rate count per minute

3. Continue to exercise regularly and challenge yourself to increase your fitness level along with your target pulse rate from this starting point.

<b>220-</b> _____ (your age)	<b>x.70=</b> _____	<b>Target Heart Rate</b> _____
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Exercise required to burn off a given number of calories (based on a person weighing 150 lbs.):  
Walking—5.0 calories per minute (297 calories per hour).  
Swimming—10.0 calories per minute (603 calories per hour).  
Bike Riding—7.4 calories per minute (441 calories per hour).  
Running—11.2 calories per minute (675 calories per hour).

<i>Calories Expended</i>					
<i>Food</i>	<i>Calories</i>	<i>Minutes of Activity*</i>			
		<i>Walking</i>	<i>Swimming</i>	<i>Bike Riding</i>	<i>Running</i>
<i>Bacon, 2 strips</i>	92	25	8	14	10
<i>Banana, small</i>	90	25	7	14	10
<i>Beer, 1 glass</i>	86	24	7	13	10
<i>Cake, 2-layer, 1/8</i>	260	72	21	39	30
<i>Carbonated beverage, 8 oz</i>	97	27	8	15	11
<i>Carrot, raw, large</i>	30	8	2	5	3
<i>Cereal, dry, 1 cup</i>	100	28	8	15	11
<i>Chicken, fried, 3 oz.</i>	218	60	18	33	25
<i>Cookie, oatmeal</i>	81	22	7	12	9
<i>Egg, fried</i>	90	25	7	14	10
<i>Ham (3 oz.)</i>	125	34	10	19	14
<i>Ice cream, 1 scoop</i>	151	42	12	23	17
<i>Malted milk shake (medium)</i>	506	139	42	77	58
<i>Milk, whole, 8 oz.</i>	147	41	12	22	17
<i>Milk, skim, 8 oz.</i>	91	25	7	14	10
<i>Orange juice, 8 oz.</i>	112	31	9	17	13
<i>Pancake, no butter or syrup</i>	120	33	10	18	14
<i>Peach, medium</i>	38	10	3	6	4
<i>Pie, apple, 1/6</i>	277	6	23	42	32

# What Can Exercise Do For You?

## What can Exercise Do For You?

- Exercise burns calories.
- Aerobic exercise burns fat.
- Exercise can increase muscle mass.
- Moderate exercise helps control your appetite.
- Exercise helps cope with stress and helps counter depression—common triggers of overeating.

## Exercise & Your Health

Regular exercise:

- Helps reduce high blood pressure
- Helps control diabetes
- Helps control cholesterol levels
- Strengthens the heart and bones
- Helps reduce high lipid levels in blood
- Helps you to sleep better

<i>Exercise Recommendations For Weight Control</i>	
<i>Frequency</i>	<i>Three to Five times per week</i>
<i>Time</i>	<i>30-60 minutes of aerobic activity per session</i>
<i>Type</i>	<i>Continuous aerobic activity such as walking, stationary cycling, swimming, rowing, cross-country skiing, or jogging</i>