



WELL MY WEIGH

Workout Guide*

*Disclaimer: for safety's sake, talk with your doctor before increasing your activity level. Ask about the amounts and types of activities that may be best for you.

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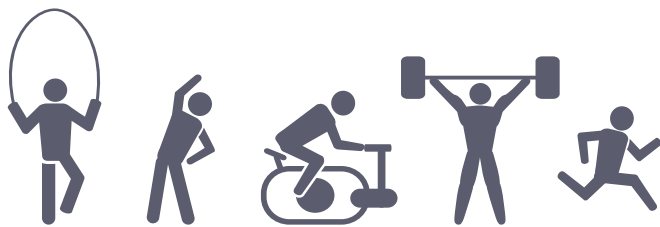
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WHAT IS EXERCISE?

What Is Exercise?

Exercise is intentional physical activity that is regular, planned and structured for the purpose of increasing health and physical fitness.



Components of Exercise

Aerobic exercise, strength training and flexibility are all important to have a successful, well-rounded exercise program. Aerobic exercise trains the cardiorespiratory system. Strength training concentrates on the strength and endurance of your muscles with the focus of increasing your muscular fitness. Flexibility training will help to increase range of motion. In the Well My Weigh program, we will encourage you to focus on all three areas of physical activity, as they may help you achieve and maintain your ideal weight.



AEROBIC EXERCISE

Potential Benefits

- Decreased risk of cardiovascular disease
- Decreased risk of type 2 diabetes
- Decreased risk of some cancers
- Strengthened bones and muscles
- Improved mental health and mood
- Proper weight maintenance
- Improved ability to do daily activities
- Increased chances of living longer
- Improved sleep quality

Aerobic Exercise Guidelines

- On average, healthy adults between the ages of 18 and 64 need at least 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity, per week, or an equivalent mix of moderate and vigorous activity. For even greater health benefits, adults should aim for 300 minutes of moderate-intensity aerobic activity or 150 minutes of vigorous-intensity aerobic activity per week, or an equivalent mix.
- Aim to vary the type of cardio you do (e.g., walking one day and biking another).
- If you're new to physical activity, it is best to start slow. Walking, elliptical, swimming and biking are all great options for those just starting out. When you feel you're ready to step it up a bit, you can start to make adjustments to vary the activity so it's more challenging. For example, when walking, you can increase your speed or add an incline. If you're using the elliptical or stationary bike, you can try one of the pre-programmed options to add intensity or incline. If you're swimming, you can try a new stroke.

Aerobic Exercise Intensity

It is important to understand and identify the intensity of your workouts for two reasons: 1) to ensure that you are exercising at the appropriate intensity to achieve the health goals you desire, and 2) to ensure that you are exercising safely.

Moderate Intensity:

- Exercise heart rate should be 50-70% of your age-predicted maximum heart rate
- The Talk Test: maintain ability to talk during activity, but not sing
- Examples of moderate-intensity aerobic activity include:
 - Walking briskly (three miles per hour or faster, but not race-walking)
 - Water aerobics
 - General gardening
 - Bicycling slower than 10 miles per hour

Vigorous Intensity:

- Exercise heart rate should be 70-85% of your age-predicted maximum heart rate
- The Talk Test: maintain ability to say only a few words before having to pause for a breath during activity
- Examples of vigorous-intensity aerobic activity include:
 - Jogging or running
 - Jumping rope
 - Swimming laps
 - Hiking uphill
 - Playing tennis (singles)

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AEROBIC EXERCISE

Determining Target Heart Rate

Target heart rate can be a useful tool when engaging in physical activity because it can help you determine the intensity level of your workout. Take your heart rate by placing the tips of your first two fingers on your other wrist toward the side nearest to your thumb. Press lightly over the blood vessel to feel a pulse. To determine your heart rate, count the number of beats over the course of 60 seconds. Alternatively, you can count for 30 seconds and then multiply by two.

Step One: Determine your maximum heart rate by taking 220 and subtracting your age.

Step Two: Determine your target heart rate.*

- A. Moderate-intensity physical activity: 50 - 70% of your maximum heart rate
- B. Vigorous-intensity physical activity: 70 - 85% of your maximum heart rate

Example: you are 32 years old and want to determine what your target heart rate range is for moderate-intensity activity.

1. Take $220 - 32$ (your age) = 188 maximum heart rate
2. Multiply $188 \times .50$ and $.70 = 94 - 131.6$

Therefore, in order to be exercising at moderate intensity, your heart rate should be between 94 and 131.6 beats per minute.

It is important to understand that these are general guidelines. Certain blood pressure and heart medications may affect your heart rate. If you are on medication, or have a heart problem or other medical condition, please consult with your doctor on your physical activity program and which targets are right for you.

Safety Tips

- Talk with your doctor before significantly increasing your activity level. If you've been inactive, start slowly. You might begin by exercising in 10-minute sessions and gradually build from there.
- To help avoid injury and prepare your body for more intense exercise, be sure to warm up prior to the start of your aerobic activity and cool down at the end of your session. A warm-up should be approximately 5-10 minutes long, and can be in the same mode of exercise you are planning to do, just at a slower pace. For example, if you are going for a run, instead of sprinting out the door, start with a slow jog for 5-10 minutes before you pick up the pace. Then, at the conclusion of your aerobic activity, begin to cool down the body with 5-10 minutes at a slower pace, similar to the warm-up.
- These guidelines are for healthy non-pregnant people from ages 18 to 64. If you are 65 or older, are generally fit and have no health conditions that limit you, you may also be able to follow these guidelines. But whatever your age, talk to your doctor if you are on medications, have a chronic health condition or injury or have been inactive. Your doctor can determine what activities and intensity levels are right for you.



STRENGTH TRAINING

Potential Benefits

- Increased muscle strength
- Increased bone strength
- Blood glucose regulation
- Improved body composition
- Improved cardiovascular fitness
- Possible management of conditions such as osteoporosis, arthritis, dementia, obesity and hypertension
- Improved quality of life

Guidelines

The guidelines for strength training are as follows:

- Perform muscle-strengthening activity on two or more days a week
- Aim for 8-10 different exercises targeting the major muscle groups (chest, back, shoulders, biceps, triceps, abdomen, lower back, gluteals, quadriceps and hamstrings)
- Aim for 8-12 repetitions per set
- Exercise with an effort at about an 8 on a rated perceived exertion scale (RPE), where 0 represents the feeling of sitting in a chair and 10 represents extreme difficulty
- Perform exercises in a controlled manner
- Try using various types of equipment such as free weights, machines and resistance bands

Safety Tips

- Talk with your doctor before significantly increasing your activity level to determine what types of activities and strength training exercises are best for you.

- Warm up prior to strength training with 5-10 minutes of light cardiovascular activity.
- Perform exercises slowly and in a rhythmic manner.
- Technique and good form are essential. Speak to a staff member if you are unsure of proper form.
- Perform exercises that promote muscular balance:
 - Back – Front
 - Top – Bottom
- Start out by choosing a weight that feels comfortable, yet challenging, to you. You should choose a weight/resistance that brings about muscle fatigue, but not exhaustion, by the end of your repetitions.
- Gradually increase the weight/resistance as you get stronger and are able to complete 12 repetitions of an exercise with correct form.
- Breathe during each phase of the exercise:
 - Exhale during lifting phase
 - Inhale during lowering phase
 - Avoid holding your breath
- Muscles should be worked on non-consecutive days in order to allow for recovery and rebuilding time.
- If possible, exercise with a partner who can provide feedback, assistance and encouragement.
- These guidelines are for healthy, non-pregnant people from ages 18 to 64. If you are 65 or older, are generally fit and have no health conditions that limit you, you may also be able to follow these guidelines. But whatever your age, talk to your doctor if you are on medications, have a chronic health condition or an injury or have been inactive. Your doctor can determine which activities and intensity levels are right for you.



FLEXIBILITY

Potential Benefits

- Increased range of motion around joints
- Increased blood flow to muscles
- Improved performance

Guidelines

- Stretch at least two days a week, or more if you are stiff or have lost some joint motion.
- Stretch your major muscle groups and areas that are often tight, such as the chest, hamstrings, hip flexors and calves.
- Hold each stretch for 10-30 seconds, and repeat each stretch 2-4 times on both sides of the body.
- Stretches may be static or dynamic.

Safety Tips

- Talk with your doctor before significantly increasing your activity level, and to determine which types of activities and stretches are best for you.
- Don't stretch to the point of pain or past a joint's normal range of motion.
- Don't hold your breath while stretching; breathe normally.
- Don't stretch until you have first warmed up your muscles. Do a brief (5-10 minute) warm-up such as walking. Stretching is also great after a workout as part of a cool-down, which may help prevent muscle soreness.
- Don't stretch an injured area. Consult with a medical professional about what is appropriate.
- These guidelines are for healthy non-pregnant people from ages 18 to 64. If you are 65 or older, are generally fit and have no health conditions that limit you, you may also be able to follow these guidelines. But whatever your age, talk to your doctor if you are on medications, have a chronic health condition or have been inactive. Your doctor can determine what activities and intensity levels are right for you.



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