

# EXERCISE ENQUIRER

## WHY

- The main goal of exercise should be fitness! The other benefits of muscle tone, endurance and weight loss will automatically fall into place.
- Exercise is the easiest way to get your ideal shape and weight.

## WHAT

- First, do what you enjoy
- Determine what is your main motive for exercise at any given time:
  - Weight reduction or calorie-burning – use cardiovascular or aerobic exercise *daily*. Walking is the easiest method *40 minutes per day* – even in your backyard or room! Also: aerobic dancing, jogging, swimming, tennis and other sports.
  - Toning muscles or building strength. Do taeko, weight training or calisthenics, *three times weekly*. Calisthenics involve moving muscles against gravity.
  - Improving joint or muscular flexibility – stretching *two to three times weekly*. Also, before and after other exercises.
- For all types of exercise, the most effective way of gaining results is to do several sets of repetitions (reps), increasing the amount of reps as one gains endurance.

## HOW MUCH

- Don't go beyond your comfort level of breathing, pulse rate and muscle soreness.
- For persons who are sedentary, over 40 or recovering from illness and unsure what level to begin with, check your physician.
- Gradually build up as endurance level rises.
- When you walk, you can alternate between walking briskly and at a normal pace. Carrying small weights can also be used to aid strength building.
- When sore, do light exercises the following day and continue with routine the day after.
- Gain complete rest between exercise sessions.

## WHEN

- **Start a routine.** Begin three days per week for 20 minutes, then gradually move into daily, as your comfort level allows.
- 40 minutes a day is good.

## HOW

- Make a weekly schedule and **stick to it!**
- Change routines so as not to get bored. For example between calisthenics, walking, swimming and tennis.
- Incorporate music into your routine using appropriate tempos to suit your exercise pace. Use a walkman when walking to relieve boredom.
- Warm up and cool down, before and after for five minutes by going slower and stretching.
- Ensure that you consume enough fluids.
- Find a partner or small group with whom to walk or work out.
- Walking with one's beau can build a marriage!
- When you walk, you can alternate between walking briskly and at a normal pace. Carrying small weights can also be used to aid strength building.
- Make exercise as important a priority as anything else! It will help to give you more time in the long-run to do everything!

## WHERE

- Use whatever space you have: parks, gyms, churches, use your own bedroom too!
- Try to sneak exercise into everyday routines, e.g. lift chairs when moving them, instead of sliding or pushing.
- Park farther away from the office, or come off at an earlier bus stop, and then walk.