



RELAX...

Exercise doesn't have to be such hard work.

All gyms have one – the exerciser who is sweating like crazy as they light up the entire board on the stair climber, trying to work out just as hard as they can, every time. They are probably thinking that a workout has to be hard to get the most benefits. Well, now you can say to that person, "relax. Slow down. No need to work so hard all the time." And have the research to prove it.

A recent study published in the Journal of the American Medical Association showed that women trying to lose weight can benefit as much from a moderate physical activity as from an intense workout.

The exercise and intensity study involved 201 overweight but otherwise healthy women ages 21-45. All received reduced-calorie meals in addition to being randomly assigned to one of four physical activity regimens, which varied by intensity and duration. The regimens consisted of either a moderate- or vigorous-intensity physical activity performed for either a shorter (2½ to 3½ hours per week) or longer (3½ to 5 hours per week) duration. The physical activity consisted primarily of brisk walking, and the regimens used about 1,000 or 2,000 calories per week.

Women in all four groups lost a significant amount of weight—about 13 to 20 pounds—and maintained their weight loss for a year. They also improved their cardio respiratory fitness.

However, the amount of weight lost or fitness improvement was no different among the four groups.

So, don't work yourself into a lather over how hard to exercise, just exercise and enjoy.

“Women in all four groups lost weight... and maintained their weight loss for a year.”

SOURCE: The Journal of the American Medical Association

10 Working (Out) For Scale

How many times have you been asked to rank something, "on a scale of 1 to 10?" How about how hard you are exercising? To maintain workouts at a moderate pace, it's good to be familiar with the most famous scale of rating exercise intensity, known as the Borg Scale or the Rating of Perceived Exertion (RPE). When exercising, keep in mind that according to the RPE, a rating of 1 would basically be a couch potato, between 3 and 6 would be moderation, and 7 to 10 would be hard to very intense, such as running sprints. At any time in your workout, think "would this effort be below a 3 or above a 6?" If yes, try to find a pace somewhere in the middle.





Physical Activity: The Foundation For A Long, Full Life

By David Gobble, PhD

If you are like most Americans over 40, you probably don't participate in regular physical activity on a daily basis. Fewer than one in seven older Americans get enough physical activity to postpone the decline of muscle strength and endurance brought on by aging. This long-term, low-level of activity leads to common health problems and diseases including Obesity, Diabetes, High Blood Pressure, Heart Disease, Cancer, Osteoporosis (bone loss) and Arthritis. Chronic inactivity is also a main reason for not being able to participate in a variety of work, home, and recreational activities in later life. But, it's never too late to improve your level of fitness and your quality of life.

Recommended Activity For Long Life

You need to plan for a variety of physical activities which challenge you to build your endurance, strength and flexibility. First, you should do a minimum of 30 minutes of cardiorespiratory exercise every day. Examples include walking, biking or swimming. Doing an hour a day of this type of activity is recommended, especially if you want to lose weight. You also should stress (overload) your muscles three or more times per week in a structured exercise effort. Working on your upper and lower body, using weights, or other resistance techniques will keep muscles strong as you age. Muscle strength and endurance are both needed to meet a variety of planned and unplanned challenges at work and at home. Finally, you need to do some stretching on a regular basis, ideally three or more times per week, to keep your range of motion as normal as possible.



Developing Your Personal Physical Activity Plan

1. **Walking should be your foundation.** Do it every day for 30 minutes, and ideally over one hour. Your goal is to build up to 10,000 steps per day, approximately 3 plus miles per day.
2. **Exercise your muscles to increase both strength and endurance.** Plan a specific time (30 minutes or more) at least three days per week to overload muscles throughout the body. A strategy that has worked for my wife and me over 18 years is to alternate between upper body exercises on one day and lower body the next, giving our older muscles time to recover from the stress of muscle overload.
3. **Consider either joining a health club/YMCA or getting a personal trainer** to assist you in planning your muscle development/exercise workout.
4. **Identify any opportunity in your regular daily activity that would provide you with additional opportunity to be active.** Examples include walking stairs, using break time for walks, being more active at home working in the yard, or pursuing an active hobby.

