

SAGE ADVICE

Work Smarter not Harder



Live Your Best Life!

The idea of –the harder you work out, the better your health is no longer the focus of exercisers around the country. In fact a new exercise revolution that stresses, ease on bones, joints and muscles and offers moderate stress to the heart and lungs is taking over with big results.

Research shows that a modest amount of enjoyable physical activity each week can extend your life. That's good news for those who think that getting in shape is too much work.

A little goes a long way

For the older and higher risk population, it is important that we stress less intense but frequent exercise. Less intense exerciser for this population offers most of the same benefits with less risk of exercise induced injuries and heart attacks. For example, walking has been shown to offer the same aerobic health benefits as running if you walk longer and more often.

Are you tired yet?

Many people are under the impression that monitoring and maintaining your heart rate in the 'training zone' is the way to get 'in shape'. In fact, most people find it difficult first to find their pulse during exercise let alone take it. As well, maximum heart rates do not always follow the table norms for exertion due to the fact that some people have smaller or larger hearts than the average. That being the case if you are exercising for health, it is recommended that you regulate your workouts according to 'perceived exertion'. This means exercise until you are somewhat fatigued but not exhausted. For most beginners, that would be a six to seven on a scale of ten.

When you don't use it you lose it.

Muscle loss is usually the result of inactivity, not aging. The good news is that muscle loss at any age is reversible. Emphasis should be placed on muscular conditioning exercises for the arms and upper body, since aerobic sports such as, running, cycling and walking do not emphasize these areas. Remember that even minimal work that offers resistance can increase the size in a muscle. These small increases in muscle mass have a positive impact on metabolism, strength and endurance.

Maintenance

It is one thing to get yourself in better physical condition, but once you do, you are nicely rewarded to keep it there. Maintaining fitness and health gains are easier than you think. The hardest part for most people is staying motivated and finding the time. Maintenance is all about going through the motions. The effort does not have to be harder or longer, but it must still be done. The key is to just keep doing it. In fact, you can miss the odd workout here and there or even drop one of the days of exercise and you will not notice any drastic decline in your condition or appearance. However, take a few weeks off and you could be right back at the beginning again. Even a shorter workout on those slack weeks will help keep you in the game so that when you get back to your routine it won't feel like you are starting from the bottom again.

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