

FITNESS BASICS

Aerobic Exercise

- Any activity that increases your breathing and heart rate, such as swimming, jogging, biking, and walking.
- The American Heart Association (AHA) recommends at least 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity, aerobic exercise per week.
- Moderate-intensity exercises include: brisk walking (2.5 mph), mowing the lawn, and biking.
- Vigorous-intensity exercises include: hiking, shoveling, playing tennis, and running.

Strength Training

- Involves bodyweight exercises, lifting any sort of weight (including dumbbells, kettlebells or barbells), or the use of resistance machines.
- Exercises should include all of the major muscle groups (chest, back, arms, shoulders, and calves) at least two times per week.
- Complete at least a single set of each exercise using a weight that is heavy enough to fatigue your muscles after about 12-15 repetitions.

Benefits May Include:

- Improved bone strength/mass
- Lower risk of developing conditions such as heart disease, stroke, type 2 diabetes, obesity, and high blood pressure
- Weight loss
- Reduced stress
- Increased strength

*Please check with your healthcare provider before starting a new exercise regimen.

Sources:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>.

<https://www.webmd.com/fitness-exercise/difference-between-strength-hypertrophy>.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916#:~:text=Get%20at%20least%20150%20minutes,the%20course%20of%20a%20week>.

Images: Canva.com