

Benefits of Exercise

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What is exercise? Is it different from physical activity?



A few definitions...

- Exercise – Planned, structured and repetitive movement to improve or maintain one or more components of physical fitness/health
- Physical activity - any bodily movement that uses skeletal muscles and requires energy, excluding sitting or lying down. (chores, leisure, work)
- Sedentary behavior/Physical Inactivity – Activity that involves little or no movement or activities that are posture (sitting) having and energy expenditure of <1.5 METS
- METS- metabolic equivalent, which is a measurement of the energy cost of physical activity relative to the energy cost of resting. Helps describe the intensity of and activity
- Intensity – How hard your body works during physical activity or exercise.

Physical Inactivity

- A fast-growing public health problem
- Lack of exercise contributes to a variety of chronic diseases and health complications including, but not limited to:
 - Obesity
 - Heart disease
 - Diabetes
 - Hypertension
 - Cancer
 - Depression and anxiety
 - Arthritis and osteoporosis
- Research shows that physical inactivity exposes a patient to a greater risk of dying than does smoking, obesity, hypertension, or high cholesterol





PHYSICAL INACTIVITY

Inactive people are nearly twice as likely to develop heart disease as those who are active. The good news is that physical activity can protect your heart and you don't have to run a marathon to see benefits. Regular physical activity can also reduce your chances of developing high cholesterol and high blood pressure.

THREE THINGS TO DO (10 MINUTES EACH) =
30 MINUTES OF PHYSICAL ACTIVITY

WHEN DOING AEROBIC ACTIVITY, DO IT FOR AT LEAST 10 MINUTES AT A TIME.



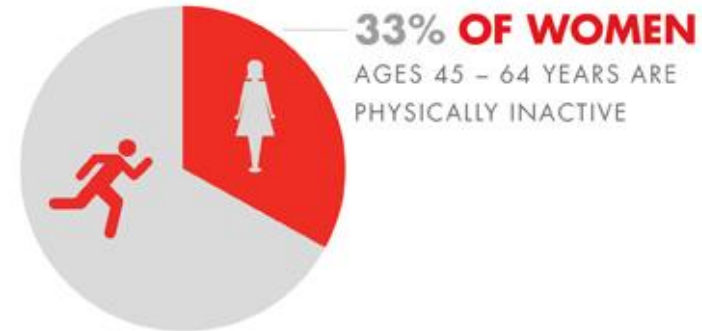
TAKE A WALK
AROUND
THE BLOCK



DANCE TO
THREE OF YOUR
FAVORITE SONGS



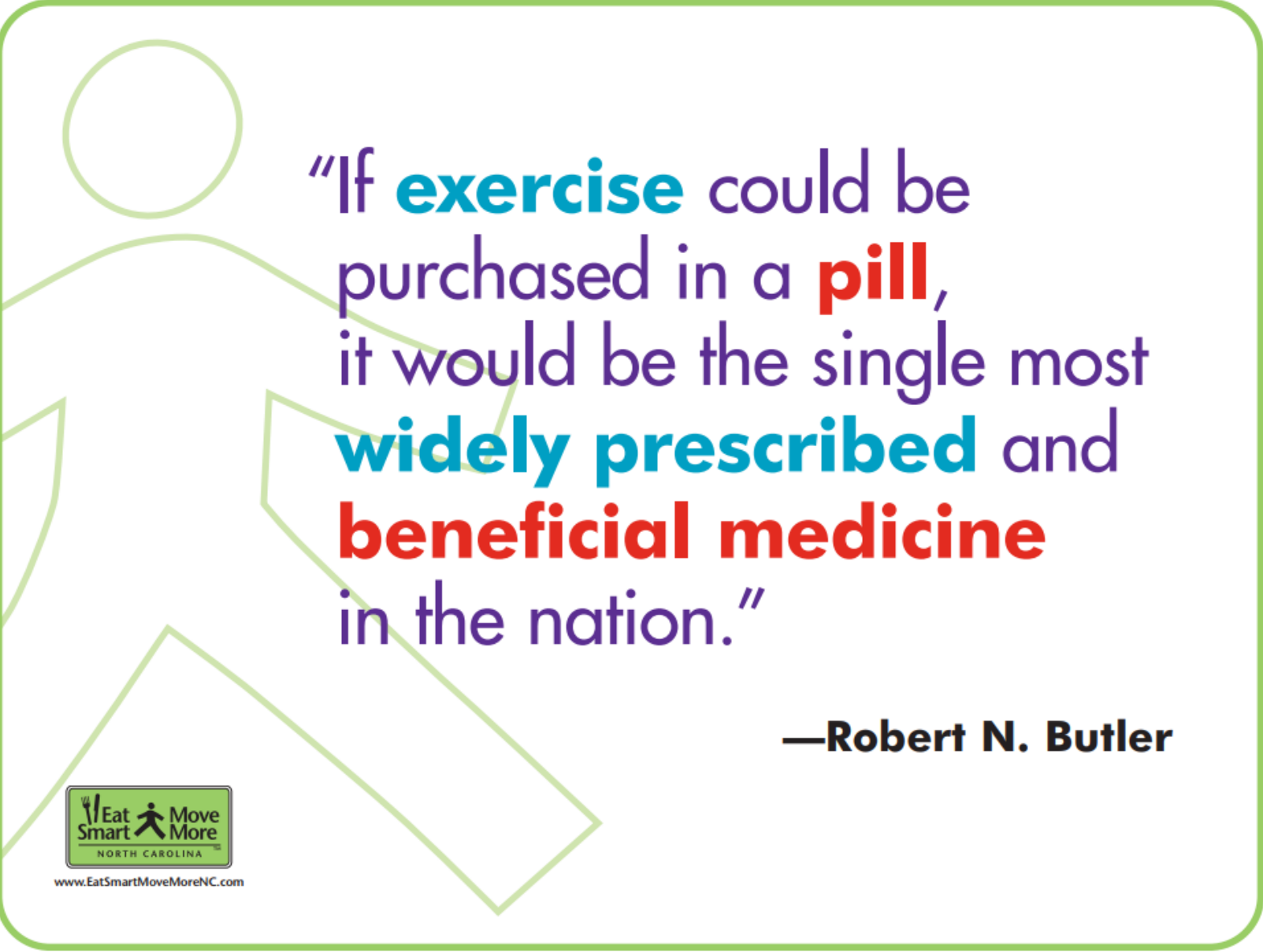
GO FOR A
BIKE RIDE



Sources

- National Heart, Lung, and Blood Institute. (2006). *Your guide to physical activity and your heart. Tips for getting active.*
- Department of Health and Human Services. (2008). *2008 Physical activity guidelines for Americans.*
- National Center for Health Statistics. (2010). *National Health Interview Survey.*





“If **exercise** could be purchased in a **pill**, it would be the single most **widely prescribed** and **beneficial medicine** in the nation.”

—Robert N. Butler



www.EatSmartMoveMoreNC.com

Why Do People Exercise?



WHY?

Common

- Look better
- Feel better
- Weight loss/management
- Reduce future risk for disease
- Stress management
- Improve stamina/endurance
- Get stronger
- Stay independent

Not so Common

- Lower BP
- Lower risk for Diabetes/reduce blood sugars
- Improve brain function
- Improve posture
- Rehab an injury
- Doctor told me too
- “I like it!”
- Reduce symptoms of anxiety and depression
- Prevent bone loss




Did you know.... active individuals in their 80s have a lower risk of death than inactive individuals in their 60s?

Health Benefits of Physical Activity


FOR ADULTS 65 AND OLDER

IMMEDIATE

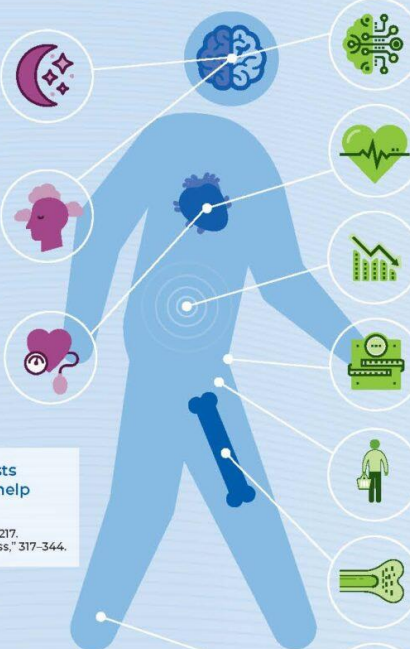


A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.


LONG-TERM




Regular physical activity provides important health benefits for chronic disease prevention.




Sleep
Improves sleep quality




Less Anxiety
Reduces feelings of anxiety




Blood Pressure
Reduces blood pressure




Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression




Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes




Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach




Healthy Weight
Reduces risk of weight gain




Independent Living
Helps people live independently longer




Bone Strength
Improves bone health




Balance and Coordination
Reduces risks of falls



Emerging research suggests physical activity may also help boost immune function.
Nieman, "The Compelling Link," 201-217.
 Jones, "Exercise, Immunity, and Illness," 317-344.



TYPE TRAINING 

June 2023

Source: Physical Activity Guidelines for Americans, 2nd edition
 To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

This is a great example of why it is so important to exercise!



General Exercise Recommendations:

American College of Sports Medicine (ACSM) recommends...

- Aerobic exercise at least >150 minutes each week at a moderate intensity (3-5.9 METS) OR vigorous intensity (>6.0 METS) >75 minutes each week
 - Includes walking, cycling, water exercise, jogging, or dancing
- Resistance Training 2-3 days per week
 - Includes weight training and body weight exercises
 - 8-10 exercises with large muscle groups with 8-12 repetitions
- Flexibility exercises- at least 2 times week
- Balance training -3 4 days a week for people at risk to fall.



AMERICAN COLLEGE
of SPORTS MEDICINE



Understanding METS

Frequency	Intensity	METS	Examples of METS associated with endurance exercise
Never/ Rarely	High	16	Competitive cycling
		15	Cross-country ski racing (>8.0 mph)
		12	Canoeing, rowing, crew in competition
		10	Soccer, competitive
		9.8	Running—6 mph (10 minutes/mile)
		8	Basketball game
		7	Racquetball
		5.8	Swimming laps, freestyle—light-moderate effort
		5.3	Downhill skiing—moderate effort
		5	Walking for exercise—4 mph (very brisk pace, level, firm surface)
		4.8	Golf
		3.5	Walking for pleasure or transportation
		3.3	Sailing (boat and board sailing, windsurfing, ice sailing)
		3	Canoeing/rowing for pleasure
		2.5	Yoga
		Regularly	Low

MET Levels

Listed alphabetically by category of intensity

Light activities (<3 METs)*	METS
Canoeing leisurely	2.5
Croquet	2.5
Dancing, ballroom, slow	2.9
Fishing, standing	2.5
Golf with a cart	2.5
Housework, light	2.5
Playing catch	2.5
Playing a piano	2.5
Sitting quietly	1.0
Stretching exercises, yoga	2.5
Walking, 2 mph	2.5

*Calories burned = up to 215/hour

Moderate activities (3-6 METs)*	METS	Moderate activities (3-6 METs)*	METS
Aerobic dance, low impact	5.0	Jumping on mini trampoline	4.5
Archery	3.5	Kayaking	5.0
Badminton	4.5	Mowing lawn, walking	5.5
Baseball or softball	5.0	Raking the lawn	4.0
Basketball, shooting baskets	4.5	Shoveling snow	6.0
Bicycling, leisurely	3.5	Skateboarding	5.0
Bowling	3.0	Skating downhill, moderate	6.0
Calisthenics, light to moderate	3.5	Snorkeling	5.0
Canoeing, 3 mph	3.0	Snowmobiling	3.5
Chopping wood	6.0	Surfing	6.0
Dancing, aerobic or ballet	6.0	Swimming, moderate pace	4.5
Dancing, modern, fast	4.8	Table tennis	4.0
Fencing	6.0	Tai chi	4.0
Fishing, walking and standing	3.5	Tennis, doubles	5.0
Foot bag, hacky sack	4.0	Trampoline	3.5
Gardening, active	4.0	Volleyball, noncompetitive	3.0
Golf, walking	4.4	Walking, 15 min/mile	5.0
Gymnastics	4.0	Walking, brisk up hills	6.0
Hiking cross country	6.0	Water skiing	6.0
Horseback riding	4.0	Weight lifting, heavy workout	6.0
Ice skating	5.5	Wrestling	6.0

*Calories burned = 215–430/hour



Reminders for Safe Progression

- **Aerobic/Cardiovascular**

- Focus on getting up to 150+ minutes of moderate intensity per week
- Consider short bursts of higher intensity (level/resistance or speed)
- When increasing intensity levels/speeds, increase incrementally (i.e. increase from level 1 to level 2, rather than level 1 to level 4)

- **Strength Training**

- Increase your weight every 2-4 weeks depending on the difficulty of the exercise
- When you increase weight it can be normal to reduce reps.
- Tip: if you have trouble getting to 12-15 repetitions, the weight may be too heavy





Tips

- Don't "take a week off."
- Address any "signs and symptoms" with your doctor.
- Don't stop stretching!
- Consider a workout buddy or program that will help to keep you accountable.
- Set short term goals.



Individuals who exercise at least 150 minutes per week at a moderate intensity

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of [colon cancer](#)
- up to a 20% lower risk of [breast cancer](#)
- a 30% lower risk of early death
- up to an 83% lower risk of [osteoarthritis](#)
- up to a 68% lower risk of [hip fracture](#)
- a 30% lower risk of [falls](#) (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia

National Health Service UK 2018

Where Can I Exercise?



ProMotion Fitness

7211 Bank Court, Suite 220
Frederick, MD 21703
(240) 215-1470
exercise@frederick.health

October 2, 2024



Our Aim & Mission

- Our aim is to provide a safe and supportive environment designed to work with you in reaching your wellness goals.
- Our mission is to positively impact the well being of individuals in our community through Exercise is Medicine (EIM).
 - Exercise is Medicine is a global health initiative managed by the American College of Sports Medicine to make physical activity a standard in clinical care. Exercise and physical activity are clinically proven to be important to health and the prevention and treatment of many chronic diseases.





What is ProMotion Fitness?

Frederick Health ProMotion Fitness is located in the FH Crestwood building and is a medically-oriented fitness center with highly qualified staff, state-of-the-art equipment, and a friendly community centered approach.





What Do We Offer?

We offer safe, supportive, and educational services to individuals with diagnoses including, but not limited to:

- Pre- and post-bariatric surgery
- Cardiovascular disease
- Diabetes
- Cancer (Survivor Fitness)
- Pulmonary disease
- Obesity / general deconditioning
- Arthritis / fibromyalgia
- Osteoporosis / frailty
- Orthopedic issues
(chronic pain, joint replacement, etc.)



However, it is not necessary for you to have a chronic illness to utilize our services or become a member of ProMotion Fitness!



What Do We Offer?

- Personalized exercise programs based on your needs and goals, with one-on-one attention and guidance.
- Program updates as often as needed (at no additional cost).
- Blood pressure and heart rate monitoring as needed.
- Blood glucose monitoring for diabetes, if applicable.
- A variety of exercise equipment for all body types and needs.





Technogym Wellness System

ProMotion Fitness offers Technogym® aerobic and strength equipment that allows us to:

Develop a personalized electronic exercise prescription that you carry with you on a wellness key and insert into the exercise equipment to ensure an appropriate and safe exercise.

Provide feedback to your physician per your individual request and needs.



The Wellness Company



When Can I Come To Exercise?

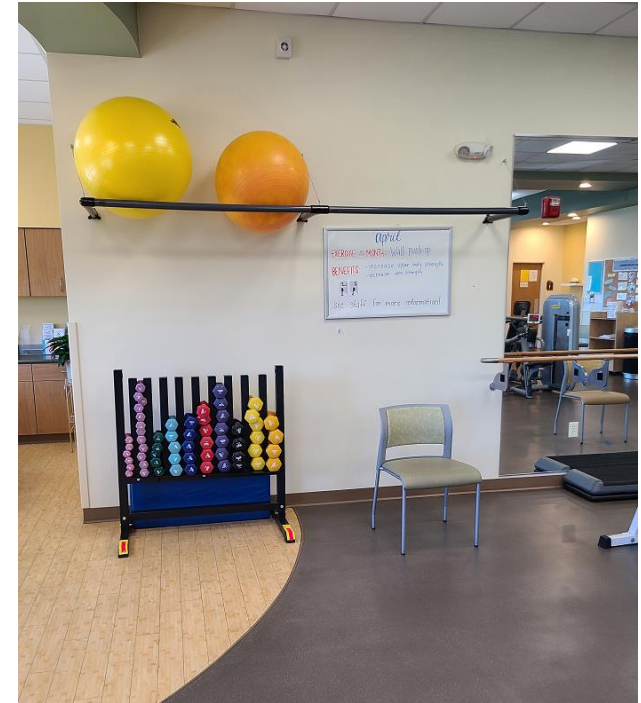


Current Hours of Operation:
Monday, Wednesday and Friday
7:00 AM – 6:00 PM
Tuesday and Thursday
7:00 AM – 3:00 PM



How Do I Get Started?

- Please discuss this program with your physician before enrolling.
- Call 240-215-1470 to facilitate enrollment and schedule initial evaluation.
 - The initial evaluation includes:
 - Reviewing health history and medication
 - Establishing health and fitness goals
 - Assessing individual's current fitness level
 - Creating a personalized exercise program
 - Guiding individual through the first exercise session





Questions?

- Please call or email if you have any questions or concerns about the program.
- You may also stop by during our open hours to get a tour of the facility and ask questions.

7211 Bank Court, Suite 220, Frederick, MD 21703

(240) 215-1470

exercise@frederick.health

*We look forward to working with you to reach all of
your health and wellness goals!*