

# BREAKING DOWN THE BARRIERS

## YOUR EXERCISE PRESCRIPTION IS READY!

The secret to health lies within you. You have access to it whether you are 9 or 90. It follows you everywhere, it doesn't have to cost money, and it can be the most significant factor in your health and longevity. It's something everyone can do to improve their health and well-being.

### EXERCISE



The benefits are numerous!

- Reduces stress
- Strengthens heart and lungs
- Helps to achieve and maintain a healthy body weight
- Supports mental wellness
- Prevents chronic disease
- Increases longevity
- Prevents injuries and disability

Aches and pains, fatigue, fear, and discomfort are barriers that can get in the way of being active. It's much more comfortable to read, socialize, or watch television, especially if you have health

concerns. As we age and experience more physical stiffness and inflammation or chronic disease, it might feel like our days of exercising are over. The benefits of physical activity extend to those with health conditions as a means of secondary prevention. Engaging in both aerobic and anaerobic exercise has the potential to reverse the disease process and prevent a further decline in health status. Your exercise prescription is ready.

## 3 Questions to Ask Before You Begin



**WHAT EXERCISES ARE SAFE?** If you are in good health, most exercises are considered safe. If there is a preexisting condition, your doctor may recommend different exercises to help with pain or symptom management. It is important to work with a doctor or physiotherapist when deciding what exercises are safe for you to perform.

**HOW OFTEN AND WHAT INTENSITY IS BEST?** Always talk to your doctor about the intensity that is safe for you. The general recommendation for physical activity is 30 minutes 5 days per week. Recognize that any activity is better than none. Listen to your body and just begin moving more! Set small goals and progress regularly.

**WHAT SHOULD I EXPECT DURING AND AFTER A WORKOUT?** Expect some discomfort during and after exercise. Talk to your doctor or physiotherapist about what would be considered normal and when you should be concerned. For example, heart disease, dizziness, or chest pain would be reasons to stop exercising.

# BREAKING DOWN THE BARRIERS

## YOUR EXERCISE PRESCRIPTION IS READY!

### AEROBIC

**Aerobic exercise** is physical activity, fueled by oxygen, that you can sustain at a moderate intensity for at least 10 minutes. It makes you sweat, causes you to breathe harder, and makes your heart beat faster. It strengthens your cardiovascular and respiratory health. Great examples are walking, cycling, and swimming.



#### Benefits

- Improves circulation
- Increases energy
- Reduces body fat
- Reduces risk of diabetes, heart disease, anxiety, and depression

**Cardiovascular Disease.** In patients with established heart disease, regular aerobic activity is shown to prevent heart attacks, decrease death rates, improve heart function, and provide both short and long-term benefits in managing the conditions involved in cardiovascular disease.

**Diabetes.** In 2015, an exercise group made up of women with type 2 diabetes was asked to follow a set of aerobic exercises 3 times a week for 8 weeks. Results revealed significant improvement in plasma glucose, insulin, and insulin resistance. Aerobic exercise can be effective in managing type 2 diabetes.

**Depression.** Studies show that exercise appears to be an effective treatment for depression. Active people are less likely to be depressed and aerobic activity is beneficial in reducing depressive symptoms. Initiating and sustaining exercise can be a barrier for those with depression.

### ANAEROBIC

**Anaerobic exercise** is physical activity, fueled by energy stored in muscles. It consists of short bursts of activity like weight-lifting and sprints.



#### Benefits

- Builds and maintains muscle mass
- Protects joints
- Boosts metabolism
- Increases bone strength and density
- Improves energy and endurance

**Osteoporosis.** 94 postmenopausal women with osteoporosis were assigned both aerobic and anaerobic exercise for 12 weeks. Anaerobic exercise was found to be most beneficial on estradiol levels and lean muscle mass in a shorter amount of time. Weight training also increases bone density, muscle mass, and decreases the risk of falls and injuries.

**Cholesterol.** Anaerobic activity reduces the risk of diabetes and cardiovascular disease by lowering unhealthy levels of cholesterol and triglycerides. Building lean muscle and strength may improve your lipid profile.

**Arthritis.** In one study, resistance exercises twice a week for 12 weeks improved pain, physical function, and general health with those with psoriatic arthritis.

**While the functions and benefits are different, both are equally important. Overall health benefits will result from a well-rounded routine including both aerobic and anaerobic activity.**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>  
<https://study.com/academy/lesson/what-is-aerobic-exercise-definition-benefits-examples.html>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3396114/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4796439/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3674785/>  
<https://ijhsjournal.org/index.php/journal/article/view/3800>  
<https://www.livestrong.com/article/452842-strength-training-for-women-over-60-years-old/>  
<https://www.ncbi.nlm.nih.gov/pubmed/29185133>  
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-and-chronic-disease/art-20046049>