

- ✦ Rake leaves.
- ✦ Play doubles tennis.

You burn 6 to 8 calories per minute when you:

- ✦ Walk 5 miles an hour.
- ✦ Bicycle 10 miles an hour or skate.
- ✦ Shovel dirt or snow.
- ✦ Have sex.
- ✦ Play singles tennis.
- ✦ Downhill ski or water-ski.

You burn 8 to 10 calories per minute when you:

- ✦ Jog 5 miles an hour
- ✦ Bicycle 12 miles an hour.
- ✦ Play basketball.
- ✦ Go mountain-climbing.
- ✦ Dig a ditch.

You burn 10 to 12 calories per minute when you:

- ✦ Jog 6 miles an hour.
- ✦ Go cross-country skiing.
- ✦ Play squash or handball.
- ✦ Swim.

Right after you exercise, do cool-down exercises for 5 to 10 minutes. When you do cool-down exercises, you help:

- ✦ Your heart rate and breathing go back to normal.
- ✦ Stop muscle stiffness.

You can walk to help you cool down. It is also good to stretch after you exercise. This keeps your muscles from getting tight.

Information contained in this booklet is meant for informational purposes only and should not substitute the visit to your doctor nor his/her advice for your health care.

Accuracy of the content is current to the date of printing.

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## EXERCISE: Start it, keep it for a long happy life



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## EXERCISE: A Healthy Habit to Start and Keep

### How much exercise do I need?

Talk to your doctor about how much exercise is right for you. A good goal for many people is to work up to exercising 4 to 6 times a week for 30 to 60 minutes at a time. Remember, though, that exercise has so many benefits that any amount is better than none.

### How do I get started?

Start by talking with your doctor. This is especially important if you haven't been active, if you have any health problems, or if you're pregnant or elderly.

Start out slowly. If you've been inactive for years, you can't run the Boston Marathon after 2 weeks of training. Begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long.

### How do I stick with it?

Here are some tips that will help you start and stick with an exercise program:

- ✦ Choose something you like to do. Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.
- ✦ Get a partner. Exercising with someone else can make it more fun.
- ✦ Vary your routine. You may be less likely to get bored or injured if you change your routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like lawn mowing.



✦ Choose a comfortable time of day. Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.

✦ Don't get discouraged. It can take weeks or months before you notice

some of the changes from exercise.

- ✦ Forget "no pain, no gain." While a little soreness is normal after you first start exercising, pain isn't. Stop if you hurt.
- ✦ Make exercise fun. Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk on the beach. Go dancing. Learn how to play tennis.

### How can I prevent injuries?

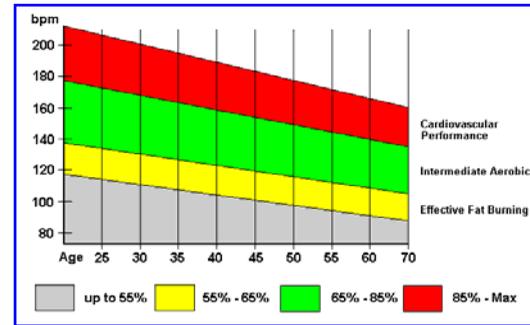
Start every workout with a warm-up. That will make your muscles and joints more flexible. Spend 5 to 10 minutes doing some light calisthenics and stretching exercises, and perhaps brisk walking. Do the same thing when you're done working out—until your heart rate returns to normal.

Pay attention to your body. Stop exercising if you feel very out of breath, dizzy, faint or nauseated, or have pain.

# STAY HEALTHY WITH EXERCISE

What is a target heart rate?

Measuring your heart rate (beats per minute) can tell you how hard your heart is working. You can check your heart rate by counting your pulse for 15 seconds and multiplying the beats by 4. The chart to the right shows the target heart rates for people of different ages. When you're just beginning an exercise program, shoot for the lower target heart rate (60%). As your fitness improves, you can exercise harder to get your heart rate closer to the top number (85%).



What about weight training?

Weight training, or strength training, builds strength and muscles. Calisthenics like push-ups are weight-training exercises too. Lifting weights is a weight-training exercise. If you have high blood pressure or other health problems, talk to your family doctor before beginning weight training.

What is the best exercise?

The best exercise is the one that you will do. Walking is considered one of the best choices because it's easy, safe and cheap. Brisk walking can burn as many calories as running, but is less likely than running or jogging to cause injuries. And it doesn't require any training or special equipment, except for good shoes. Walking is an aerobic and weight-bearing exercise, so it is good for your heart and helps prevent osteoporosis.

## Exercise to Stay Healthy

How does exercise help me stay healthy?



What is aerobic exercise?

Aerobic exercise is the type that moves large muscle groups and causes you to breathe more deeply and your heart to work harder to pump blood. It's also called cardiovascular exercise. It improves the health of your heart and lungs. Examples include walking, jogging, running, aerobic dance, bicycling, rowing, swimming and cross-country skiing.

What is weight-bearing exercise?

The term weight-bearing is used to describe exercises that work against the force of gravity. Weight-bearing exercise is important for building strong bones. Having strong bones helps prevent osteoporosis and bone fractures later in life. Examples of weight-bearing exercises include walking, jogging, hiking, climbing stairs, dancing and weight training.

Exercise helps both your body and your mind. It helps lower your risk of disease. It helps you feel better.

When you exercise every day, you can lower your chances of having:

- ✦ a stroke
- ✦ heart disease
- ✦ diabetes.

Exercise can lower your:

- ✦ blood pressure
- ✦ blood cholesterol
- ✦ blood sugar.

Exercise helps your mind. It changes how you feel. Exercise helps you:

- ✦ Feel better about yourself.
- ✦ Feel happy and well balanced.
- ✦ Sleep well.



How do I start to exercise?

Always check with your health care provider before you start an exercise program. If you have any health problems, talk to your provider about what exercises would be right for you.

Choose exercises that:

- ✦ You enjoy.
- ✦ Fit into your schedule.
- ✦ You can do alone or in a group.
- ✦ Allow for any health problems.

Do warm-up exercises every time you exercise.

Gently stretch your muscles for 5 to 10 minutes.

When you stretch, you make your muscles less tight. You are less likely to hurt yourself.

You can walk to warm up. It gets your blood flowing.

What types of exercises should I do?

You do not need to exercise really hard to be healthy. You can do exercises at a low or medium level and stay fit. It depends on your health needs. Ask your doctor what is right for you. You could:

Stretch. It helps the muscles be less tight.

Lift weights. It helps you make your muscles stronger.

Do aerobics. It makes your lungs and heart work hard. This helps you use oxygen better. It sends blood to your muscles. It strengthens your heart, lungs, and muscles.

There are many kinds of aerobic exercises. You can:

- ✦ Walk fast.
- ✦ Swim.
- ✦ Run.
- ✦ Jog.

You might like to:

- ✦ Climb stairs.
- ✦ Bicycle.
- ✦ Use a stationary bicycle.
- ✦ Dance.

It can be fun to:

- ✦ Ice skate or roller skate.
- ✦ Take aerobics classes.
- ✦ Go cross-country skiing.
- ✦ Row a boat.

What else do I need to know?

You may want to count the calories you burn when you exercise. There are many ways to burn calories.

You burn 4 to 6 calories per minute when you:

- ✦ Walk 2 to 4 miles an hour.
- ✦ Bicycle 6 to 9 miles an hour.
- ✦ Play badminton.
- ✦ Do housework.
- ✦ Dance.