

Holzer Cardiovascular Institute Heart Walk/Run

In the 1970's, researchers emphasized the effects of exercise on the heart and lungs and arrived at a "prescription" for fitness: 20 to 30 minutes of continuous, aerobic exercise performed three to four times a week. Presently, the recommendation for continuous exercise has accelerated up to 5 times per week for up to 45 minute time intervals. Most people have found this a difficult task to follow. Today, this new evidence linking moderate activities to improved health has convinced exercise experts to promote lifelong but less vigorous activities. And, for most people, exercising moderately is more comfortable, more convenient, more affordable, and generally easier to do.

ALL THINGS IN MODERATION

So, is jogging better than walking? Biking better than gardening? The answer is...it's better to do something—anything—than nothing at all.

When it comes to staying healthy, we have all heard the moderation rule of thumb. Bust with exercise the message has been different: "Do more to gain more." While this recommendation has merit, many have gotten the impression that unless they exercise vigorously, they will not achieve any health benefits. Recent studies indicate that this is simply not true. Doing exercise in moderation is indeed good for our health.

WALKING may be the closest thing there is to the "perfect" exercise. Indoors, outdoors, with a friend, through a park, on an errand, around the block—walking offers plenty of variety and flexibility. What's more, walking provides a lifelong form of exercise, affords less risk of injury, improves cardiovascular fitness, burns calories for weight loss, and, best of all, is relatively easy. That's probably why walking boasts one of the lowest dropout rates of all forms of exercise. Our best advice: Take a walk.

Walking is an ideal starter program and a good stepping stone to more vigorous forms of exercise. Here are some tips for a successful walking program:

1. Wear comfortable shoes.
2. Walk with a friend.
3. Incorporate walking into our daily routine.
4. Explore new routes.
5. Have a back-up plan for bad weather.
6. Pick up the pace.
7. Stick with it.

Exercise Enjoyment

The health benefits of exercise will begin immediately. To maintain the benefits of exercise you must exercise consistently for the duration of a healthy life! It is important to select an activity that you enjoy doing. Is it housework, walking, gardening, golf, swimming, tennis, dancing, shoveling, aerobics, jogging, running, skiing...whatever it is START!! Make it convenient and fun!!

Focus on Fitness

The advantage of being physically active is that the transition from moderate to more vigorous forms of exercise can happen almost naturally. While maintaining ongoing moderate activities for a lifetime is a healthy goal for most people, you may want to increase your activity to a higher level. Maximizing your fitness is a pathway that some people choose to go down. And when it comes to protecting your health, optimal fitness is not necessary. However, adding vigorous activity to your lifestyle does bring some added benefits such as improved cardiovascular efficiency, flexibility, muscular strength, and endurance.

We have provided for you an easy way to calculate your heart range and standard levels of heart range with exercise as well as some flexibility/stretchers to be used prior to your workout or exercise and afterward.

Check with your doctor if you have a family history of heart disease or pulmonary disease. Get your OK from your physician to begin a lifestyle of exercise and enjoyment!

Remember to “warm up” your muscles for 5 to 10 minutes prior to engaging in your workout and always cool down 5 to 10 minutes after you have completed your exercise program gradually decreasing the intensity.

We hope you enjoy your exercise experience! If we can be of any assistance please don't hesitate to speak to one of our healthcare professionals at Holzer Clinic and Holzer Medical Center!

Finding your training heart range. The training effect occurs when you are working within 50-85 percent of your age-adjusted heart rate range. If you are a beginner, work at the lower end of this range (50-60%), gradually increasing as it feels comfortable. Once this level seems less demanding (usually after six months), try the middle range (60-75%). As your cardiovascular fitness increases, you can work toward the higher end of the range (75-85%). But don't overdo it: Working above your range leads to minimal fitness improvements and may, at times, be hazardous. As a good rule of thumb, try the "talk test": If you can't carry on a conversation while exercising, you need to slow down.

Measuring your heart rate. You can measure your heart rate on the palm side of your wrist, or place your middle and index fingers below your jaw in the groove between your Adam's apple and neck muscle. Apply gentle pressure; don't squeeze. Count for 10 seconds. If your pulse is too high, slack off just a bit. If your pulse is below your training heart range, you can pick up the pace providing you can still pass the "talk test".

10 Second Training Heart Range

During exercise, measure how many times your heart beats in a 10 second interval. Check this chart to see whether your heart is beating in the correct range for your fitness level.

Age	Low 50-60%	Middle 60-75%	High 75-85%
20	17-20	20-25	25-28
25	16-20	20-24	24-28
30	16-19	19-24	24-27
35	15-19	19-23	23-26
40	15-18	18-23	23-26
45	15-18	18-22	22-25
50	14-17	17-21	21-24
55	14-17	17-21	21-23
60	13-16	16-20	20-23
65	13-16	19-19	19-22

No pain = no gain?
False. Pain is a warning sign, not a goal.
If you hurt while exercising, slow down or stop for a while.

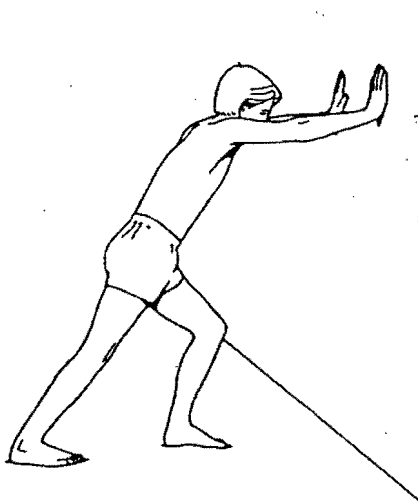
**Based on beats per 10 seconds and this formula:
 220 minus age, multiply by range percentages and divide by 6.*



Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

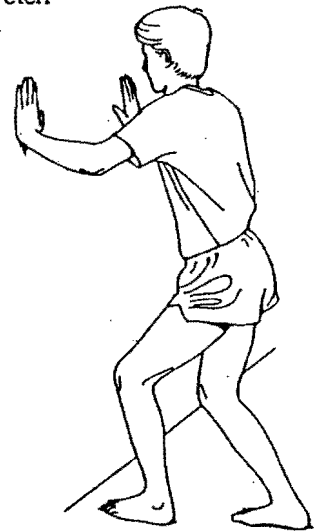
Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.



Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

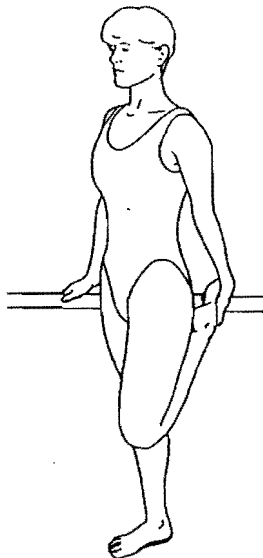
Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.



Quadriceps

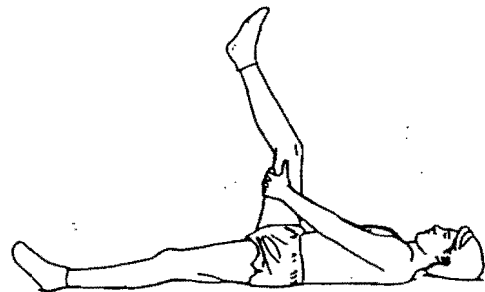
Pull heel toward buttocks until a stretch is felt in front of thigh. Repeat to other side.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.



Supine Hamstring Stretch

Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in back of thigh. Hold _____ seconds. Repeat _____ times. Do _____ sessions per day.



Abductors

From starting position, bend the body to the side as far as possible until stretch is felt. Repeat on the other side.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

