

Increasing exercise and activity during your day

Allina Health Weight Management



Importance of Exercise

- ▶ Improve brain health and function
- ▶ Protect against many chronic diseases
- ▶ Aid in weight management
- ▶ Lower blood pressure and improve cardiovascular health
- ▶ Improve quality of sleep
- ▶ Reduce feelings of anxiety and depression
- ▶ Improve joint pain and stiffness
- ▶ Maintain/improve muscle strength, balance and mobility
- ▶ Increase life expectancy

Importance of cardio

- ▶ Increases the ability of your heart, lungs and blood vessels to pump oxygen and nutrients throughout your body
- ▶ Increases your body's ability to supply energy and oxygen to your muscles to use during movement, decrease fatigue and increase stamina
- ▶ Studies show aerobic and cardiovascular activity improves longevity (life span), decreases blood pressure, lowers LDL ("bad") cholesterol, improves mood, and increases immunity (especially in older populations or immune compromised populations)

Types of cardio

- ▶ Running or jogging
- ▶ Brisk walking
- ▶ Biking/cycling
- ▶ Swimming
- ▶ Dancing
- ▶ Cross country skiing
- ▶ Snow shoeing
- ▶ Rowing
- ▶ HIIT
- ▶ Jumping rope



Importance of strength/resistance training

- ▶ Improves every day activities/makes you stronger
 - ▶ Carrying the groceries, playing with the kids/grandchildren, household chores, gardening, yardwork, laundry, etc.
- ▶ Boosts metabolism by increasing resting metabolic rate
- ▶ Decreases visceral fat (fat around your organs)
- ▶ Improves bone health, mobility, range of motion and lowers the risk of injury (especially in older populations)
- ▶ Improves blood sugar control, promotes insulin sensitivity
- ▶ Studies show an increase in mood-reduced anxiety feelings and an increase in cognitive function due to improved blood flow and reduced inflammation in the brain

Types of strength/resistance training

- ▶ Lifting weights
 - ▶ Dumbbells, barbells, kettlebells, medicine balls, items around the house
- ▶ Weight machines
- ▶ Working with resistance bands
- ▶ Climbing stairs or hiking up and down hills
- ▶ Body weight exercises
 - ▶ Squats, lunges, planks, push ups, etc.



How to add in cardio

- ▶ Cardio equipment
 - ▶ Treadmill, elliptical, recumbent bike, rower, Pelaton
- ▶ Body weight exercises
 - ▶ Mountain climbers, high knees, jumping jacks, burpees, jog in place
- ▶ Jump rope, trampoline
- ▶ Dancing
- ▶ Setting a step goal each day
 - ▶ Park further away, walking at work or on lunch break, after dinner stroll, going to the park, yard work
- ▶ Organized sports/adult leagues
- ▶ Home videos or Apps
- ▶ Activities outside
 - ▶ Swimming, hiking trails, bike ride, yard work, canoeing/kayaking



How to add in strength/resistance training

- ▶ Gym membership
 - ▶ Ask a trainer (new members usually get one free session), Silver Sneakers, insurance reimbursement, buddy system, try group classes
- ▶ At home equipment
 - ▶ Resistance bands, dumbbells, kettlebells
- ▶ Body weight exercises
 - ▶ Squats, lunges, pushups, plank, stairs
- ▶ Yoga or mat Pilates
- ▶ Gardening or yard work
- ▶ Continue your normal day-to-day activities
 - ▶ Carrying the groceries, putting laundry away, cleaning, yard work, piggy back rides, etc.



At home options

- ▶ Apple Fitness
- ▶ Strong (free)
- ▶ Pelaton
- ▶ FitOn (free)
- ▶ Nike Training/Run Club (free)
- ▶ Strava (free)
- ▶ Daily Workouts
- ▶ The 7 Minute Workout
- ▶ Youtube
- ▶ JeFit (free)



Questions?