

Alina Health
Alina Health Weight Management

Increasing exercise and activity during your day

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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

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Types of Exercise



Cardiovascular



Strength or Resistance




NEAT
Non-exercise activity thermogenesis

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Cardiovascular Activity

- Increases the ability of your heart, lungs and blood vessels to bump 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)

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Types of cardio

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

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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

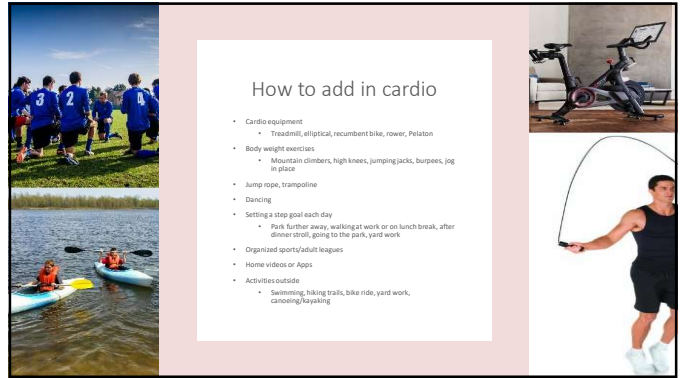
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Types of strength/resistance training

- **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.

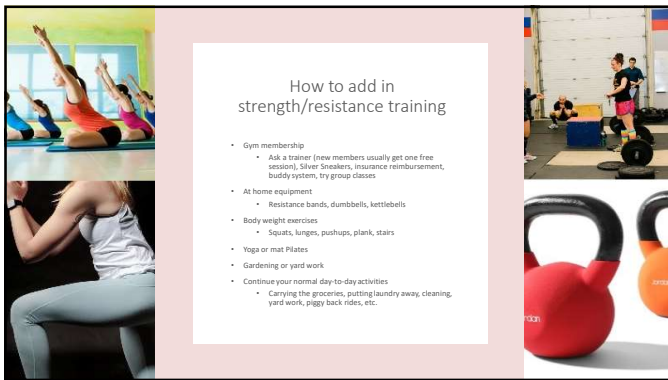
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How to add in cardio

- **Cardio equipment**
 - Treadmill, elliptical, recumbent bike, rower, Peloton
- **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, frisbee, bike ride, yard work, canoeing/kayaking

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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.

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NEAT (non-exercise activity thermogenesis)

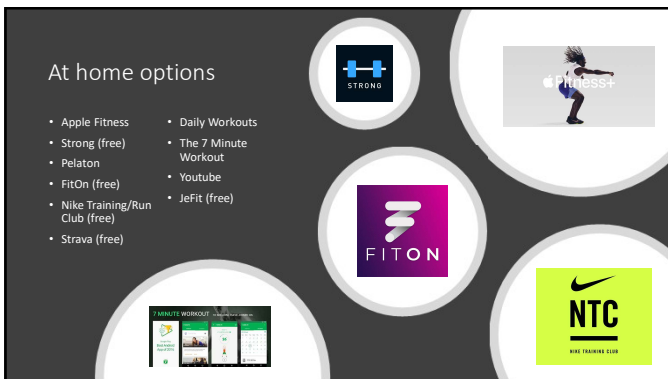
What is NEAT?

- The energy you expended doing normal activity
- The energy burned doing spontaneous movement
- The energy you expend just "living" day to day life

Ways to increase NEAT

- Taking the stairs
- Parking further away
- Standing vs sitting
- House/yard chores
- Taking breaks throughout the day
- Move your body!

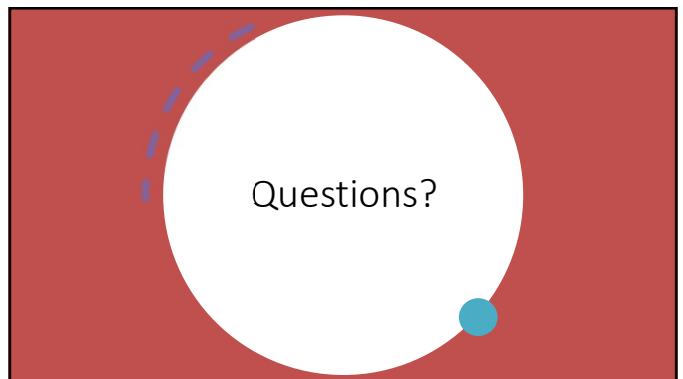
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At home options

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

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Questions?

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