

UW HEALTH - ONLINE HEALTH FACT

Exercise... A Vital Part of Weight Management

People exercise for many good reasons. They may want to control their weight, improve their health and improve their energy levels. This handout will help you learn more about exercise and how it can help you.

Exercise is Good for Your Health

- | | |
|----------------------------|--------------------------|
| • May slow bone loss | May lower blood pressure |
| • Improves self- image | May lower cholesterol |
| • Helps to decrease stress | Improves muscle strength |
| • Improves endurance | Burns calories |
| • May control appetite | Improves flexibility |
| • Stronger/healthier heart | Boost metabolism |

What's the right type of exercise?

There are two types of exercise. Learning about these two types will help you to select the right mix of activities to achieve your health and fitness goals.

Aerobic exercises use the large muscle groups. It is good for your heart and for weight control. It will help you to build a healthy body while burning excess body fat. Try to maintain this type of exercise for at least 30 to 45 minutes. You may want to try jogging, fitness walking, biking, aerobic dancing, swimming, cross-country skiing, and rowing.

Anaerobic exercises are short bursts of intense activity. It helps to develop muscle strength, skill, speed and agility. This type of work out will burn fewer calories. Yet the more lean body mass (muscle) you have, the more calories you burn every day. It is not as helpful for your heart since the exercise is not sustained. But it might be something you want to do along with your aerobic routine. You may want to try weight lifting, muscle strengthening, toning, and stretching.

How Much? How Often?

Experts believe you should do some form of aerobic exercise at least 5 times a week for 30 to 45 minutes. If you are exercising to help with weight control, the number of workouts and how long you work out will increase you how many calories you burn each week. You will need to work out intense enough to cause your heart rate and breathing to increase. If you are just starting to exercise your heart rate should be 60% of your maximum heart rate. This is your "target heart rate." If you are more advanced you can work up to the 80% level.

To figure out your target heart rate... Target Heart Rate = (220 – Age) x 0.6 to 0.8

Example:

Bridget is a 45 year old woman who figures her maximum heart rate at
220 minus 45 years old = 175
Multiply the maximum heart rate by the factors 0.6 and 0.8 to get the range for
your target heart rate. 175 x .60 (or 60%) = **105** and 175 x .80 (or 80%) = **140**
Bridget's target heart rate is between **105** and **140**

Staying within your target heart rate is needed to burn mostly fat, which is what you're trying to lose. If you work out at a higher level you will use glucose in your body instead of fat, for a "quick" energy source. Working at a higher level can increase fatigue without an increase in aerobic fitness. Your goal for weight control is to work out at the lower end of your target range (60-70% of target heart rate).

Rating Perceived Exertion

Active Lifestyles

If you increase your daily activity you can increase the amount of energy you use over the course of a day.

6	
7	very, very light
8	
9	very light
10	
11	fairly light
12	
13	somewhat hard
14	
15	hard
16	
17	very hard
18	
19	very, very hard
20	

If you stay within an 11-13 range, you'll be more likely to stick with your program. At this level, you'll be able to sustain exercise, feel good and stay motivated. Exercise need not be painful in order to work!

- Use stairs instead of elevators – start with one flight of steps and slowly increase
- Walk or bike instead of drive
- Take the long way to where you are going
- Get off the bus or park a few blocks away from your office and walk the extra way
- Walk to your nearby grocery store
- Walk, swim, or jog during your lunch break
- Choose active hobbies such as gardening, dancing or bowling
- Exercise while watching TV
- Exercise with a friend or join an exercise group
- Try this: Wear a pedometer to measure how many steps you take in one day. Then increase your steps by 250 – 500 per day to enhance your activity levels

Calories Burned in 10 Minutes of Continuous Activity

Activity	Body weight					
	125lb.	150lb.	175lb.	200lb.	225lb.	250lb.
Sitting	12	14	17	19	21	24
Light office work	17	20	24	27	31	34
Walking – 3 mph	31	38	44	50	56	62
Gardening	31	37	43	49	55	61
General housework	34	41	48	58	61	68
Bicycle – 5 ½ mph	36	44	51	58	65	73
Walking – 4 mph	45	55	61	73	82	91
Golf	48	58	68	77	87	97
Dancing – aerobic, medium	59	70	82	94	105	117
Tennis	62	74	87	99	111	124
Mowing lawn (manual)	64	76	89	102	115	127
Cross-country skiing	81	98	114	130	146	162
Jogging – 5 ½ mph	88	106	124	142	160	177
Swim – breaststroke, crawl	90	109	127	145	164	182
Racquetball	101	121	142	162	182	202

Take it slow... the quickest way to lose interest in your exercise program is trying to do too much, too soon! **Be sure to check with your doctor before starting an exercise program.**

If you have more questions please contact UW Health at one of the phone numbers listed below.

Nutrition Clinic Room 193
University Station
2880 University Avenue
Madison, WI 53705
(608) 263-5012

Nutrition Clinic Room 1296
UW Health West Clinic
451 Junction Road
Madison, WI 53717
(608) 265-7526

Nutrition Clinic Room 2085
UW Health East Clinic
5249 East Terrace Drive
Madison, WI 53718
(608) 265-0963

Sports Nutrition Clinic
UW Research Park
621 Science Drive
Madison WI 53711
(608) 263-8850