

Hope & Healing

Exercise Beginning an Exercise Program

A heart at peace gives life to the body — Proverbs 14:30

Introduction

Exercise is the only thing that will give you more personal energy. With more energy, you will have a greater ability to handle stresses at home and on the job. Exercise will help you develop a more attractive and streamlined body. Stronger muscles will give power to your hips and legs and spring to your step. You will feel in charge of your life. Exercise lowers cholesterol, blood pressure, and weight and it prevents heart trouble.

This exercise program is very safe. A treadmill stress test is not required. It is a good idea, however, to check with your doctor if there are special risks that require attention before you begin.

Four Decisions to Make About Exercise

- Decide what kind of exercises to do. All exercise is not the same. There is the fast paced moving kind such as walking and jogging. Then, there is the kind where you lift weights. Fast walking and the like are aerobic exercises. Weight lifting is an isometric exercise. Stretching is also a form of isometric exercise.
- Decide how often to exercise. We recommend a minimum of three days a week and maximum of six.
- Decide how long to exercise. We recommend 20 minutes for each session as you begin and a gradual increase to 40 minutes each session over a period of 12

weeks.

- Decide how hard to exercise as you proceed. Many plans measure the pulse as an indicator of how hard you're exercising. We recommend the three-stop method that follows.
- Make exercise a part of your daily routine.
- Keep at your program for 100 days, until it becomes a habit.

A Three-Step Method to Keep Your Exercise Effort Within Safe Limits

- Watch your breathing. You shouldn't be so winded that you can't talk. Nor should you be so out of breath that you have to stop to get your breath.
- Notice whether you're sweating. Toward the end, you should have a light sweat.
- Be aware of whether you're comfortable. Do not continue to exercise if you develop chest pain or shortness of breath or muscle aches or pains.

Safe Stretching to Warm Up

The importance of stretching is twofold:

1. It helps prevent the loss of flexibility that comes with aging.
2. It builds muscles to protect your joints from injury. For safe stretching here are four guides:
 - Stretch until you feel tension, not

pain.

- Hold your stretch for 10 to 30 seconds. Relax. Then repeat.
- Don't bounce into a stretch, slow and easy is the rule.
- Start stretching only after you've warmed up with a five minute walk.

The Stretching Routine

Step One

Lying flat on your back, raise one of your knees up toward your chest, holding it tight into the chest for a count of five.

Step Two

Straighten your leg and repeat the exercise with the other leg.

Step Three

Pull both knees to the chest, hold tight for a count of five. Straighten both legs and relax.

Step Four

Lying flat, push your lower back into the floor, thereby eliminating the back's normal curvature. Again, hold for a count of at least five.

Repeat these exercises for 3-4 minutes. With each exercise keep your head flat on the floor.

Muscle Building Without Weights

The rule of muscle is, "use it or lose it." These muscle builders can be done anywhere. They are excellent when you travel. They require no equipment; they use the weight of the body to build muscle.

Lower Body

Half-knee bends. Stand with your feet apart and your hands on your hips. Keep your back straight and your feet flat on the floor. Half-bend at the knees. Hold for a second or two. Straighten up. Repeat 10 times for a set.

Side-leg lifts. Lie on your right side. Stretch your right arm out straight. Balance yourself by placing your left hand flat on the floor. Raise your left leg about a foot from the floor. Hold for a second or two. Slowly let your leg down. Repeat 10 times. Reverse sides and repeat.

Middle Body

Crunches. Lie on your back. Clasp your hands behind your head. Bend your knees. Lift your head and shoulders off the floor. Ease back to the floor. Repeat 10 times.

Upper Body

Modified Pushups. Lie on your stomach. Place your hands on the floor at shoulder level. Straighten your arms. Push yourself up. Raise your head, shoulders, chest, belly, and hips off the floor, but not your knees. Hold for 12 seconds. Ease down. Repeat 10 times.

A 12-Week Program of Walking and Muscle Building

Walking has many advantages as an exercise program. You can find a place to walk almost anywhere.

Weeks One through Three

1. Walk for 20 minutes on a flat surface in a traffic-free area three days a week. Walk slow for five minutes at the start, then do brisk walking for 10 minutes. Finally, cool down with a slow walk for five minutes.
2. Do one set of each of the muscle builders every other day. Do

stretching after the five minutes of slow walking and during the muscle building sessions after you have warmed up.

Weeks Four and Five

Fast walk for 15 minutes each time. Don't change anything else.

Weeks Six through Ten

Fast walk 25 minutes each session. Increase your walking to four days a week. Increase your muscle building to two sets each session. Continue everything else unchanged.

Week Eleven

Fast walk for 28 minutes each session. Leave everything else the same.

Week Twelve

Fast walk for 30 minutes five days a week. Do muscle building two days a week. Do three sets each session. Keep the rest of your exercise the same.

Summary

The point is, you should get started now and as Winston Churchill said, "Don't give up. Never, never give up." If you faithfully continue for 12 weeks your routines will be ingrained into your schedule so that they're automatic. Then, exercise becomes a way of life for you. And, the benefits are yours.

At Home:

- 1) Walking (A good inexpensive form of exercise as long as you have a safe place to walk and have a backup plan if it is too hot or cold. Try walking while moving a ball from one hand to the other to build coordination)
- 2) Treadmill (start slow and gradually work up speed at your own pace)
- 3) Exercise Bike (bikes that work the arms and legs are especially good)
- 4) Recumbent Bike (good for people with knee problems these bikes take the stress off the legs and knees while providing a good cardiovascular workout)
- 5) Elliptical Trainer (one of the best low impact workouts, however, they tend to be more expensive)
- 6) Exercise bands (available at most sports stores they will provide on-the-go strengthening)
- 7) Health Bouncer - buy a small in-home trampoline and run on it in your living room for 20 minutes a day. You can do this while watching the kids or listening to the news.

At Work:

- 1) Use the stairs (never take the elevator)
- 2) Wear ankle weights (will help you burn more calories)
- 3) Walk with a purpose. Instead of walking sluggishly, always try to walk with a quick, light step. This will help to burn more calories.
- 4) Take a walk over lunch. Take 5 or 10 minutes before or after lunch and take a brisk walk.

BMI Chart

BMI	OVERWEIGHT								OBESE								
	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (lbs)																
5'	118	123	128	133	138	143	148	153	158	164	169	174	179	184	189	194	199
5' 1"	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5' 2"	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5' 3"	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220
5' 4"	134	140	145	151	157	163	168	174	180	186	192	198	204	209	215	221	227
5' 5"	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5' 6"	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5' 7"	146	153	159	166	172	178	185	191	198	204	210	217	223	229	236	242	248
5' 8"	151	158	164	171	177	184	190	197	203	210	217	223	230	236	243	249	256
5' 9"	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	264
5' 10"	160	167	174	181	188	195	202	209	216	223	230	236	243	250	257	264	271
5' 11"	165	172	179	186	193	200	208	215	222	229	236	243	250	258	265	272	279
6'	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	280	287
6' 1"	174	182	189	197	204	212	219	227	234	242	250	257	265	272	280	287	295
6' 2"	179	186	194	202	210	218	225	233	241	249	256	264	272	280	288	295	303
6' 3"	184	192	200	208	216	224	232	240	247	255	263	271	279	287	295	303	311
6' 4"	189	197	205	213	221	230	238	246	254	262	271	279	287	295	303	312	320
6' 5"	193	203	210	218	227	236	244	252	260	268	278	286	294	302	310	320	328
6' 6"	198	209	216	224	232	242	250	258	266	274	284	293	301	310	318	327	336
6' 7"	203	214	221	229	238	248	257	265	273	281	290	300	309	317	325	335	345
6' 8"	208	219	226	235	244	254	263	271	279	288	297	307	317	324	333	343	353

BMI < 25 is considered a healthy weight
 Between 25-29 is Overweight
 30 or greater is Obese
 40 or greater is Extreme or Morbid Obesity

What does this mean for your health?

Overweight – If you are overweight your risk for developing health problems increases (diabetes, health disease, arthritis, stroke, high cholesterol, etc.), but you are not at a greater risk of dying.

Obese – This is associated with a higher overall death rate and a greater risk for: Diabetes, hypertension, high cholesterol, heart disease and heart failure, strokes, gallstones, acid reflux, erosive esophagitis and esophageal cancer, blood clots, dementia, arthritis, sleep apnea, cancers, kidney disease, depression.