

GETTING FIT: WHAT SHOULD YOU SHOOT FOR...AND WHAT CAN YOU EXPECT?

October 2006

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American College of Sports Medicine and U.S. Centers for Disease Control and Prevention recommend that adults participate in 30 minutes a day of moderate-intensity physical activity on most, preferably all, days each week.

Strength Training:

Shoot for:

- 2 exercise sessions per week
- at least 10 exercises that target major muscle groups
- 1-3 sets of 8-10 reps, completed to fatigue

Expect:

- Improved physical appearance – muscle definition
- Increased metabolism – not dramatic but even a little metabolic boost helps weight control
- Reduced risk of injury
- Decreased blood pressure
- Better bone density
- Protection against a variety of degenerative problems, like arthritis

Aerobic Exercise

Shoot for:

- 3-5 days/week – warm up 5-10 minutes, maintain intensity for 30-45 minutes, gradually decrease and then cool down for 5-10 minutes
- If weight loss is a goal, aerobic activities 5 days a week will get you there faster
- It doesn't have to be continuous. Research shows that 3 10 minute bursts of activity are as beneficial as 30 minutes all at once.

Expect:

- Reduced blood pressure and total cholesterol
- Lower body fat
- Increased aerobic work capacity
- Decreased anxiety, tension, and depression
- Reduced glucose-stimulated insulin secretion and prevention of type 2 diabetes
- Better heart and lung function

Flexibility Training

Shoot for:

- No specific guidelines for frequency....ideally, every day.

Expect:

- Increased physical efficiency and performance
- Better blood supply and nutrients to joints
- Increased neuromuscular coordination
- Improved muscular balance and posture
- Decreased risk of low-back pain and muscular tension