

Northwest Gynecological Oncology

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WHAT IS EXERCISE? YOU GOTTA KNOW!

Why Do It: energy, weight control, heart health, endurance, strength, longevity, libido and anti-depressant. Everyone needs regular exercise at every age.

To make a muscle fit, we work it slightly harder than usual use for a sustained period of time on a regular basis. Because the most important muscle in your body is the heart muscle, which is always pumping, you must exert your heart muscle by raising the heart rate for thirty minutes four times weekly, over its normal workload. This is exercise! This does not mean gardening or walking, Tai Chi or Yoga, which are great activities, and good for the soul but little or no impact on the heartbeat. It means we have to *do something relatively vigorously* to get our heart rate up, such as walking vigorously for 15 minutes away from our home and then 15 minutes back to your home. Or you could stand still and lift weights, or ride a bicycle, or do push-ups and sit-ups on the floor...anything that is weight bearing, slightly exertive, and done consistently for 30 minutes, regularly for 4 times weekly. No matter what your ability, you can always creatively exercise your heart muscle. If you are above your ideal body weight, you can expend 300 calories by doing one hour of exercise activity. If you calorie-restrict by only 300 calories daily, you will lose one pound/week and achieve or maintain a great cholesterol, reduce risk of breast and colon cancer, avoid osteoporosis, improve blood pressure, reduce heart attack and stroke risk, reduce depression and feel like a million. Participation in sports activities promotes balance, joy and longevity! (Anderson, Arch Int Medicine, 2000). Go to Weightwatchers.com and read any of the books about **The Zone**.

As long as you are alive, you need to exercise! Just 2500 calories of exercise/week halves heart disease and cancer risk! Do it! ANYTHING IS BETTER THAN NOTHING!

Start at the lower HR for 15 minutes and work up to 30-60 minutes, longer if weight loss is goal, four times a week, up to the higher heart rate.

Age	Target Exercise Heart Rate	Activity	Calorie Expenditure Per Hour
20-40	110-150	Bed-rest	100
40-60	100-140	Strolling	200
		Brisk Walking	300
60+	90-130	Jogging, Climbing Stairs	400
		Dancing, Cycling	600

Weight Watchers has been proven in research to be causal in successful weight loss of over 25 lbs when one attends meeting for over two years.

If you are serious about weight reduction, then you will commit to going to meetings. FYI: everyone thinks they are not the “meeting type”. Guess what: if you really want this time to be a _____ ?

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If walking is what you do for exercise, do it with a one pound weight on each of your wrists, and constantly be moving your hands over your head in patterns to spend more calories, protect your bones, improve your balance, and strengthen your heart.