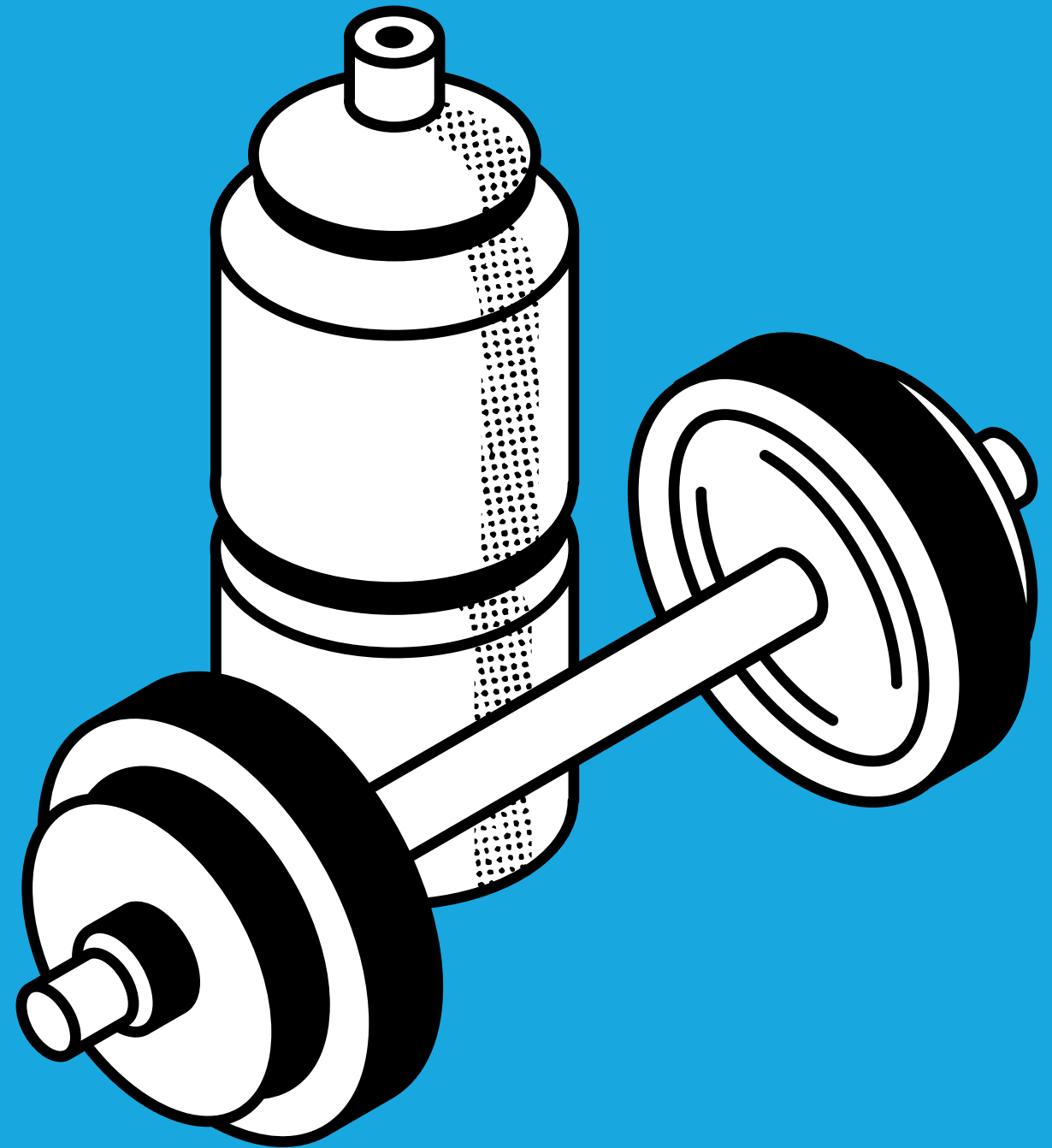


BENEFITS OF MODERATE AND LOW INTENSITY WORKOUTS



Corporate
Fitness
Works

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WHAT IS MAXIMUM HEART RATE ?

Maximum heart rate is the highest number of beats your heart can pump per minute to keep up with the demands of your physical activity or exercise. You can estimate your maximum heart rate using a simple equation.

$$220 - \text{age} = \text{max heart rate}$$

Percentages are then taken from this number to categorize exercise.

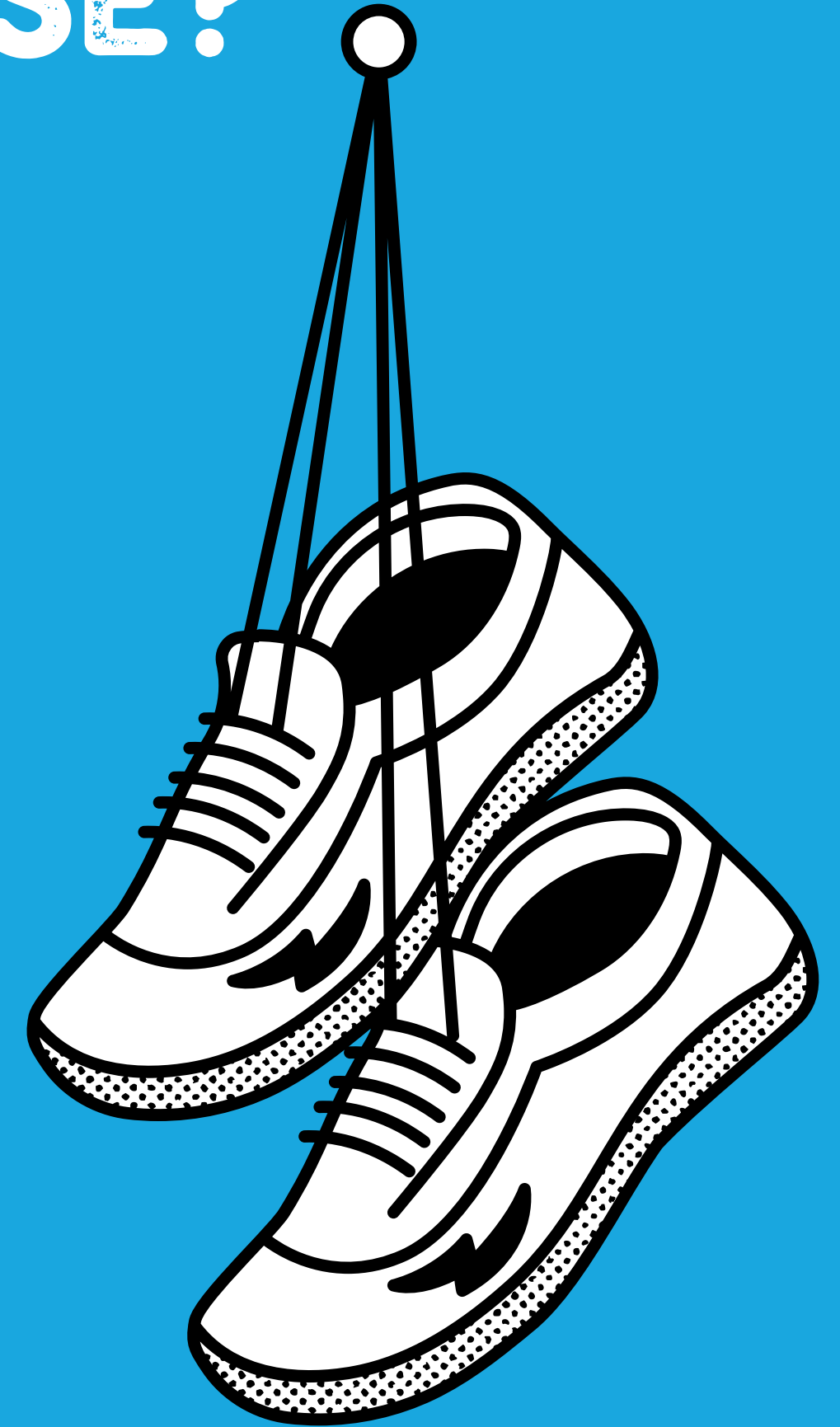


WHAT IS MODERATE EXERCISE?

Moderate exercise refers to physical activity that elevates your heart rate above its resting level, but still allows you to speak without difficulty. Your heart rate will be 50% - 70% of your maximum.

The recommendations of American College of Sport Medicine and Centers for Disease Control & Prevention adults 18 - 65 years- old are as follows:

- A minimum of 30 minutes of moderate-intensity aerobic activity, at least five days a week. Alternatively, vigorous-intensity aerobic activity for a minimum of 20 minutes, three days a week.
- Activities that maintain or increase muscular strength and endurance for a minimum of two days per week.



HOW CAN WE INCREASE MODERATE EXERCISE?

01

Allocate a realistic schedule for physical activity.

02

Improve Your Workday by taking regular 10-minute exercise breaks.

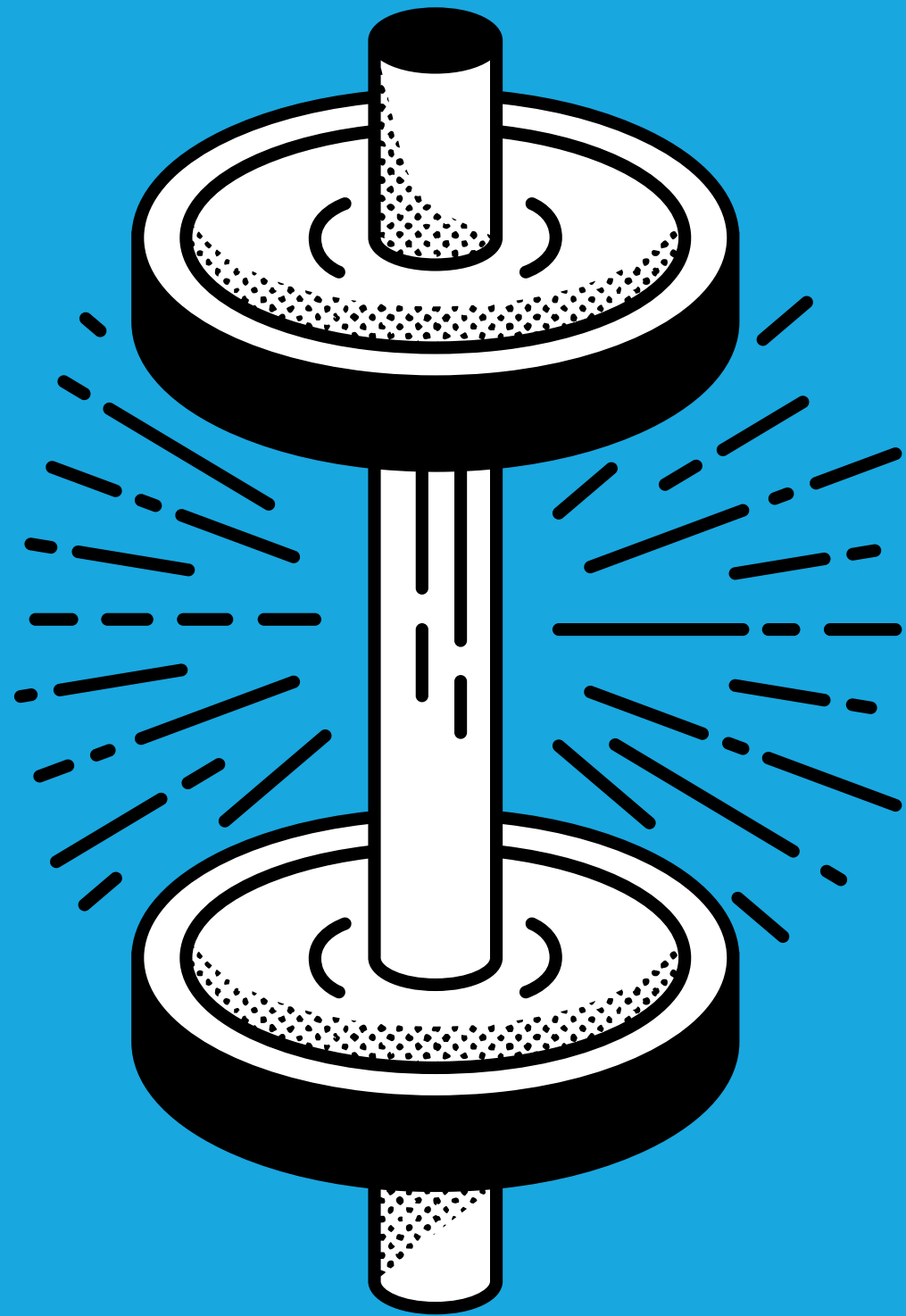
03

Discover a new activity that you enjoy and can regularly participate in.

04

Trying walking as exercise. This is the most accessible form of exercise.

EXAMPLES OF MODERATE INTENSITY



- Brisk walking
- Jogging
- Bike riding 8–13 mph
- Swimming leisurely
- Dancing
- Volleyball/ Baseball
- Doubles tennis
- Resistance training

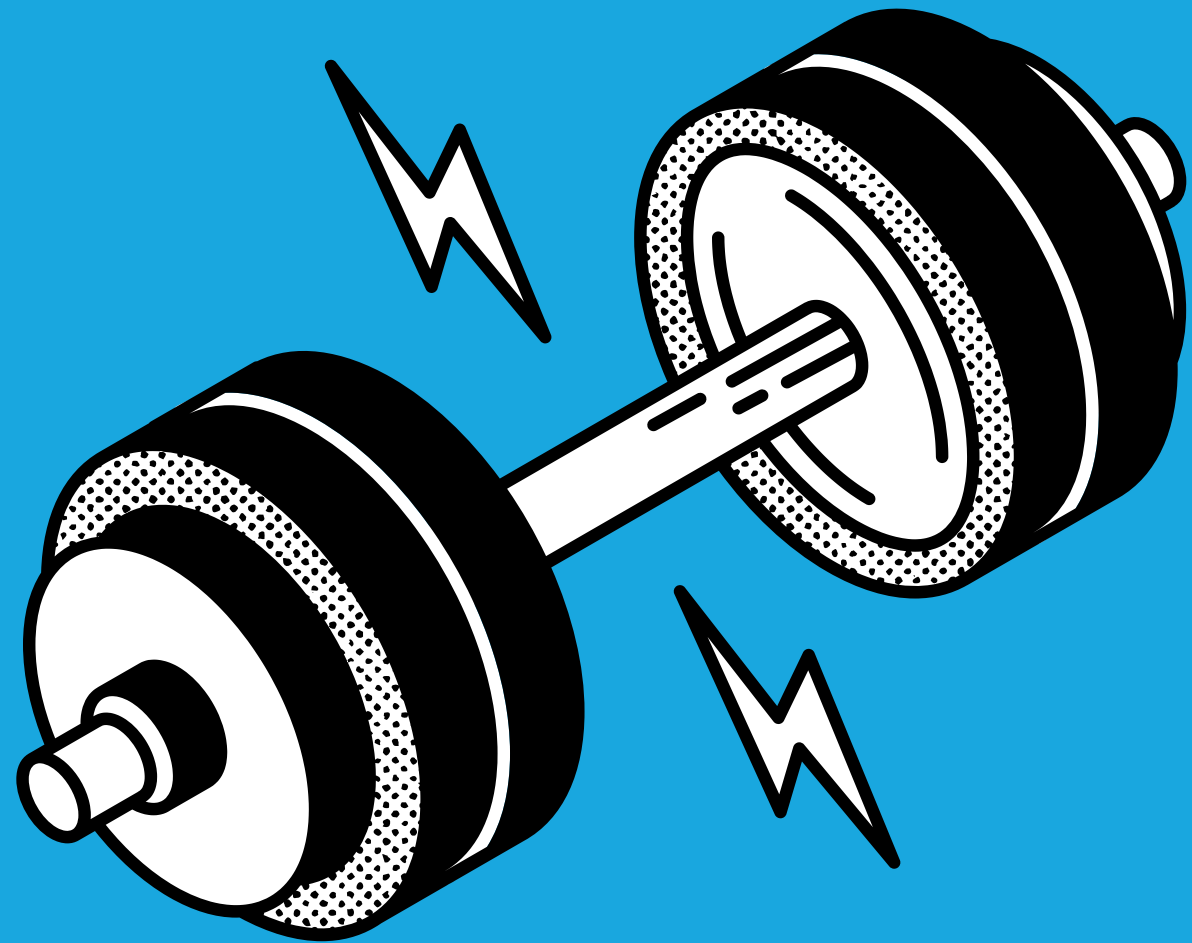
WHAT IS VIGOROUS EXERCISE?

Vigorous exercise will push your body further. It will require a higher amount of effort and becomes difficult to speak much without getting out of breath. In general this pushes your heart rate to 70% – 85% of your maximum.

Given the higher effort levels, the body will take longer to recover from this type of exercise. It may be difficult for beginners to maintain a high intensity for extended periods of time, but overtime the body adapts to the demands of higher performance.

It is a great idea to incorporate both moderate & vigorous intensity exercise into your routine.

EXAMPLES OF VIGOROUS EXERCISE



- Hiking uphill or with heavy backpack
- Running
- Swimming laps
- Aerobic dancing
- Heavy yardwork
- Tennis (singles)
- Jumping rope
- Cycling 14-17 mph
- Heavy lifting

WHAT IS LIGHT EXERCISE?

Light exercise is physical activity done at a comfortable pace that can last a long time without getting breathless. In general your heart rate should be elevated but stays under 50 % of your maximum.

Even just 30 minutes of light exercise a day can have significant benefits for both physical and mental health. It can improve cardiovascular health, increase flexibility, balance, recovery and reduce stress levels. Additionally, light exercise can help to boost energy levels and improve overall mood. So, whether you're looking to improve your physical health or simply want to feel better mentally, incorporating some light exercise into your daily routine is a great place to start.

EXAMPLES OF LIGHT INTENSITY EXERCISE



- Walking
- Bicycling under 5 mph
- Yoga
- Stretching
- Tai chi
- Gardening
- House work

OVERALL BENEFITS

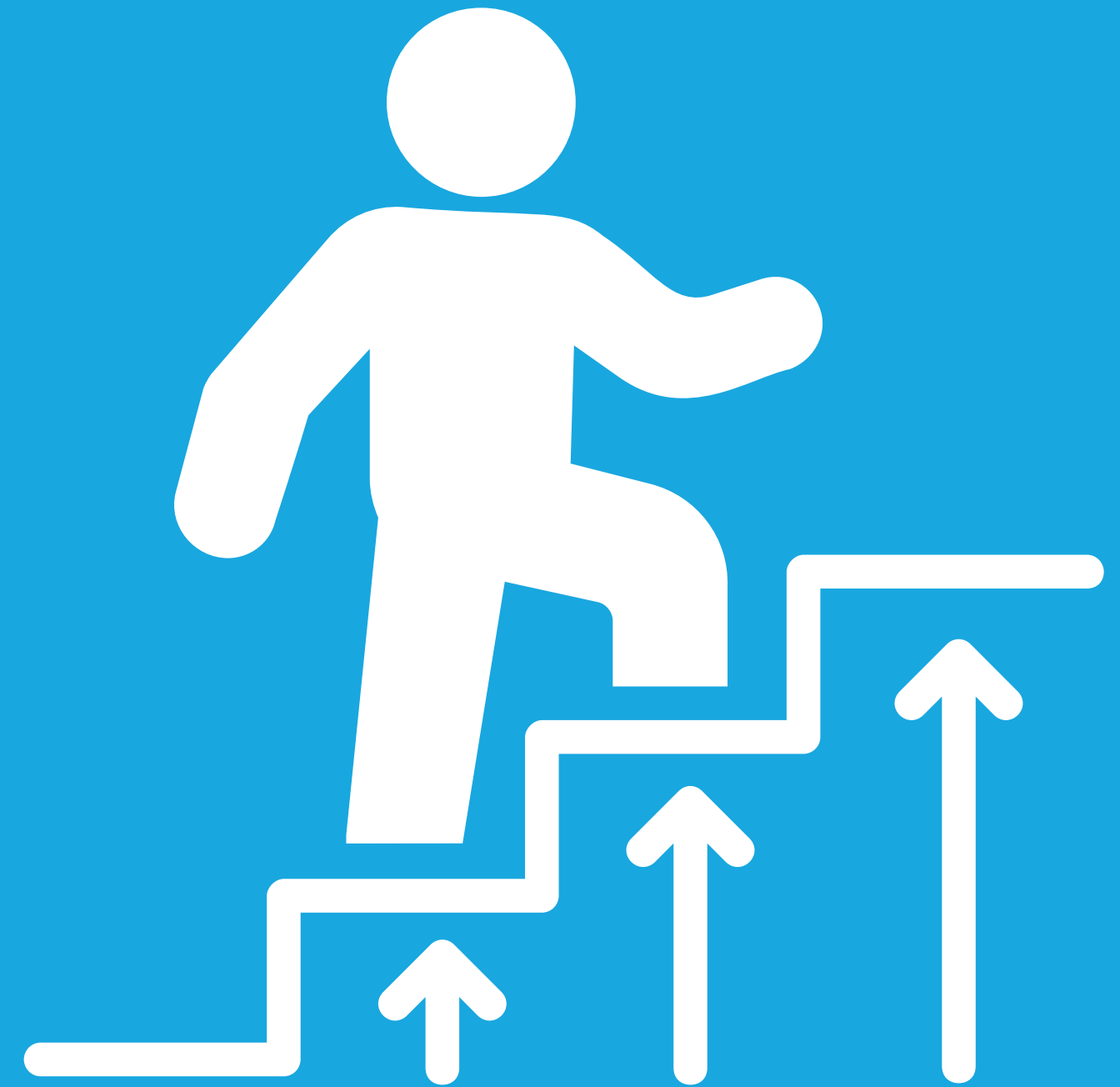
- Lower risk of heart disease, stroke, type 2 diabetes, high blood pressure, Alzheimer's, several types of cancer
- Better sleep, including improvements in insomnia and obstructive sleep apnea
- Improved cognition, including memory, attention and processing speed
- Less weight gain, obesity and related chronic health conditions
- Better bone health and balance with less risk of injury from falls
- Fewer symptoms of depression and anxiety
- Better quality of life and sense of overall well-being



WHAT IF YOU ARE JUST STARTING TO INCREASE PHYSICAL ACTIVITY?

Tips for Incorporating Exercise into Your Routine:

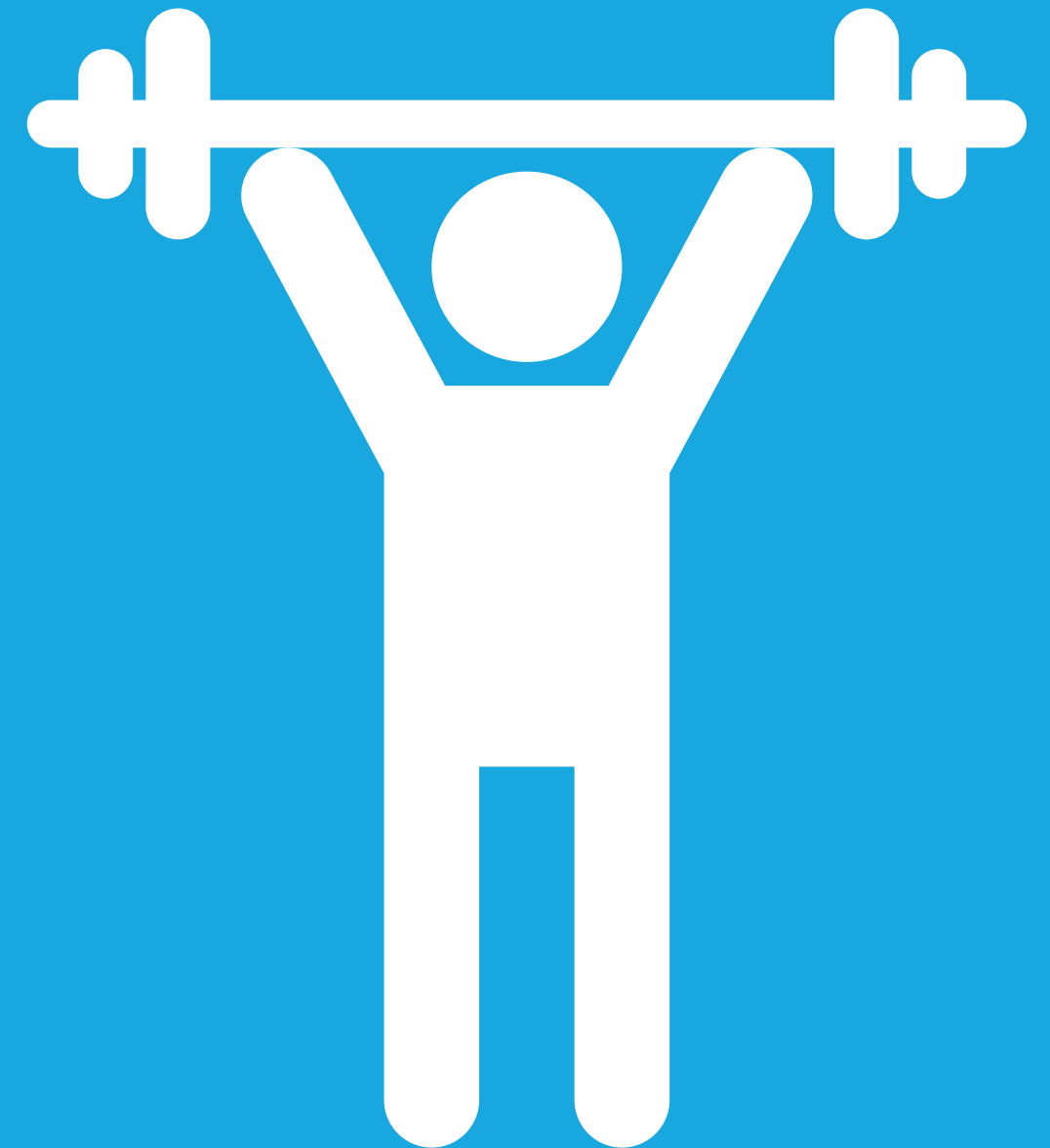
If you're unable to achieve the 150-minute per week recommended exercise right away, don't worry! It takes time to establish a routine. Begin with small changes and set achievable goals. As you get stronger, you will gradually work your way up to the suggested amount.



WHAT IF YOU HAVE EXPERIENCE

Tips for Growth and Improvement:

To maximize growth, it's important to focus on both your strengths and weaknesses. Be sure to evaluate whether your current activity aligns with your goals. Don't be afraid to re-evaluate your goals periodically and make adjustments as needed. Lastly, don't underestimate the benefits of light intensity workouts in promoting body recovery.



CONSULT A PERSONAL TRAINER!

For complete goal optimization, consider seeking out professional assistance. An expert can provide valuable guidance to ensure your success and help address any concerns along the way.



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