

## Exercise

### Do you get enough exercise?

Exercise has been proven to **lower blood pressure**, control blood sugar, **strengthen the heart**, increase bone density, **reduce stress**, boost mood, improve circulation, **reduce weight**, and increase energy!

#### Cardiorespiratory Endurance

A measure of how efficient your **heart and lungs** are at supplying oxygen during physical exercise.

*150 minutes of aerobic exercise per week, such as biking or swimming*

#### Muscular Strength and Endurance

Resistance training exercises used to **build lean muscle mass**. Aim for 8-10 reps in 3 sets, with 1-3 minute breaks.

*5 Movements, 2-3x per week with 48 hours rest*



#### Flexibility

The ability to **move joints** through their full range of motion.

*3-7x per week, or as much as possible*

#### Body Composition

Ratio of lean body mass to fat.

*BMI, waist to hip ratio, body fat %*

## Exercise

### ONE

Speak with your **doctor** before beginning any exercise programs.



### TWO

10 min of **light cardio** and **dynamic stretches** to properly warm up!

*Moving. Walking. Jumping jacks. Lunges. Arm circles. Marching on the spot.*



### THREE

You should exercise at **60-85%** of your max HR

**220 – Age x Target %**

$220 - 50 \times 60\% = 102 \text{ bpm}$   
 $220 - 50 \times 85\% = 145 \text{ bpm}$

Find your pulse, and count the beat for 15 seconds.  
Multiply by 4.

Beginner or an expert, everyone can improve their fitness level!  
**There is no such thing as not enough time!**

- Schedule** exercise into the day
- Do what you **enjoy**, and make it a habit
- Find an **exercise partner**, or group
- Put **exercise gear** in front of the door or bed
- Work **large muscle groups** first, then small (*eg: squats before calf raises*)
- Drop sets** are a great way to improve intensity (*eg: 8-10 reps followed immediately with a lighter weight*)
- Use **Magna's Gym Discount** at GoodLife or LA Fitness, if interested
- Create an easy default** workout and stick to it!

Visit  
**magnawellness.ca**  
for more ideas!



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