



Walk Yourself to Health

Part I

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Power for Health

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Exercise –What is it?

- Exercise is a planned, structured and repetitive bodily movement produced by skeletal muscles that requires energy expenditure.



Exercise –Who needs it?

- Most people believe it is important to exercise, but for the majority of people during the last century exercise has decreased



God's Plan for Exercise

- God gave man work to do in a garden
- The work was mainly physical
- The work was pleasant, outdoors



God's Plan for Exercise

- The work helped man to have a purpose in life—to provide for himself and family
- The work helped man stay healthy



Man's First Job

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

Gen 2:15





Exercise

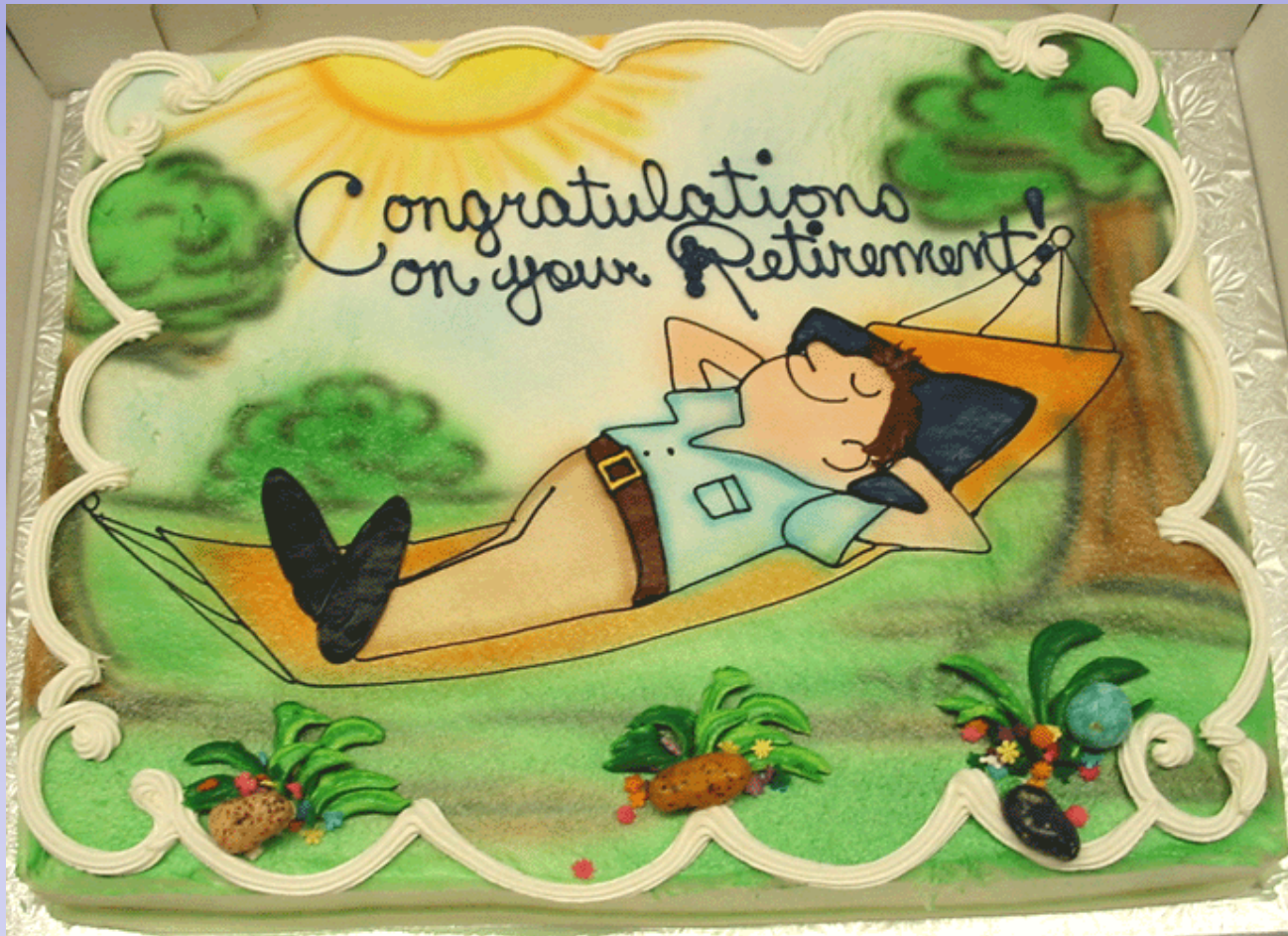
- For some people exercise sounds too much like work, so less than 1/3 of people actually participate in any planned exercise

Exercise: Is it Really Necessary?



Not only is it necessary, it is essential for health.

Work To Retire, Tired of Work





R_x ercise



Planned, structured, and repetitive bodily exercise produced by skeletal muscles that requires energy expenditure



Advantages to Physical Exercise

- Increases endurance
- Makes you less susceptible to disease
- Helps you lose weight
- Improves circulation
- Improves sleep
- Relieves depression
- Reverses diabetes



Advantages to Physical Exercise

- Decreases back pain
- Decreases headaches
- Decreases arthritis
- Aids digestion
- Cuts addictive cravings
- Decreases chronic fatigue
- Decreases premature aging



Exercise For Diabetes

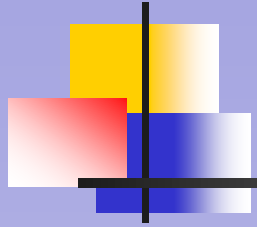
- Helps to control weight
- Reduces insulin resistance
- Acts like a “shot of insulin” after a meal



Health Benefits

“There is no drug in current or prospective use that holds as much promise for sustained health as a lifetime program of physical exercise.”

Bortz, W. JAMA: 248, p 1203, 1983



Let's Exercise!



Walk Yourself to Health

Part II

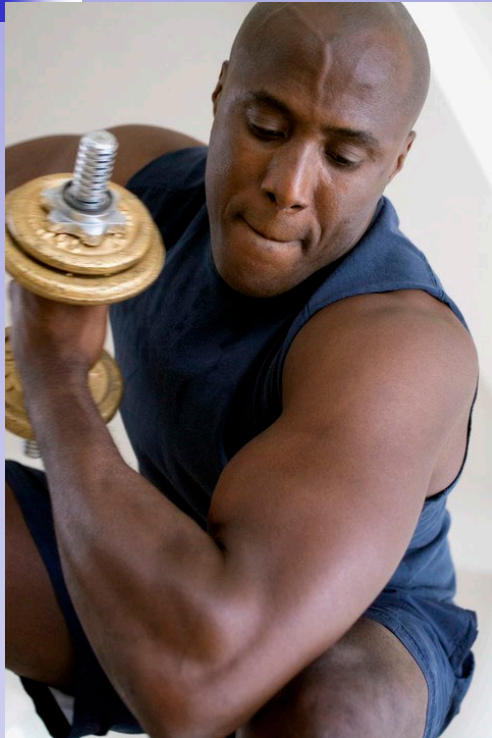
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R_xercise



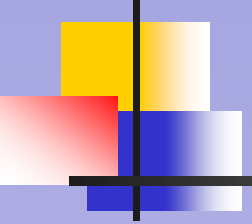
Planned, structured, and repetitive bodily exercise produced by skeletal muscles that requires energy expenditure



R_xercise



Some people are afraid or embarrassed to go to a Gym – they can do home stationary exercises



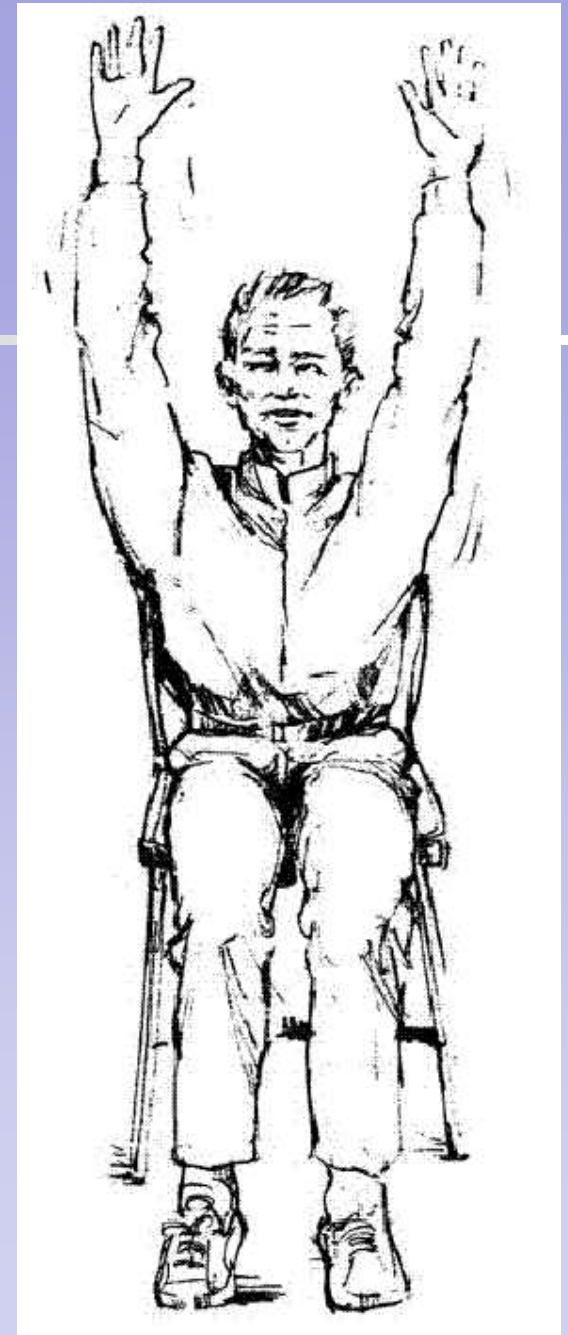
Components of Physical Exercise

- Aerobic endurance capacity
- Muscular strength
- Muscular endurance
- Flexibility



Exercise Benefits

You are almost never too old, too ill, or too incapacitated to gain benefit from regular exercise !



Never too Young to Exercise



Never too Old to Exercise





Intensity of Exercise

- Light:
 - Walking leisurely, 1-2 mph
- Moderate:
 - Walking briskly, 3–4 mph
- Vigorous:
 - Jogging, singles tennis, moving heavy furniture



Epidemic of Inactivity

- “Our country does not really have an epidemic of obesity, it has an epidemic of inactivity”.

Joel Furhman, MD



Walking

- Walking is the Cheapest, Easiest, and Safest exercise to perform on a daily basis
- You can do it anywhere

Walking - the Best Exercise





Walking

Well, almost
anywhere





Walking

- Aim for 100 steps per minute – this is a useful guide
- Aim for 150 minutes per week, minimum, at moderate intensity
- If you are diabetic walk for 15-45 minutes, 45-60 min after you start a meal



Walking

- Whenever possible it should be done in the fresh air.



Walking

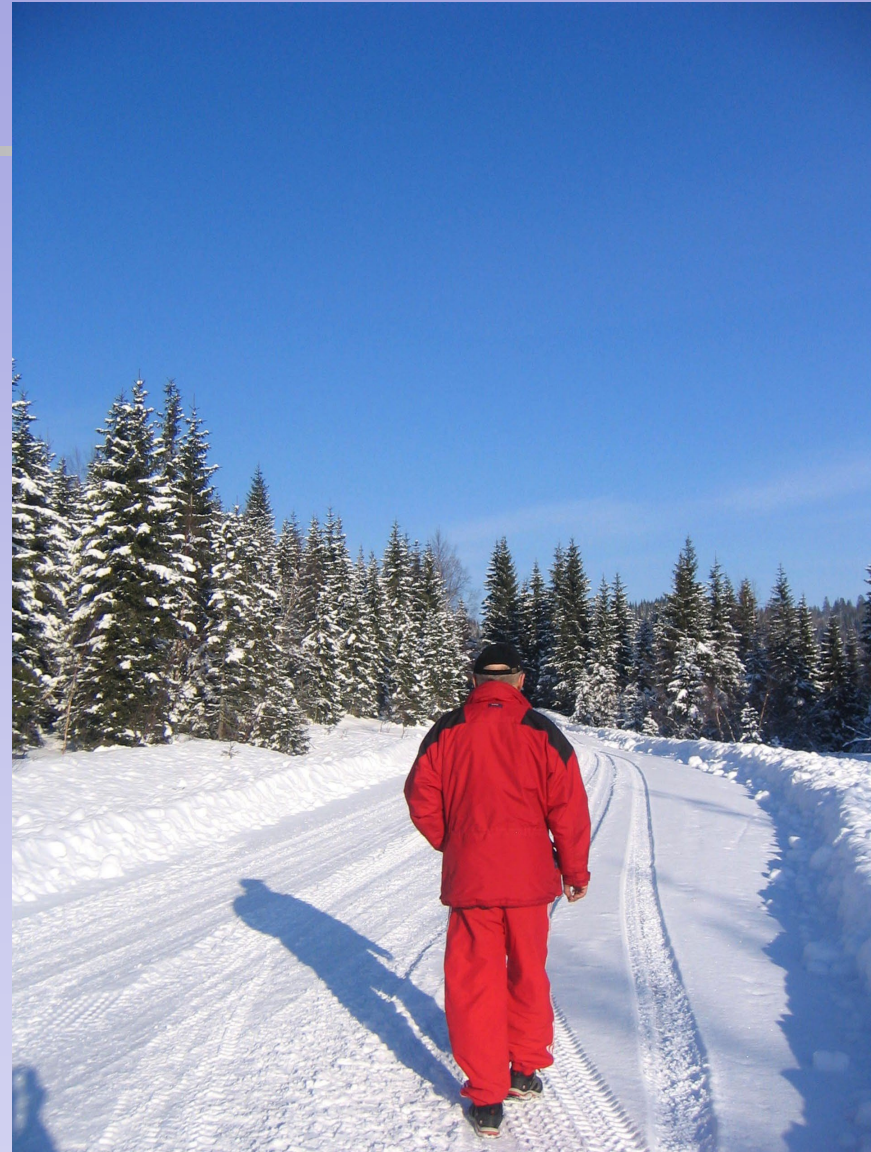
Walk
Even
if it rains!





Walking

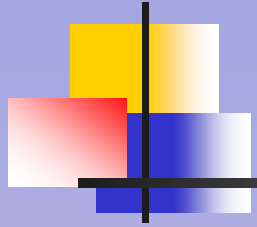
Almost any
weather
is good for
walking





Walking

- Walk, Walk, Walk
- Walk, Walk, Walk
- Walk, Walk, Walk



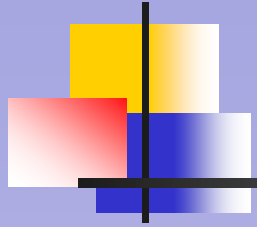
Exercise

- Think of exercise as the best medicine your doctor could ever prescribe for you!



Exercise

- It is just as effective as taking a sleeping pill for sleep
- It is just as effective as anti-depression medication for depression



Let's Exercise!



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Part III

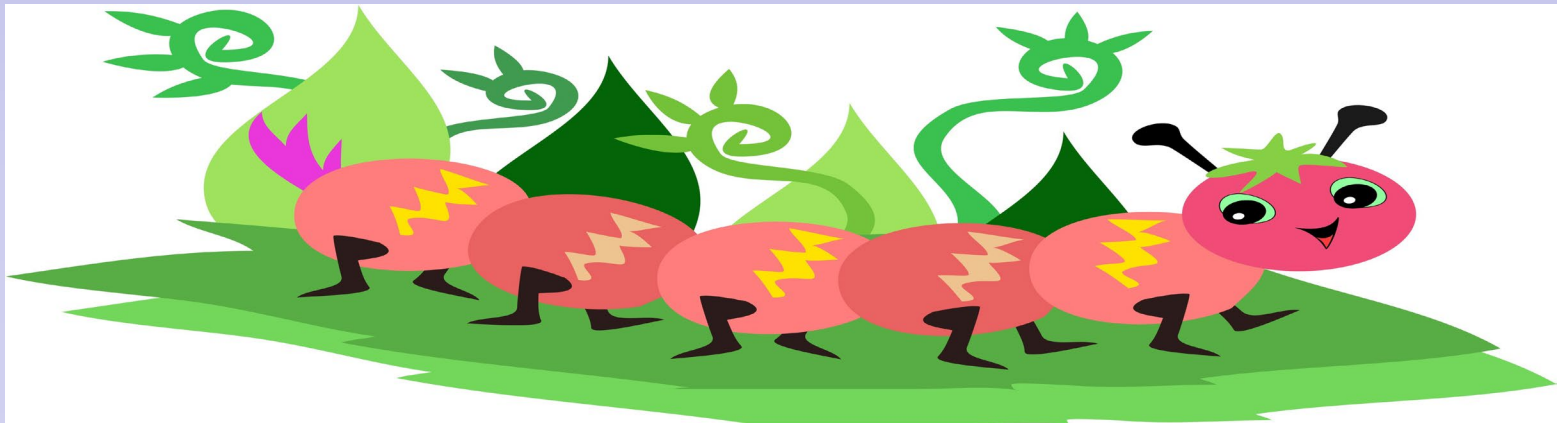
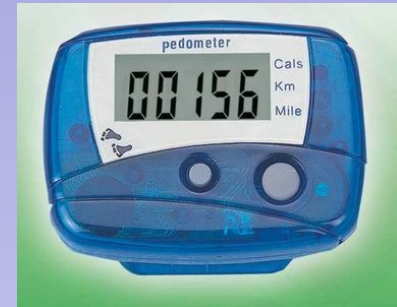
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Tools for Exercise

- Get yourself a pedometer
- Good walking shoes—doesn't need to be expensive





Plan for Exercise

- Find an exercise you like,
- But even if you don't like any, do it anyway—
- Remember it is Your MEDICINE!
 - Take it daily!



What if I Can't Walk?

- Swimming is excellent
- Even chair sitting exercises are useful
- Flexibility and strength training



What's My Excuse?

- Make a list of all the excuses you have for not “doing it.”
- Slowly find ways to remove each of these from your list.



How to Begin

- Start slowly, work up gradually instead of doing marathons on week-ends





How to Begin - FITT

- Frequency
- Intensity
- Time
- Type



How to Begin

- Choose your activity:

- Aerobic - walking, swimming, stair climbing, cycling, XC ski machine



How Often?

- FREQUENCY

- 5-6 times per week

- Time:

- 15-60 minutes, 2-3 times/day



Intermittent Training (IT)

- A type of training that uses rest along with intensive training to give you a work-out that does not tire you out but has excellent results



Results of LCA Research

- Intermittent exercise group

- Showed statistically significant decrease in % body fat over the continuous exercise group

- Conclusions:

- This is an effective method to lose weight and build cardiovascular fitness with less effort



Avoiding Excuses

You have to make YOU and your fitness a priority.

www.thewalkingsite.com



Motivation

Think of all the benefits of a fitness program.

Choose the things that matter to you and focus on them.



Motivation

Make a list of all the benefits you will personally receive from your program and make a list of the others that will benefit.



Motivation

Who else will benefit if you become more fit?—Everyone in your life.

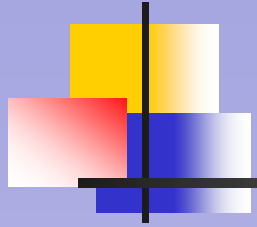
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Power for Health

I Can do all things through Christ who
strengthens me.

Phillipians 4:13



Let's Exercise!