

# Moving 2 – Aerobic Exercises for Weight Loss

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# Review from Last Time

1. Isometric Squat
2. Planks
3. Wall Angels
4. Wall Wrists

**Any questions or feedback?**

# Walking

- Low-to-moderate intensity is key!
- Sedentary lifestyle is considered 5000 steps/day
- 10 minutes of walking equals 1,000 steps



# Sports

- Easy, fun way to burn calories
- Takes away the mental load off of weight loss
- Integrate hobby with weight loss





# High Intensity Interval Training

What is it?

- Short bursts of high intensity exercise with short recovery time

Benefits

- Efficient for burning calories
- Good for cardiovascular health (CAD)

Rep range?

- 1 minute on, 30 seconds off, 9 rounds total
- Can always length of set or number of rounds

# Let's Exercise

## Jumping Jacks

Swing arms up and out to a clap whilst shuffling feet outward

## High Knees

Run in place raising knees as high as you can, can do this at a walking pace if pain in knees

## Lunges

Step forward with one foot and bend at the knees, return to standing and repeat with other foot

# Additional Notes for HIIT

- Can substitute for any exercise as long as it increases heart rate to a high level
- It's what you make of it!!!
- Moderation is key! You can't outtrain a poor diet

## References

1. Gardiner, J., Prouty, J., & Phillips, E. M., M. D. (2015). The joint pain relief workout: Healing exercises for your shoulders, hips, knees, and ankles. Harvard Health Publications.
2. McGregor G, Powell R, Begg B, Birkett ST, Nichols S, Ennis S, McGuire S, Prosser J, Fiassam O, Hee SW, Hamborg T, Banerjee P, Hartfiel N, Charles JM, Edwards RT, Drane A, Ali D, Osman F, He H, Lachlan T, Haykowsky MJ, Ingle L, Shave R. High-intensity interval training in cardiac rehabilitation: a multi-centre randomized controlled trial. Eur J Prev Cardiol. 2023 Jul 12;30(9):745-755. doi: 10.1093/eurjpc/zwad039. PMID: 36753063.
3. Wang C, Xing J, Zhao B, Wang Y, Zhang L, Wang Y, Zheng M, Liu G. The Effects of High-Intensity Interval Training on Exercise Capacity and Prognosis in Heart Failure and Coronary Artery Disease: A Systematic Review and Meta-Analysis. Cardiovasc Ther. 2022 Jun 9;2022:4273809. doi: 10.1155/2022/4273809. PMID: 35801132; PMCID: PMC9203221.

List of HIIT exercises: <https://thesportsedu.com/hiit-workouts-and-exercises/>