

Exercise and Health

By Dr. Yun Xia

“When it comes to health and well-being, regular exercise is about as close as to a magic potion as you can get.”- Nhat Hanh

During lockdown, many people stopped exercising. But exercising has so many benefits to our health.

- It helps to maintain healthy weight and improve function level.
- Regular vigorous exercise reduces the risk of depression and anxiety by 25%.
- It reduces the risk of colon cancer by 17-30%, breast cancer by 20-30%, and coronary heart disease by 20-30%.
- A structured exercise program leads to an 18% reduction in physical disability.
- Low cardiorespiratory fitness was the no. 1 cause of preventable death.
- Physical inactivity is the cause of 1/10 premature deaths.

What are the types of exercises?

Aerobic



Flexibility



Balance



Strength



Can I exercise safely?

Most asymptomatic people with no known disease can start exercising safely. Consult your providers for any question.

Those with chronic conditions or symptoms should consult health provider before beginning or continuing exercises.

How long should I exercise?

It depends on your age and physical condition. Any exercise is beneficial.

For each type of exercise, try to reach a training goal of:

- Aerobic: moderate intensity for 150-300 minutes/week or high intensity for 75-150 minutes/week (moderate intensity- you can talk but can't sing; high intensity- you can't talk or sing)
- Flexibility: 10 min x 2 times/wk
- Balance: 20 min x 2-3 times/wk
- Strength: 8-12 repetition for each muscle group 2-3 times/wk

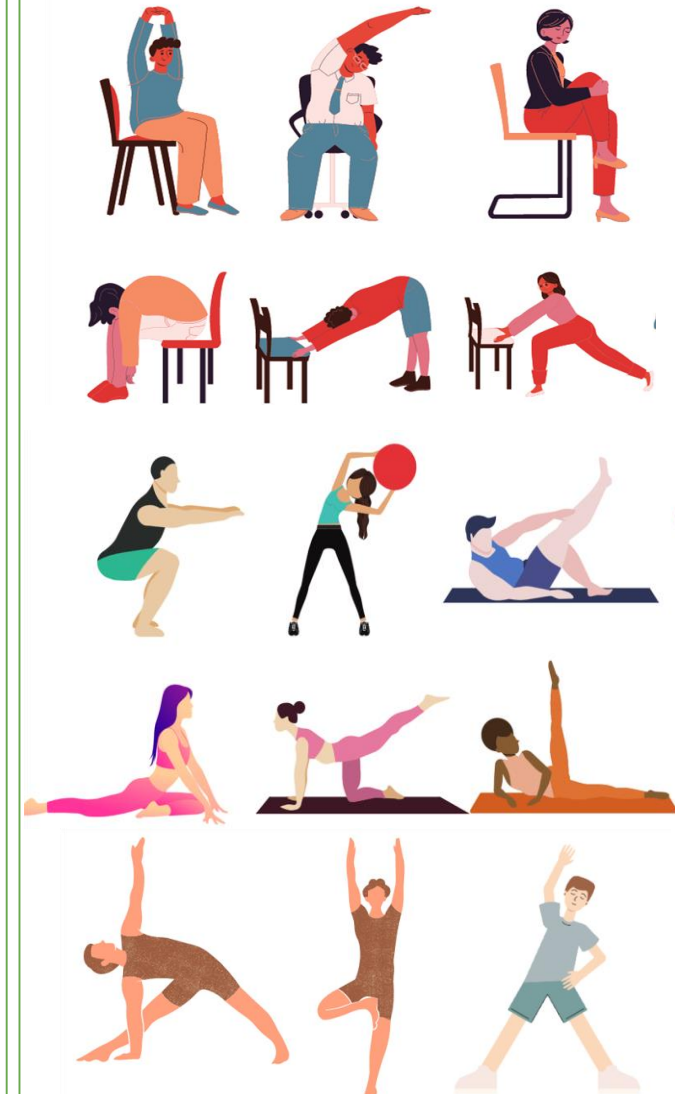


Tips:

- Start slow and gradually build up.
- Setting up a routine (when, where) will help you stick the exercise plan.

Can I exercise at home?

The answer is YES. You can definitely exercise at home or in office; you can exercise on the floor, the chair, or even in bed. Be creative!



How many calories can I lose from exercise? Is exercise alone enough for weight loss?

Exercise	calorie loss
Walking (3mph)	260 calories/hr
Jogging (5mph)	600 calories/hr
Exercise bike (10mph)	520 calories/hr
Swimming (breaststroke)	350 calories/hr

Exercise alone is not enough to lose weight for most people- you need to include diet change.

Imagine you need to jog for 5 miles (1 hour) in order to kill the calorie from a big muffin (600 calories)!

Food and its exercise equivalence (in minutes; in a speed of walk 3 miles/hr or jog 5 miles/hr)

Food types	Calorie	Walk (min)	Jog (min)
Cola (16 oz)	184	33	18
¼ large pizza	600	109	60
Medium mocha coffee	290	53	29
cinnamon roll	420	76	42
Large muffin	600	109	60
Cheeto (2 oz)	320	58	32
large fries	500	91	50
Ice cream, 2 scoops	420	76	42



Mindful Walking



"I have two doctors, my left leg and my right."- G.M. Trevelyan

Walking can decrease stress hormones and increase natural happy hormone. 30 minutes of daily walking can bring a lot of benefits.

Mindful walking helps you connect to the nature. It is basic walking plus greater attention. Here are some tips.

- As you begin to walk, stand tall, relax your jaw and smile slightly. Take a few slow, deep breaths.
- Pay attention to the sensation of the feet touching the ground with each step.
- Appreciate your surroundings, noticing the feeling of sunshine or cold breeze, the smell of the air and the sounds.
- When your mind wanders, just gently bring your attention back to your senses.

Mindful walking makes you happy, calm, and helps you live longer.



Tips for Exercise

- Listen to your body. Exercise is not competition.
- Warm up and cool down. Try slow stretches before and after exercising.
- Mix it up. Alternate different exercises to reduce the risk of injury.
- Wear shoes with good support.
- Safety first. stick to a safe environment and exercise indoor in extreme weather.
- Sitting is new smoking, even for physically active people. If you sit for 60 minutes, taking a 1-2 minute standing or walking break can improve your health.
- Be creative and have fun!

Exercise is the magic pill.



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"I believe prevention is the best medicine"- Dr. Xia