Exercise is Medicine
What is “Exercise is Medicine”?

• “Exercise is Medicine” is an initiative, spearheaded by ACSM, to spread a worldwide message about the importance of physical activity in promoting health and preventing disease.
Why is Exercise Medicine?

- Exercise and physical activity are important to health and the prevention of many chronic diseases.
Ways Exercise Can Help

Regular Physical Activity may allow a physician to significantly reduce a patient’s drug dosage or eliminate the need for medicine altogether.
Benefits of Exercising

• Helps prevent excess weight gain or promotes weight loss.
• Improves your chances of living a longer and healthier life.
• Improves your ability to perform actions of daily living.
Did You Know?

Physical *inactivity* can contribute to health disease and complications, including:

- Obesity
- Heart Disease
- Diabetes
- Hypertension
- Cancer
- Arthritis
ACSM Exercise Guidelines

Cardiorespiratory Exercise

**Frequency:** 3-5 days per week

**Intensity:** Moderate to Vigorous Intensity

**Time/Duration:** 30 minutes+ Daily (can be in bouts of 10 minutes at a time)

**Type:** Walking, Biking, Swimming, Kranking, Jogging, Zumba Class
ACSM Exercise Guidelines

Resistance Training Exercises

**Frequency:** 2-3 days per week

**Intensity:** 2-4 sets of 8-12 repetitions with 2-3 minutes of rest in between sets

**Time/Duration:** 30-45 minutes

**Type:** Machine weights, free weights, small hand weights, Building Strength Class

Exercise all major muscle groups using dynamic exercises that create a muscle balance
ACSM Exercise Guidelines

**Flexibility & Balance Exercises**

**Frequency:** 2-3 days per week

**Intensity:** Stretch to the point of slight tightness

**Time/Duration:** 30-60 seconds per stretch for 2-4 sets

**Type:** Static Stretching, Pilates, Flexibility, Mindfulness, & Gratitude Class

**Stretch all major muscles**
Did You Know?

**Cold Front**
In a study of how fitness fights the common cold, researchers showed that regular exercise lessens its miseries.

How each fitness level influences rates of upper respiratory tract infections:
- **Number of days (over 12 weeks):**
  - 7.5 (HIGH)
  - 8.5 (MEDIUM)
  - 10.6 (LOW)

How number of symptoms compare to low-fitness subjects:
- HIGH: -38%
- MEDIUM: -29%

How the severity of illness compares to low-fitness subjects:
- HIGH: -37%
- MEDIUM: -28%

*Notice: Based on a study of 1,000 people over a 12-week period in the winter and fall of 2004.
Sources: Bred, David C. Holman, Appalachian State University*

**High-fitness level**
Committed to regular exercise, most are normal weight.

**Medium-fitness**
People in this group tend to be overweight and are periodic exercisers.

**Low-fitness**
This group tends to be obese and sedentary.

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Other studies show that exercise...

- ★ Lowers the risk of **stroke** by 27%.
- ★ Reduces the incidence of **diabetes** by approximately 50%.
- ★ Reduces the incidence of **high-blood pressure** by approximately 40%.
- ★ Can reduce mortality and the risk of recurrent **breast cancer** by approximately 50%.
- ★ Can lower the risk of **colon cancer** by over 60%.
- ★ Can reduce the risk of developing **Alzheimer’s disease** by approximately 40%.
- ★ Can decrease **depression** as effectively as Prozac or behavioral therapy.

*Source: American College of Sports Medicine*
Did You Know?

Regular Physical Activity can improve muscular strength and cardiovascular-respiratory efficiency by increasing the amount of oxygen and nutrients delivered to your body and tissues.
Improve Your Bone Health

- Regular physical activity helps prevent the insidious loss of bone known as osteoporosis.
- Resistance training can help increase bone density.
How Can Exercise Benefit You?

- Exercise not only improves your physical health; it improves your mental health as well.

- Studies show that regular exercise decreases stress and elevates mood.
Exercise Promotes Better Sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep.
Did You Know?

Regular Exercise helps relieve symptoms of depression, anxiety and improves mood.
Boost Your Productivity

Regular physical activity can assist us to become more productive. According to Richard Branson, regular exercise gives him an additional four hours of productivity every day.
Less Stress

When you're less stressed, you're less irritable and that could improve relationships with your partner, kids, and co-workers.
How Much Exercise Do We Need?

To receive the health benefits of exercise, we should do at least 150 minutes a week of moderate intensity, or 75 minutes a week of vigorous-intensity physical activity.
If you start now you'll start seeing results one day earlier than if you wait until tomorrow.

"Wow, I really regret that workout." - No one. Ever.
Physical Activity Guidelines

• Balance Training
  • At least 3 or more days of the week.

• Cardiovascular Training
  • At least 30 minutes of moderate-intensity activity on 5 or more days each week.

• Muscular Strength Training
  • At least 2 days a week that work all major muscle groups.
IF YOU ARE PERSISTENT, YOU WILL GET IT.
IF YOU ARE CONSISTENT, YOU WILL KEEP IT.
Sources

Exercise is Medicine:
www.exerciseismedicine.org

Office of Disease Prevention & Health Promotion:
www.health.gov
Nutrition Lecture Part II:

Intuitive Eating

Where:
The Learning Center at the LifeFit Center @ The Beach (KIN 106A)

Presented by:
Lisa Nguyen, Erin Moore, & Jennifer Ratanapratum

For more information, contact Heather Mazzei at heather.mazzei@csulb.edu or 562.985.2687

When:
12:00 pm on Monday, April 6th
LifeFit Center @ The Beach Presents:

LFC Art Walk

Join us for a docent-led walking tour of CSULB’s Monumental Sculpture Collection!

When: Friday, April 10, 2015 @ 11:00 a.m. - 12:00 p.m.

Where: Meet us at the Coffee Bean at the USU (2nd Floor) at 11:00 a.m. OR at the LifeFit Center Service Desk at 10:50 a.m. (& we will walk together)
BEACH Art Walk

April 15, 2015, 1PM – 2PM
Meet @ the LifeFit Center

Come join us for an exciting walking tour through CSULB’s Monumental Sculpture Collection led by Dr. Brian Trimble, Interim Director of the University Art Museum.

All participants will be given a complimentary goodie bag with donations from our sponsors.

This event is brought to you by:

LIFEFIT CENTER @ THE BEACH