

Benefits of Warm Up and Cool Down

Warm up:

- Prepares the heart, lungs and muscles for safe and efficient functioning
- Increases heart rate
- Increases body temperature
- Increases flexibility, coordination, and balance
- Decreases muscle and joint soreness

Cool Down:

- Prevent pooling of blood in legs
- Prevent dizziness
- Prevent muscle soreness



Resource by the Active Communities Team
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BENEFITS OF PHYSICAL ACTIVITY

*Adapted from PAHD
Physiotherapy Department*



Benefits of Physical Activity

- Meet new people
- Relaxation
- Improved sleep
- Have more fun
- Continued independent living
- Improved quality of life
- Improved physical and mental health
- Improved fitness levels
- More energy
- Better posture and balance
- Move easier with out aches and pains
- Improved self-esteem
- Weight maintenance
- Stronger muscles and bones
- Improved regularity and decreased risk of colon cancer
- Reduces stress
- Reduces risk of heart disease
- Reduces obesity
- Reduces high blood pressure
- Reduces risk of developing type II diabetes
- Reduces risk of osteoporosis
- Reduces risk of stroke
- Decreases depression
- Improves insulin sensitivity
- Helps control blood sugar level
- Improves circulation

Aerobic (Endurance Activities)

- Strengthen heart and lungs
- Most important type of activity if trying to lose weight
- Increasing heart rate over a period of time.....the longer the better.
- Follow the FITT Formula
- **F** Frequency – 4-7 days/week
- **I** Intensity – Target heart rate Talk test
- **T** Time- 20-60 minutes
- **T** Type – continuous motion

Muscular Strength and Endurance Activities

- Activities of daily living are easier i.e. carrying, lifting, opening jars, etc.
- Increases time spent performing tasks before exhaustion

GOALS:

- 2-4 days per week
- different exercises
- 1-3 sets of 10-12 reps

Flexibility and Stretching

Stretching is very important before and after activity because....

- Allows body to warm up slowly-increase in heart rate, body temperature, blood flow - and then decrease slowly to original state.
- Prevents injuries, muscle soreness, blood pooling

- Increases coordination and balance
- GOALS:** Daily

- Hold stretches on upper body for 10-15 seconds
- Hold stretches on lower body for 20-30 seconds

The FITT* Formula

Recommended quantity and quality of physical activity to improve and maintain aerobic fitness.

Frequency: Three to Five times per week. Start with three-times-a-week and build up from there.

Intensity: 60-90% of age predicted maximum heart rate. If less fit, start at the bottom end of the zone.

Talk test-you should be able to talk but NOT whistle a tune!

Time: 20 to 90 percent of age-predicted maximum heart rate. Less fit individuals should start near the bottom end of the zone.

Start at 5minutes per physical activity and increase your time each week.

Aim for 20-60 minutes a day.

Type: Activities, which use large muscle groups and can be done in a continual, rhythmic manner. (Brisk walking, running, cycling, swimming, continuous games, etc.)

*FITT acronym courtesy of David M. Chisholm, M.D.