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Hand-Out

-Which Exercises are Helpful-

07/15/14

Knowledge is power, and this hand-out offers you tips on exercises and what health benefits they provide!

Knowledge about the benefits of exercise and the detriments of inactivity should be enough motivation for you to get going.

If not, maybe the ability to move around without too much pain and the freedom to use your legs and feet for transportation will be a motivation that you can't resist.

It doesn't matter what motivates you, as long as it happens!

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1-Benefits of exercising:

Your body benefits in different ways from moderate to long periods of *aerobic exercises* (using glucose first, and then glycogen, as well as oxygen for energy) and from short periods of *anaerobic exercises* (using glycogen, but no oxygen for energy; and quickly building up painful lactic acid.) The two types of exercises complement each other and are both important for your well-being.

Even low-key exercises, such as getting out of the chair and just standing or pacing, is important for you body.

Your body functions best when you do frequent physical activity or exercise:

- Your mood improves.
- The heart muscles and skeletal muscles get stronger.
- You burn more sugar (glucose and glycogen) and fat for energy with aerobic exercises.
- Regular exercise reduces inflammation in your body, whereas a sedentary life-style promotes inflammation in your body.

2-Benefits of anaerobic exercises:

- Increased lean muscle mass is built during anaerobic exercises, such as resistance strength-training, also called weight-lifting. More lean muscle mass means more mitochondria inside your muscle cells that can turn glucose or glycogen and oxygen into energy during aerobic exercise. Your metabolism increases and improves with increased lean muscle mass.



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- Interval training, such as sprinting, jump-roping, or jumping jacks, is another type of anaerobic exercise. It allows your metabolism to keep “churning” for hours. This is especially important for diabetics and pre-diabetics with insulin-resistance.
- As often as you can manage it, do some anaerobic exercises, such as weight-lifting or sprinting or the like, to build up more lean muscle mass and more mitochondria, and to allow your metabolism to keep churning for hours. When you focus on weight-lifting, allow each major muscle group to rest for 2-3 days after being exercised. You can alternate the different muscle groups to accomplish this better.

3-Benefits of aerobic exercises:

- Walking, swimming, or running are always good as aerobic kinds of exercise. Your metabolism increases while you're doing the exercises.
- If you do cardiovascular exercises at high speed for a limited time, you'll fuel your energy by the glucose available in your blood stream and the glycogen stored in your muscles and liver, while your heart gets stronger.
- If you exercise at lower speed for 20 minutes or more, your glucose levels and glycogen stores will run out, and your energy will be provided by your fat mass giving up triglycerides that break down into glycerol and fatty acids. You are now in the fat-burning stage and will be losing weight. Stop right away if you start feeling faint. Your blood sugar may be getting too low.



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4-What foods should you eat or avoid when exercising:

- If you're going to participate in a competition that requires a lot of stamina, by all means, load up on healthy complex carbohydrates several days prior to the event so that all your glycogen stores are full of glycogen. This will allow your energy and stamina to last longer.
- However, if you'd like to loose fat mass, go easy on carbohydrates prior to aerobic exercises. Continue the aerobic exercises well past 30 minutes at low to moderate speed to use up your glucose and glycogen stores and start burning fat cells for energy. Fat cells provide energy at a much slower rate than glucose and glycogen, so keep your speed exercising low or low-to-moderate only.
- If you do interval training or weight-lifting, don't worry about burning up fat mass for the energy needed for short-lasting high-intensity workout. Fat metabolizes too slowly to provide energy for this kind of anaerobic workout. It's a good idea to consume at least a small amount of complex carbohydrates from whole grains, beans, or fruits and vegetables an hour prior to working out to make sure your glycogen levels have enough glycogen for the energy needed. Also, make sure to eat or drink some healthy plant or animal-based protein within an hour of finishing your resistance training to help your new lean muscle develop easier.
- No matter which type exercise you do, it's important to eat and drink only healthy choices with lean animal-based or plant-based proteins, complex carbohydrates, and healthy fats and oils to get the most protein, vitamins, minerals, phytonutrients, antioxidants, fiber, and omega fatty acids.



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- Make sure to drink plenty of water, both before, during, and after training. Your body cannot function if you're dehydrated.
- The only time you should enjoy simple carbohydrates is if you notice that you become faint and your blood sugar has gone too low. A sports drink with simple carbohydrates will bring your blood sugar up quickly, but you should also eat some protein and complex carbohydrates to keep the blood sugar from dropping again.

5-The benefits of moving your joints:

Moving your joints purposefully has nothing to do with aerobic or anaerobic exercises; however, it decreases stiffness in your joints and increases your flexibility. This is especially important if you suffer from arthritis.

The joints in question would be your toe and finger joints, your ankle and wrist joints, your knee and elbow joints, and your hip and shoulder joints. Your upper cervical vertebra that controls the movements of your head should also be exercised with caution.

Exercising your joints should be done with movements up and down, sideways, and rotating. Do all the movements at a slow speed without any jerky movements that could easily hurt people with brittle bones or stiff or inflamed joints.

Applying heat to stiff and inflamed joints prior to exercising may allow more flexibility and less tenderness. This can be done with a heated blanket or a heat compress.



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6-The benefits of squeezing your calf, thigh, groin, and buttock muscles:

While you sit or stand, you're at risk for developing dependent edema in your feet and lower legs if you have leaky valves in your venous circulation.

Pumping your calf, thigh, groin, and buttock muscles happen automatically with walking, running, biking, or swimming. Pumping these muscles help squeeze the venous blood back to the core of your body.

However, when you lie, sit, or just stand, these muscles are not being used, unless you purposefully contract them on a conscious level.

Practice doing this and make it a habit. It will cut down on your dependent edema in your feet and lower legs if you suffer from leaky valves in your venous circulation. You may not be used to doing this, and you may not be able to do this, at first. However, it's a skill that can be practiced, and anybody without muscle or nerve diseases should be able to learn how to do it.

7-Make exercises part of your daily routine:

Exercise is absolutely necessary for good health.

In the past, exercise was necessary for survival; however, with the development of machines to do manual labor and electronics to also substitute manual labor, exercise is no longer a necessity. Exercise, now-a-days, is merely a choice.

Remind yourself that knowledge is power.

Even if you don't feel like doing exercise, even if you don't have to do it, and even if our commercial world emphasizes convenience, force yourself to get up and move around throughout the day.



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Try to appreciate the freedom you gain with your own mobility, and try to enjoy the physical activity with other elements of joy that boost your mood, such as a pretty scenery, colorful flowers with a lovely scent, a piece of your favorite music, or sharing nice moments with family or friends.

Best of all, exercise throughout the day helps you sleep better at night.

All the exercises in this hand-out are important; however, if you're unable to do them all, simply do what you are able to do. Your abilities may increase with time.

And, as with anything else, start slowly; but, don't stop. Each day will get better.