



# No Gym? No Problem?

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# Basic Concepts for Today

- Why exercise is so important - especially now!
- A reminder of how much we need
- Tips for being active at home





# Benefits of Physical Activity (especially during quarantine)

- Enhanced ability to perform tasks and function throughout the day
- Powerful mood lifter
- Increased metabolism
- Better stress management
- Better sleep
- Increased energy
- Increased sense of well-being
- More stamina
- Reduced risk for back problems
- Better weight control





# Boost Your Immunity!

If you follow the ACSM guidelines, research shows:

- Improved immune responses to vaccinations
- Lower chronic low-grade inflammation
- Improved immune markers in cancer, HIV, cardiovascular disease, diabetes, cognitive impairment and obesity

Plus, we need to counteract the negative effects of social isolation and confinement on immunity

- Higher cortisol levels can inhibit many immune functions e.g., recognizing cells that have been infected with viruses



# Getting Started

- If you haven't been exercising or have been on a long break from exercise, consider visiting your physician before getting started.
- Start off slowly
  - Low intensity
  - Shorter durations
  - Include a warm-up and cool-down
- Increase your time **BEFORE** increasing intensity
- Increase your time a little each week

# F.I.T.T. for Cardio

- ***Frequency:*** Three or more days a week\*
- ***Intensity:*** 60 - 85% Maximum Heart Rate or 12 - 15 Rating of Perceived Exertion
- ***Time:*** 20 to 60 minutes/day
- ***Type:*** Walking, jogging, cycling, swimming, hiking, group exercise classes, tennis, basketball, volleyball, etc.

*\*150 minutes/week of moderate or 75 minutes/week of vigorous exercise working up to 300 minutes/week total*

# F.I.T.T. for Resistance Training

- **Frequency:** 2 - 3 days a week for all muscle groups
- **Intensity:** 2 - 4 sets of  
8 - 12 repetitions for muscular strength and power OR  
10 - 15 reps for those starting out OR  
15 - 20 reps for muscular endurance
- **Time:** Rest anywhere from 30 seconds to 2 minutes
- **Type:** Weight machines, free weights, resistance tubing/bands, medicine ball, kettle bells, body weight, yoga, Pilates

# F.I.T.T. for Flexibility

- **Frequency:** Two to seven days/week
- **Intensity:** Stretch to the point of feeling tightness or slight discomfort (do not overstretch!) **The stretching intensity should decrease during the stretch.**
- **Time:** Hold each stretch for 10 - 30 seconds and repeat each stretch twice
- **Type:** All major muscle groups - static stretching, yoga, Tai chi, Pilates



# Ideas to Create Your “Gym”

- If possible, create a space for your activity (indoors/outdoors)
- Find a program/activity that you can stick to
- Establish your activity as part of your daily routine
- Collect some basic equipment : mat, resistance bands/tubes/loops, dumbbells/kettlebells, jump rope, exercise ball, bike, pool etc.
- Set some goals; Wellpath coaches can help develop realistic goals and add measurement
- Find a workout “buddy” (text, email, apps, etc.)



# Simple, Low/No Cost Ideas

## INDOOR CARDIO:

- Turn on the music and walk briskly for 10 - 15 min for 2 - 3 times/day
- Dance to the music!
- Jump rope
- Do one of those exercise videos sitting on the shelf
- Use those cardio machines that your clothes are hanging on

## OUTDOOR CARDIO:

- Walk/jog the 'hood (avoiding crowds, keeping minimum 6' distance)
- Ride your bike
- Garden/yard work
- Active games with the family
- Walk the dog

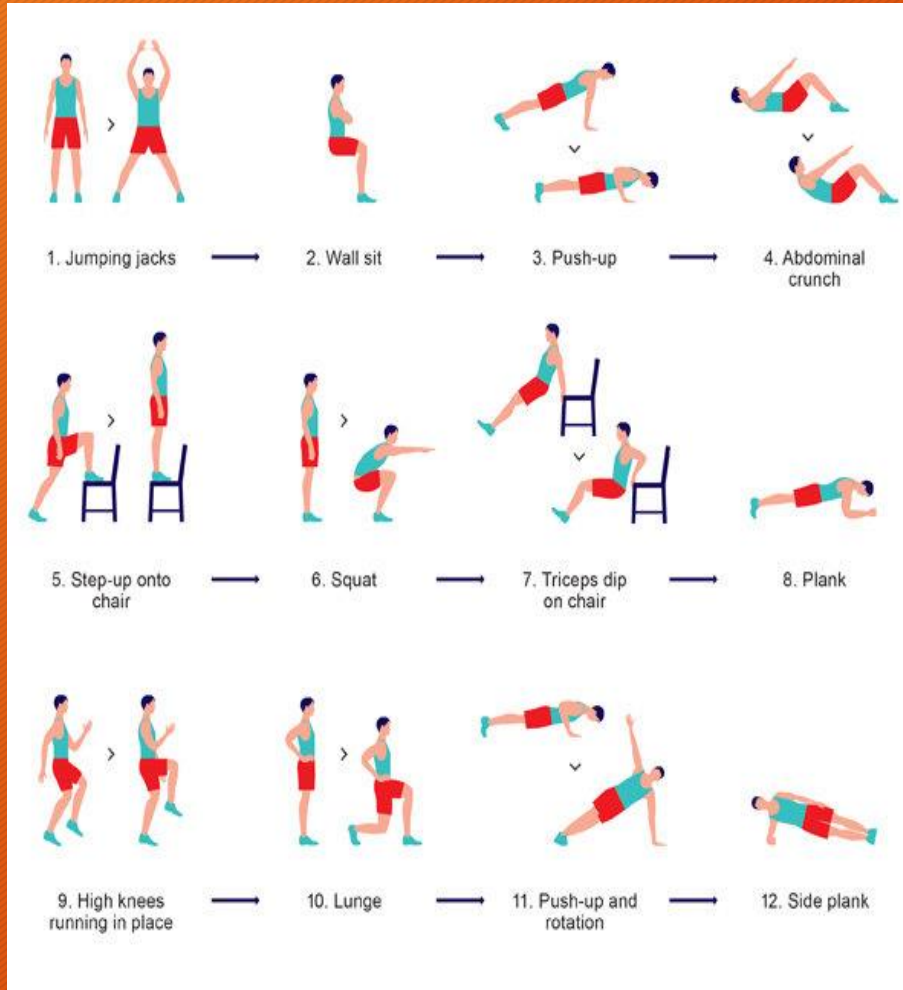


# Body Weight Strength Training

- Squats or wall squats or “sit to stand” from a sturdy chair
- Push-ups against a wall, the kitchen counter, the ottoman or the floor
- Lunges or single leg step-ups on the stairs
- Triceps dips on a sturdy chair
- Planks/side planks
- Crunches
- Supermans
- Pull-ups on that pull-up bar you don't use
- Yoga
- Pilates



# Try the 7-Minute Workout



- Do each exercise for 30 seconds
- Rest for 10 seconds between exercises
- You can do this 1 - 3 times through
- OR - do the 12 days of Christmas Challenge!
- Can get an online, mobile phone or watch 7-minute app



# Make Use of Simple Equipment

If you have these items at home, use them:

- Exercise Mat/Yoga Mat
- Resistance bands
- Resistance tubes
- Resistance loops
- Suspension trainer (TRX)
- Dumbbells
- Kettlebells
- Barbells and plates
- Medicine Balls

If you don't have this equipment, the low-cost options are bands, tubes and loops - they are easily ordered online and delivered to your home



# There's an App for That

Ten functions to look for in an app:

- Certified personal trainers available or creating content
- A tracker
- Calorie expenditure estimates
- Big changes require more than 5 - 7 minutes, but can be great when looking for a quick workout
- Workout music apps can provide some motivation
- Some have games/competition/badges to help motivate
- The best apps provide a variety of strength workouts and the ability to personalize
- Virtual treadmill and bike trainer apps can mitigate boredom
- Video workout apps can be done anywhere with your phone, tablet, PC
- Some combine exercise and charity (ResQWalk)

*James Peterson, Ph.D., FACSM - ACSM Health and Fitness Journal*



# Popular Apps

- All/Out Studio (Women's Health, Men's Health and Runner's World workouts)
- Aaptiv
- Nike Training (FREE)
- Jillian Michaels My Fitness Workout
- Daily Burn
- Seven Workout
- Quick Fit (FREE)
- Strava (FREE)
- MyZone (FREE - need HR monitor)
- MyFitnessPal
- Freeletics
- Daily Yoga
- Sworkit
- JetSweat
- MapMyFun





# Popular Apps

- C25K (FREE)
- Blogilates
- Endomondo
- SweatWorking
- Sweat
- Pear
- Beachbody On Demand
- Peloton Digital
- Glo
- YogaDownload
- Yoga Collective
- Asana Rebel
- Pure Barre On Demand
- Tone It Up
- Physique 57







Comments? Questions?  
Concerns?

*Have a great day!*



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