

Exercise Part-2

TYPES OF EXERCISE

Stretching:

Upper Limbs

Lower Limbs

Body

Stretching exercises are very important before getting involved in brisk activity. Stretching exercises help to relax your muscles and prevent any muscle spasms or cramps.

As you hold your hands up at shoulder level, push the palms of your hands against the wall and gently press for a couple of seconds. Wall push activity helps you to stretch your upper limb muscles. Repeat this exercise three to four times, if you can survive the first attempt. Touch the floor with flat palms of your hands while

Aerobic: Aerobic exercise means steady exercise, exercise that demands an uninterrupted output from your muscles for a minimum of twelve minutes. The word aerobic means air, specifically the oxygen in the air. The muscles need oxygen to function and their need for oxygen

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goes up dramatically when we work them. As you exercise harder you need more oxygen, and your heart rate goes up. When muscles fail to get enough oxygen, they are working anaerobic ally. You get as much benefit from fifteen minutes of jogging as one Hour of tennis. For most people it would be much better to do a steady aerobic exercise every day for fat control and conditioning and then play tennis for fun. Aerobic exercise should be steady. Two six-minute sessions don't add up to a twelve-minute exercise.

We now urge a target heart rate range 65-85 percent of your maximum heart rate rather than a fixed 80 percent. It is obvious that a training range is a whole lot easier to work. It allows you to vary the intensity and duration of your workout to meet specific needs. If you stay in the training zone, a long gentle workout is just as effective as a shorter, more intensive one. General systemic illness can also slow down healing and growth of new tissue. The same principle holds true for people recovering from injury and for women who are pregnant. Fat people also seem to do better with lower-intensity activity when they first start an exercise program. Fit people burn fat well at higher intensities of exercise but fat people do not. Even a strict or several unbalanced diets are stressful and results in more protein breakdown than protein repair. Emotional stress can be just as taxing as physical stress.

The U. S. Department of Agriculture, in a 1993 report, affirmed that people who exercise moderately while dieting have much better weight-loss results.

Running: We generally consider running or jogging as synonymous with exercise. Undoubtedly, running is the most accepted and practical form of aerobic exercise that you can make part of your daily life. The sustained, coordinated, and rhythmic actions of large muscle groups involving the legs and the gluteal muscles provide the most cardiovascular benefits. It also enables us to burn off a number of calories from our fatty deposits. Several indoor facilities provide jogging tracks for your heart's delight. Or else, you can create your own jogging trail around your breakfast table. Decorate your table with your favorite high fat, high calorie, and tasteful foods. By the time you go around your dining table a couple hundred times, your appetite would be so well served that you no longer feel like indulging in your familiar and festive eating habits. When you jog in the neighborhood,

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be sure to watch out for those tree branches reaching down in solitude to scalp your forehead. By all means, smell the roses, and admire the people who provide you with such pleasant scenery.

Bicycling: Stationary bicycling immediately comes to my mind. It involves mainly legwork with perhaps a small amount of buttock work. In effect, twenty minutes of stationary bicycling yields twelve minutes of aerobic exercises and eight minutes of warming up.

Jump Rope: This is what I call a solution to an excuse by an ever-running, ever-busy executive. If you are one of those fortunate individuals, or if you think you travel all the time, the jump rope could be your best exercise gear. You can use it right in your office or hotel room. When you travel, you can still complete your twelve minutes of exercise using a jump rope while rehearsing your business interviews in the tranquility of your mind.

Walking: Walking is better than sitting, sleeping, or doing nothing. Walking provides many benefits. You can walk anytime during the day or night. You don't need any special gear other than a pair of simple sneakers. When you are walking, you can have a nice conversation with your companion, listen to your favorite music on the Walkman, do some purposeless and penniless window shopping, bird watch, delight yourself with star gazing in the moonlight, or watch your age spots stretch with your lingering shadow. People who walk for forty-five minutes without interruption derive similar cardiovascular benefits as those who jog for 15 minutes or bicycle for 20 minutes. If you are one who for any medical reason cannot run or jog, you may want to continue your exercise program by walking on a daily basis. I recommend that you choose a cooler climate and a place such as a park for your walks. If the weather is not ideal, you can walk in a large shopping mall where the climate is controlled. I propose that you leave your purse or handbag in the car, before you enter the mall, so you will not be tempted to offset the benefits of your walking exercise by indulging yourself in an ice cream party.

YOUR TARGET HEART RATE

This is your resting pulse. You should check your pulse several times during the day to get your average resting pulse rate. Most women average about 80 beats per minute and men about 72 beats per

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minute. As you become more physically fit, your resting pulse drops. Very athletic individuals occasionally have a resting pulse as low as 35.

We now recommend a target heart rate of 65-80 percent rather than a fixed 80 percent. It is obvious that a training range is a whole lot easier to work with.

Let's talk about average people, approximately 60 percent of the population. That 60 percent can make good use of pulse monitoring

A Calorie Expense Chart						
Activity and speed			Calories per Hour			
			160 lb		150lb.	
			Male		Male	
Bicycle	6mph		160	270	240	
Bicycle	12mph		440	610	500	410 660
Jogging	5. 5mph		210	295		920 750
Jogging	7mph				320 440	
Jumping	Rope					
Walking	3mph					
Walking	4. 5mph					

during and after exercise to judge the intensity of their exercise.

Another 10 percent of the population (I'm only guessing this number) is taking medicine that affects the heart rate. Pulse monitoring, as a measure of exercise intensity is not reliable for this group either.

You will need a watch or clock with a sweep-second hand. You can find your pulse on the thumb side of your wrist. Sometimes it is difficult to find the pulse in the wrists of women and older people, so try the side of the neck. Lay your fingertips against the side of your neck.

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CALORIE EXPENSE CHART

Furthermore, since the heart rate slows down more quickly as one gets in better condition, six-second pulses become more and more important, the healthier one gets.

Can you lose 1 to 2 pounds per week?

Look at the calorie chart listed above. If you were to jog at a speed of 5.5 miles per hour, you would spend 660 calories in an hour. Thirty minutes of jogging per day results in the loss of 330 calories. If you cut down your calorie intake by 120-150 calories per day, you will have a net loss of 500 calories per day or 3500 calories per week. Ironically, each pound of fat has 3500 calories. Start today on this wonderful journey of a combination of reduced calorie intake and regular exercise that offers the best chance for losing weight at a rate of one pound per week.

Imagine, if you were to cut down your intake by 1000 calories and walk for 45 minutes per day. You could be well on the way to losing 2 pounds per day.

Wife, "Honey, how come you get up and get your own coke these days?"

Husband, "Well! my doctor says I need some exercise."

Once I told the husband of my patient, "She needs some exercise. "

A few weeks later, the husband phoned me, "Doc! Ever since you advised my wife to exercise, she has started jumping to conclusions and running up bills. "

A patient of my mine had a heart attack. I said, "You need to enroll in an aerobic exercise program. " After six months he came back and said, "Doc, now I can touch my knees without bending the floor. "

I advised a patient of mine to get involved in an aerobic exercise program. Three months later he came back and said, "Doc, I have all the aerobic tapes. Next month I plan to get a VCR. "

AVOID INJURIES

1. Build your exercise program for a period of several weeks to

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months. By starting your program on a very low level of exercise and gradually building your activity, you will greatly enable yourself to avoid significant injuries to your muscles and joints.

2. If you pay attention to the signals coming from your joints, muscles and limbs, you will be able to avoid any further serious problems. The symptoms that you experience may be a sign for you to slow down or eliminate a particular type of activity. Some of the symptoms may be suggestive of more significant problems such as a strained muscle or torn ligaments.

3. If you experience chest pain or severe shortness of breath or neck pain, these may represent heart problems, and hence you need to be concerned about these symptoms and avoid pushing yourself beyond your symptoms.

4. When you are exercising outdoors, pay attention to the weather. Dress appropriately for the weather and the season. Avoid exercising immediately following your meals. If you exercise vigorously, wait for about twenty minutes before you eat. Try using protective gear such as goggles and special shoes. Hard cement surfaces are more likely to cause injuries compared to a level grass field or a dirt path. Try to land on your heels, rather than on the ball of your feet when you run or jog. This minimizes the strain on your feet and lower legs. Please remember all the traffic signs posted on the roads apply equally to joggers. When you are riding a bicycle, you need to pay special attention to the other bicycle riders and also watch your head as you go through those bushes. Ride in the direction of the traffic, and try to avoid busy streets.

A TYPICAL EXERCISE SESSION

Begin with a stretching or a warm-up session that should last for at least five minutes. You can start with stretching exercises involving your upper limbs and also lower limbs. You can also perform exercises to stretch your back and abdominal muscles. The neck muscles can also be stretched. If you are planning on jogging, you can start walking and then switch to brisk walking before you start your regular pace. The stretching period enables the muscles to stretch and thus prevent any undue strain on the muscles or the ligaments. The stretching also warms up your muscles so that they will be much better prepared when you engage them in a brisk, sustained activity for the next 15 to 30

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minutes.

The exercise part of the program should include a sustained brisk activity involving jogging, running, walking, or bicycling. When you are exercising, make sure your heart rate stays in the target zone of 60 to 85% for at least 15 to 30 minutes duration. After exercise, you enter a cool down period. During this phase, you gradually decrease your level of activity, but continue to walk. This can allow your body to relax gradually. Abruptly stopping can cause dizziness and weakness. If you have been running, walking briskly, or jumping rope, repeat your stretching exercises to loosen up your muscles.

TYPICAL SESSION

Your heart rate typically reaches a maximum for your age and will not beat any faster no matter how much harder you exercise.

The average man has 20 percent more muscle than the average woman and 30 percent less fat.

When you start a new exercise you may have to stop several times to check your pulse until you know exactly how hard to do the exercise to get the correct rate.

Many people find that after several weeks of the same exercise, their hearts don't reach the training zone. This simply means that in most cases you should run faster, pedal with more resistance, jump higher, or whatever. If this doesn't appeal to you, simply switching to a different exercise will often get your heart into its training zone.

If you are terribly out of shape, you may not even be able to walk briskly for the required period without getting out of breath. You decrease the intensity of your exercise, not the time spent doing it. I don't care if you have to crawl.

You're not trying to burn much fat or build a lot of muscle.

Occasionally someone drops dead of a heart attack while jogging- and he was jogging so he wouldn't have a heart attack!

People do have heart attacks while exercising, particularly if they don't exceed the comfortable pace I have been urging you to use.

THE KEY TO YOUR SUCCESSFUL EXERCISE PROGRAM

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The key to a successful exercise program begins with you. You are the one who has to make this important decision in your life.

The person who is going to get the most benefit from the exercise program is you. In this chapter, we have described the type of exercise, the duration of exercise, the location, and the equipment necessary to help you with your exercise program. Some people prefer to exercise in the early morning hours, while others may find it most suitable during the late evening hours. I have also seen some people using their lunch breaks for exercise activities. How much time you are willing to spend on your exercise depends upon your goals. If you want to stay in shape, you need at least 30 minutes of exercise three to four times a week. If you want to lose weight, you may want to exercise more frequently and for longer duration. It doesn't mean that

you have to work harder or push yourself beyond the 85% maximum heart rate for your age.

Begin your exercise with the least amount of stress, and then gradually build up as your strength and stamina improve. One of the most important things I would like to emphasize is the fact that your commitment to your exercise program should be a lifetime. If you recognize some of the benefits we have been talking about, follow these simple techniques, and enroll yourself in a regular exercise program, I can simply close by wishing you the joy of healthy living.

ACTIVE LIFE STYLE

Your exercise program doesn't have to be restricted to 30 minutes, three times a week. Throughout the day, you can perform certain activities that can greatly enhance your muscle strength and also help you to expend calories. You can use stairs instead of elevators when you are going up or down a couple of flights. You may try to park your car away from the shopping mall, so that you can get the extra walking. Try replacing your coffee breaks with simple exercise breaks. Instead of watching television or listening to music at home, you can use a Walkman and complete a 30-minute walk while still listening to your favorite music or audio program. If you want to go shopping at a neighborhood grocery store that is located less than a mile away, you might consider using your bike instead of riding in your car. You can also practice deep abdominal muscle exercises whenever you have a

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couple of minutes of free time. Similarly, you can practice lifting your heels up whenever time permits, and that will strengthen your calf muscles. Some of these exercises can be performed even while riding in an elevator.