



Healthy Families. Healthy Community.

Exercise

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If you have not been physically active for some time, then it is best to get checked out by physician before starting any regimen.

Basic exercise recommendations of the American Heart Association are as follows:

For the average healthy adult to maintain a healthy weight and reduce risk factors for heart disease they must do moderately intense cardiovascular exercise for 30 minutes a day, five days a week. (Moderate exercise is defined as working hard enough to raise your heart rate and break a sweat, yet you are still able to carry on a conversation. However, to lose weight, the time may need to be increased to 60 to 90 minutes a day, five days a week).

An alternative to moderate exercise is to do vigorously intense cardiovascular exercise 20 minutes a day, for three days a week. Vigorous activity would limit your ability to carry on a conversation comfortably. If desired, moderately intense exercise can be alternated with vigorously intense exercise. An example would be two days a week of moderately intense exercise along with two days a week of vigorously intense exercise. Additionally, some weight training exercises should be incorporated twice a week.

If your schedule is tight, exercise can be done in short bouts throughout the day. A minimum of 10 minutes of moderately intense exercise three times a day is as effective as exercising 30 minutes straight. Also, it is important to choose an activity that you enjoy, such as walking.

Below are examples of types of exercise and typical amount of calories burned when doing them:

Bicycling 6 mph	- 240 calories/hour
Bicycling 12 mph	- 410 calories/hour
Jogging 5 mph	- 740 calories/hour
Jogging 7mph	- 920 calories/hour
Running 10mph	- 1280 calories/hour
Walking 2 mph	- 240 calories/hour
Walking 3 mph	- 320 calories/hour
Walking 4 mph	- 440 calories/hour

No matter what you choose as your exercise, keeping a regular routine is very important to achieving and maintaining good health.

Diet and exercise are key to overall good health, whether it is controlling hypertension, combating diabetes, or just a way to relieve stress. How we treat our bodies dictates how well we live. The path to good health starts with just one step.

Best in health to you and yours this season.