



MASSAD OLINDE

Benefits Consulting

(225) 215-1010 • (866) 237-7723
info@massadolinde.com



Exercise 101

3 Exercise Claims You Can Ignore

Don't let these common exercise myths sabotage your fitness goals.

Myth: There's no point in exercising if you don't have time for a full workout.

FACT: You need at least 150 minutes of moderate-intensity physical activity a week. Pushed for time? Working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.



Myth: Skip weight lifting because you'll bulk up and gain weight.

FACT: Lifting weights 2 or 3 days a week won't build bulk, but will help build strong muscles. If you don't like weight lifting, resistance bands, sit-ups, push-ups and some kinds of yoga also can strengthen muscles.

Myth: Have chubby thighs or a spare tire around the middle? Just target those areas with specific exercises.

FACT: You can't spot-reduce fat, according to the American College of Sports Medicine. Genes and lifestyle factors determine where we carry flab — and a healthy diet without excess calories and regular exercise are the most effective ways to reduce fat all over.

Drink Up

Strenuous sports and exercise workouts can dehydrate you. Drinking fluids before, during and after extended exercise is key to regulating body temperature, replacing body fluids and fueling your workout.

To stay hydrated, the American Council on Exercise suggests you:

- ⇒ Drink 17 to 20 ounces 2 to 3 hours before you start exercising.
- ⇒ Drink another 8 ounces 20 to 30 minutes before you start exercising or during your warm-up.
- ⇒ Drink another 7 to 10 ounces every 10 to 20 minutes during exercise.
- ⇒ Drink 8 ounces no more than 30 minutes after you exercise.

Remember: Quench your thirst before you feel thirsty, especially if you work up a sweat.



Physical Activity for Life

Official exercise guidelines are updated as we're learning more about how physical fitness and exercise affect our health and longevity. New evidence-based studies show we can fight many common chronic health problems simply by staying physically active.

Key recommendations

AGES 3 TO 5 (NEW):

Get at least 3 hours per day of active play (light, moderate or vigorous) to enhance growth and development.

AGES 6 TO 17 (NO CHANGE):

Get 60 minutes per day of moderate- to vigorous-intensity activity for healthy heart, muscle and bone development.

ADULTS (NO CHANGE):

Get at least 150 to 300 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week; add muscle strengthening 2 to 3 days a week.

Just move more and sit less. There is no minimum exercise time requirement. Any amount of physical activity has health benefits, including better sleep, stress relief and improved blood pressure and mental health. Over time, staying physical helps manage health conditions, including obesity, osteoarthritis, diabetes and dementia.



5 Exercise Errors to Avoid

The American College of Sports Medicine calls exercise the magic pill for improving our physical and mental health. Exercise can help us prevent or reverse several diseases, including depression — provided we stick with it.

You'll benefit from any increase in physical activity. As you go, watch out for these oversights:

- 1. Ignoring your limits:** Starting out, people often exercise too much, risking injury. If you have health problems such as arthritis, excess weight or back trouble, check with your health care provider or work with a qualified trainer to learn the best exercise approach for you.
- 2. Moving too fast:** Give yourself time to identify and develop exercise activities that you can succeed with and enjoy for a lifetime.

It's Quitting Time for **SITTING**

The human body is designed to move. Yet, many Americans spend at least half their waking time sitting — in cars, on sofas and in front of phones, TVs and computers. Sitting too much is now a recognized health hazard.



What's too much? Sitting for 6 or more hours a day increases your risk of premature death by 19%, compared with people who sit fewer than 3 hours, according to American Cancer Society research. The study followed more than 127,000 people who had no major chronic diseases when they joined the group; during the study (1993 to 2014) nearly 49,000 died.



Those reporting the most leisure time sitting had higher risks of death from numerous medical conditions, including cancer, heart disease, stroke, diabetes; kidney, lung, liver and digestive diseases; Parkinson's disease; Alzheimer's disease; nervous disorders; and musculoskeletal disorders.

The hunched position we assume while sitting at a desk or driving for long periods constricts the muscles, causing tension, fatigue and pain. To decrease the daily discomfort and long-term health risks of inactivity, loosen up: Take frequent, short movement breaks throughout your day.

Stand up as often as possible — as you read, watch TV or talk or text on your phone, or to walk around. Learn to fit in simple core stretches at your desk. Here's an example from ACE Fitness:

- Stand upright, fingers clasped behind your head; relax your neck.
- Turn your head toward your left elbow.
- Lean your upper body to the right; no bending forward or backward.
- Hold for 30 seconds. Repeat on the opposite side.

3. Doing the same old thing: Repeating the same cardio or muscle workouts for several months, your body becomes efficient, using less energy and burning fewer calories. Vary your activities as much as possible.

4. Failing to support your back: Learn proper form, whether you're doing tai chi or lifting weights; check with your instructor or trainer. When using exercise machines, avoid slumping and keep your back erect.

5. Thinking cardio is enough: Strength training your muscles, such as core and upper body, is also important for preserving health.

