Designing Your Personal Fitness Plan

Cooper Clinic/Cooper Fitness Center/Cooper Healthy Living
Objectives

• Understand the 3 main components of a balanced, efficient exercise regime

• Assess when, where, and how long you will exercise = create an ACTION PLAN that works for you

• Learn how to maximize your workout with proper fueling and sleep

• Be challenged to find ways to become more active – every day
“Fitness is a journey, not a destination.”

Dr. Kenneth Cooper,
Founder of Cooper Aerobics Enterprises
Get Moving

• % of adults 18 years + who met the Physical Activity Guidelines for aerobic activity: **49.2%**

• % of adults 18 years + who met the Physical Activity Guidelines for both aerobic and muscle-strengthening activity: **20.8%**

CDC, 2014 National Health Interview Survey, figures 7.1, 7.4
Sitting As Deadly As Smoking?

• A recent study links physical *inactivity* to more than 5 million deaths worldwide per year, more than those caused by smoking

• That’s 1 in 10 PREVENTABLE deaths caused by not getting up and moving (such as walking for 30 minutes)

Fitness | Assessing Texas' Schoolchildren

A backward lunge: Kids in sad shape

Starbucks to close stores, cut jobs
Starbucks announced Tuesday that it will close 600 stores and cut up to 12,000 jobs, or 7 percent of its workforce. 3D

Dallas restaurateur

Above: Kenneth Cooper of the Cooper Institute of Dallas said he hopes the results will "shock the state into reality and into action."
Role Model

- Kids, ages 12 to 15.
- 27% of boys met the 60 minutes/day recommendation
- 22.5% of girls met the 60 minutes/day recommendation

CDC 2012, National Health and Nutrition Examination Survey and the National Youth Fitness Survey.
Your Brain On Activity

Brain after sitting quietly

Brain after 20-minute walk
MY WHOLE ROUTINE LASTS AN HOUR AND A HALF.

15 MINUTES OF CARDIO, 15 MINUTES OF WEIGHTS, AND AN HOUR OF TALKING MYSELF INTO IT.
Why Exercise?

▲ Improve health (Doctor’s orders)
▲ Weight management
▲ Social interaction
▲ Look better (muscle vs. fat)
▲ Feel better (reduce stress)
▲ Live better (increase energy/mobility)
▲ Age better
▲ Eat more (😊)
“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”
Activity vs Exercise

• “Physical activity” and “exercise” can be used interchangeably

• Being physically active = lower death rate; regardless of age or weight

• Increasing evidence that time spent in sedentary activities may contribute to increased disease risk and early death
Building a Fit Body

1. Aerobic Exercise
2. Anaerobic Exercise
3. Flexibility
To Be Aerobic

An exercise must:

• Use large muscle groups
• Use a large amount of oxygen
• Be performed continuously
The Father of Aerobics Says...

“Everyone should walk the dog twice a day, whether they have one or not.”

Kenneth H. Cooper
Founder and Chairman, Cooper Aerobics
Why Walk?

- Lower drop-out rate
- Reduces stress
- No special clothing required
- Inexpensive
- Convenient with minimal risk
- No special skills needed
- Longer duration, lower intensity
- Remedial, easy training
- Universally enjoyable

Is Walking Enough?

90% of women and 67% of men were able to reach their target heart rates by brisk walking.
Healthy Adults Under 65

Basic recommendations from ACSM and AHA:

- Do moderately intense cardio 30 minutes a day, 5 days a week OR do vigorously intense cardio 20 minutes a day, 3 days a week.

  **AND**

- Strength train: Do 8-to-10 strength training exercises with 8-12 repetitions of each exercise, twice a week.
Moderate Intensity ???

• Elevate your heart rate
• Break a sweat!
• You should be able to talk (BUT not sing) the words to your favorite song.

Note: Usually a 5- or 6 on a scale of 0- to 10
Aerobic Exercise

Tip: The trail-off period

- Moderate and high intensity aerobic exercise results in additional calories burned after the work out session is complete.
- Research suggests that the higher the intensity, the longer the added burn.

Sports Medicine, 2003
Burn More Fat in LESS Time

• The original Tabata Protocol requires the following:

  5 minutes of warm-up

• 8 intervals of 20 seconds all-out intensity exercise followed by 10 seconds of rest

• 2 minutes cool-down
Exercise for Weight Loss

• The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

• To lose weight or maintain weight loss, 60-90 minutes of physical activity may be necessary.
Building a Fit Body

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Lost Something?

• Beginning at age 30, most of us lose about 1% - or a third of a pound - of muscle every year, as the body starts tearing down old muscle at a faster rate than it builds new tissue.
“Strength training is the only type of exercise that can slow, and even reverse, the declines in muscle mass, bone density, and strength that were once considered inevitable consequences of aging.”
Strength Benefits

▲ Arthritis relief
▲ Back pain relief
▲ Reduce falls
▲ Restore balance
▲ Strengthen bone
▲ Improved mental & emotional health

▲ Sleep improvement
▲ Improved glucose control
▲ Healthy heart tissue
▲ Improved metabolic rate
▲ Changed Shape

Centers for Disease Control and Prevention | Why Strength Train
The Cooper plan for modifying exercise as you age:

<table>
<thead>
<tr>
<th>AGE</th>
<th>AEROBIC EXERCISE</th>
<th>WEIGHTS/STRENGTH TRAINING</th>
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<tr>
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<td>80%</td>
<td>20%</td>
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<td>70%</td>
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<td>50s</td>
<td>60%</td>
<td>40%</td>
</tr>
<tr>
<td>60s &amp; OLDER</td>
<td>55%</td>
<td>45%</td>
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Full Body Workout

Major Muscle Groups

• Abdominal/Core
• Upper Back
• Lower Back
• Chest
• Shoulders
• Glutes
• Legs
  – Hamstrings
  – Quadriceps
  – Calves
F.I.T. Principle

How do you vary your routine to produce results?

**F.I.T.**

– *Frequency* of the routine (number of days, sessions, exercises, etc.)

– *Intensity* of the weight or pace

– *Time* or duration of the exercise session
Building a Fit Body

1. Aerobic Exercise
2. Anaerobic Exercise
3. Flexibility
Flexibility

- Everyone can learn to stretch, regardless of age or flexibility.
- Stretching should be a part of your daily routine, whether you exercise or not.
Flexibility

Not a huge time commitment for huge results.

- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)
Fuel up for your (EXERCISE) plan!
Carbohydrates = ENERGY
Carbohydrate Sources

- Starch/grains group: 15 grams/serving
- Milk group: 12 grams/serving
- Fruit group: 15 grams/serving
- Vegetable group: 5 grams/serving
Protein = Repair
(Goal: 20-30g at a time)

• Approximate Protein Requirements
  – Sedentary 0.4 g per pound
  – Endurance athlete 0.5-0.6 g per pound
  – Strength athlete 0.8 g per pound

Example:
150 pound weight lifter
(150 x 0.8 = 120 grams of protein)
20 grams of protein, in the recovery period, creates the maximal amount of muscle tissue regeneration.
Got Protein?

• Cottage cheese = 12g in 1/2c serving
• Hard boiled egg = 1 Egg = 6g
• Protein shake - 1 scoop of protein = 20g
• Hummus 2 Tbs = 2g
• Lunch meat & cheese stick = 16g
• No nitrite turkey jerky = 1 oz serving = 14g
• Edamame 1 Cup = 17 grams
Got Protein?

- Celery + natural peanut butter (2 Tbs) = 7g
- Greek yogurt - 1 Cup = 15 g
- Almonds, 21 = 5g
- Egg whites 6 = 21g
- Pumpkin seeds 1/4 cup = 10g
- Black beans 1/2 cup = 8g
- 8 oz glass of 1% milk = 8g
- Quinoa 1 cup cooked = 8g
Inflammation and Recovery

- Saturated fats, fried foods, trans-fats, hydrogenated fats
- Imbalance of Omega 6 vs Omega 3
- Nitrites (processed meats)
- Excessive sugars
- Gluten???????
Gluten-free “just because’?

• “Based on little or no evidence other than testimonials in the media, people have been switching to gluten-free diets to lose weight, boost energy, treat autism, or generally feel healthier. This doesn’t make much sense.”

  - Dr. Daniel A. Leffler, director of clinical research at the Celiac Center at Beth Israel Deaconess Medical Center in Boston
Recover/Refuel

Follow this trifecta:

1. Replace 24 ounces of fluid for every pound lost during exercise
2. Eat 12-15 grams of protein
3. Eat 30-50 grams of carbohydrates within 30-45 minutes post-workout
Food to Include

Ginger

Tart Cherries/
tart cherry juice
Supplementation

- Omega 3 (1,000mg EPA + DHA)
- Antioxidants – C, E, beta-carotene; Vitamins B12, B6, folic acid (folate)
- CoQ10
- Flavonoids – ex. stearic acid dark chocolate
Sleep More, Perform Better

• Goal: 7-9 uninterrupted hours/night.
  – Less than seven hours increases the risk of obesity approximately 30 percent and adds an extra five pounds
• Sufficient sleep enhances neural processing for **motor skills**, insights and perceptions
• Too little sleep alters leptin, the “fullness” hormone, and ghrelin, the “appetite” hormone.
Schedule Fitness
Be Specific

• WHEN – day and time
• WHAT – cardio, resistance training and/or flexibility
• WHERE – home, gym, outdoor track, etc.
• HOW long – 15, 30, 45 or 60 minutes
  – Add drive time
  – Add shower/clean-up time
Exercise Apps
Something for Everyone

Strength
• 7 Minute Workout
• FitStar
• PumpUp

Flexibility
• Pocket Yoga
• Stretch HD

Cardio
• Ghost Race
• MapMyWalk

Accountability
• Preva (Precor)
• Pact
Just Move!

10 minutes of movement
= 100 calories burned
= 10 pounds lost in a year
Consult your health specialist!

Thank you for coming!

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