

REDEFINING EXERCISE

JJ Virgin, CNS, CHFI

Exercise can be therapeutic or destructive depending upon the type, frequency & duration. It can be just as damaging to over exercise as it is to under exercise.

RESISTANCE TRAINING

- **DEFINITION** - repetitive movements that fatigue the working muscle in a limited amount of time or repetitions.
- **EXAMPLES** - weight training with dumbbells, machines, resistance bands or body weight, certain types of yoga and Pilates.
- **BENEFITS** - This type of exercise enhances insulin receptor sensitivity and aids in glucose tolerance. This type of exercise is effective in long term weight management because it increases lean body mass (LBM) which increases basal metabolic rate and aids in fat burning. It also helps maintain or increase bone mineral density.
- **HORMONE RESPONSE** - elevates growth hormone.

AEROBIC EXERCISE

- **DEFINITION** - This type of exercise involves moving large muscle groups in a rhythmic fashion over time. These exercises should raise and maintain your heart rate into your prescribed target heart rate zone.
- **EXAMPLES** - Walking, jogging, cycling, swimming, dancing, skating, stair stepping.
- **BENEFITS** - This type of exercise has a multitude of cardiovascular benefits, aids in glucose tolerance and can improve insulin sensitivity (though to nowhere near the level of resistance type of exercise). It improves fatty acid utilization.
- **HORMONE RESPONSE** - Raises cortisol and adrenaline.
- **BURST TRAINING** - (30-60 secs all out to create oxygen debt) Raises RMR

FLEXIBILITY / CORE WORK

- **DEFINITION** - Activities performed at a low intensity that move your body through full range of motion.
- **EXAMPLES** - Slow swimming, easy walking, Pilates, yoga, stretching and ball/core exercises.
- **BENEFITS** - This type of exercise helps maintain strength acquired through resistance exercise, helps maintain functional range of motion of joints, balance and stability.
- **HORMONE RESPONSE** - This type of exercise lowers cortisol and adrenaline.