

EXERCISE...WHAT IS IT ANYWAY?

#OOI

	AEROBIC	RESISTANCE	CORE/ BALANCE
1 FREQUENCY How often?	5 days a week	2 or 3 days a week.	Whenever you think if it
2 INTENSITY How hard should I be working?	Moderate	Hard	Challenging but safe.
3 TIME How long should I spend?	30 minutes	2 or 3 sets 8-12 reps. of each ex. 2-3 mins rest between sets	10 secs to a minute
4 TYPE What kind of exercise?	Whatever you enjoy	Moving against body weight or an external weight.	Standing on one leg Tandem Walking add in head turns and mental tasks.
5 PROGRESSION How do I keep improving?	Adapt your exercise as it gets easier	Adapt your exercise as it gets easier	Adapt your exercise as it gets easier
6 PACING What FITTP are right for me.	Listen to your body and adjust activity as needed	Listen to your body and adjust activity as needed	Listen to your body and adjust activity as needed

SAMPLE WEEKLY EXERCISE PROGRAMME WITH PROGRESSION.
THIS IS NOT INDIVIDUALISED NOR A REPLACEMENT FOR SPECIFIC MEDICAL OR FITNESS TRAINING ADVICE.

All of our body systems train in different ways and respond to different kinds of stimuli. You could walk briskly for an hour every day, to train the aerobic capacity of the heart and lungs. However, training muscle and bone genrally requires shorter and more more intense bouts of activity with consideration for rest days. Seperately again, balance responds well to a little bit often, over the course of the day.

Exercise has been proven time and time again to be instrumental in our health and well being. But what exactly is “exercise”? It is a subset of physical activitiy that is planned, structured and repetitive and has the objective of improving or maintaining one or more aspects of our physical fitness.

So...to ensure we are looking after **all** aspects of our physical fitness, exercise needs to be varied. Our bodies resond to the tasks demanded of them. If we do aerobic exercise, we train our heart and lungs to be fit. If we do resistance training we are improving our muscle function. If we work on our balance, well, our balance improves.

Participants in sport, casually or competitively, will usually want a specific outcome from their exercise routine. Some will want to be faster and some to be able to run for longer. Usain Bolt and Eliud Kipchoge have very different training, or exercise, goals.
With or without a focus for exercise, everyone needs to train all systems as we get older. Exercise takes time to do it effectively but it is time well spent, and time that is likely to increase your time...

DO YOU HAVE SPECIFIC EXERCISE GOALS?