

# FINDING BALANCE PHYSICALLY

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"Jim was diagnosed with diabetes, and his doctor says he needs to keep active, so I hide his TV remote three times a week."

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Stretching before a workout prevents injuries?

*FALSE*

You should stretch before you exercise?

*FALSE*

If you stop exercising your muscle will turn to fat?

*FALSE*

Muscle weighs more than Fat?

*FALSE*

To build muscle you must increase protein intake?

*FALSE*

Avoid weight training if you want to lose weight?

*FALSE*

At some point you are too old to exercise?

*FALSE*

No Pain, No Gain?

*FALSE*

The best time to exercise is in the morning?

*FALSE*

Walking burns more fat than running?

*FALSE*

Something is better than nothing?

*TRUE*

Chocolate milk is a great post-workout recovery drink?

*TRUE*

ANYONE EVERY BUY ONE OF THESE?



ANYONE EVERY BUY ONE OF THESE?



## FINDING BALANCE WITH FITNESS

What you don't need to do...

- ▶ Buy fancy equipment, expensive gym membership
- ▶ Knowledge of the latest trends
- ▶ Tons of time
- ▶ To push yourself to the point of insanity
- ▶ To be the most coordinated or the most athletic

## FINDING BALANCE WITH FITNESS

What do you actually have to do?

▶ **Move More and Sit Less**

Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits.

- ▶ **Aerobic activity.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.
- ▶ **Strength training.** Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

## WHAT CAN YOU DO TO MOVE MORE AND SIT LESS?

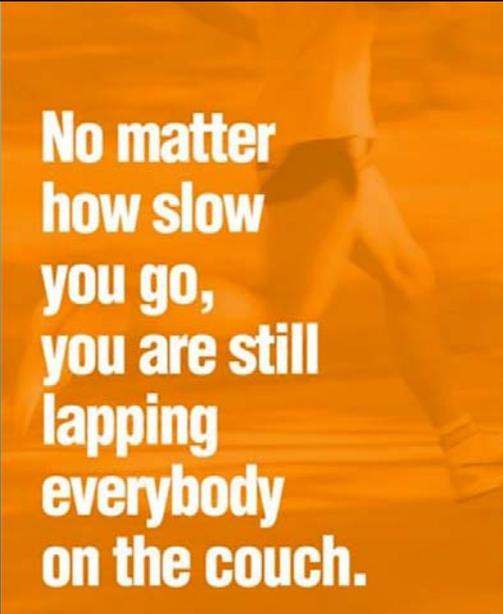
- ▶ Take the stairs
- ▶ Walking/Running
  - Around Campus
  - Make it a game
- ▶ Dance Party
  - With your kids around the living room
  - Cut Loose along in your room
- ▶ 1
- ▶ 2

## WHAT CAN YOU DO TO MOVE MORE AND SIT LESS?

- ▶ 3
- ▶ 4
- ▶ 5
- ▶ 6
- ▶ 7
- ▶ 8

## WHAT CAN YOU DO TO MOVE MORE AND SIT LESS?

- ▶ **FITNESS LAB OPEN WORKOUTS**  
MON/WED 12:30 PM – 1:30 PM  
TUE/THUR 12:30 PM – 1:30 PM (BEGINS 2/26)  
MON/WED 5:30 PM – 6:30 PM (BEGINS 3/23)
- ▶ **SPIN CLASS**  
Led by Dr. Fierro every Tuesday at 5:30 pm  
PE - 116 Group Fitness Room at Health and Wellness Complex
- ▶ **COUCH TO 5K TRAINING PROGRAM**  
Meet at the track at 5:15 pm (time not mandatory) – email [bramos@Cerritos.edu](mailto:bramos@Cerritos.edu)
- ▶ **ZUMBA**  
Mondays and Wednesdays, 5 - 6 pm  
PE - 116 Group Fitness Room at Health and Wellness Complex
- ▶ **MEDITATION**  
Tuesdays, 12 - 1 pm  
Yoga/Pilates upstairs room in the gym
- ▶ **YOGA ON THE LAWN**  
Tuesdays and Wednesdays 11 - 12 pm  
Location: On Falcon square; mats provided
- ▶ **YOGA**  
Thursdays, 4:45 - 5:45 pm  
Location: Yoga/Pilates room (upstairs) in the gym; mats provided



No matter  
how slow  
you go,  
you are still  
lapping  
everybody  
on the couch.

THANK YOU AND HAVE A GREAT WEEKEND!