

GETTING INTO SHAPE

A Basic Guide to Starting An Exercise Program

1. **CHECK WITH YOUR DOCTOR**- especially if you are over 35, are pregnant, have heart disease, high blood pressure, or any medical condition.
2. **START SLOWLY**- begin gradually and work up to a more intense routine.
3. **SET REALISTIC GOALS**- find an activity you enjoy and will look forward to doing. This way exercise will become more of a reward than a chore.
4. **SCHEDULE YOUR WORKOUT**- designate time in your schedule just for exercise.
5. **GET EXPERT ADVICE**- get instruction from a professional when you start a new activity. You'll reduce the likelihood of injury.
6. **WEAR PROPER FOOTWEAR**- improper or worn-out shoes can cause pain or injury.
7. **USE THE RIGHT EQUIPMENT**- use appropriate protective gear when necessary.
8. **ALWAYS WARM UP & COOL DOWN**- to reduce your risk of injury.



What are the benefits of exercise?

- ❖ Feel better
- ❖ Sleep better
- ❖ Increased energy
- ❖ Controlled weight
- ❖ Decreased stress and anxiety
- ❖ Reduced risk of heart disease
- ❖ Reduced risk of stroke
- ❖ Reduced risk of osteoporosis

FITNESS

Fitness is a balance between three areas:

1. Cardiovascular fitness- aerobic exercise
2. Flexibility- stretching exercise
3. Strength- resistance training

To attain maximum cardiovascular benefit from a workout, American College of Sports Medicine recommends individuals exercise within 60% to 80% of their **maximum heart rate**. This means you need to maintain your heart rate at a level that delivers results without endangering your heart. This level is your **target heart rate**.



Determining Your Heart Rate

1. With one palm facing upward, place the fingertips of your other hand on the opposite wrist, in the groove just below the base of the thumb.
2. Press lightly until you feel your heart rate/pulse.
3. Once you've located your pulse:
 - a. Determine the rhythm
 - b. Count the # of beats that occur in 15 seconds & multiply by 4.

Determining Maximal Heart Rate

To calculate the predicted maximal heart rate, subtract your age from 220. For example, if you are 30 years of age, subtract 30 from 220 and your maximum heart rate is 190.

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