

Too busy to exercise?

Methodist Hospital – Sugar Land
 Brian Sekula, Ph.D.
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Too busy to exercise?

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Exercise for Busy Individuals

1. Basic Definition(s) / Introduction
2. Important Point
3. What you can / should do
4. What else you can / should do

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Exercise for Busy Individuals

Basic Definition(s) / Introduction

What is Physical Activity?

How much activity do you need?

- Depends on the recommendation
- Some say 30 min others say 60 min
- Accumulate, continuous, intensity

What counts as physical activity?

- New recommendations from ACSM
- Recent Report from Australia – journal of *Circulation*

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Important Point!

If you can do 10-minute segments...

- Everything you hear – take stairs, park farther, etc...

If you want more – better add strength training.

- @ least 2 days per week
- Every major muscle 8-12 repetitions

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What you can / should do

Everyone is busy – make it a priority

Case Study

- After dinner – do normal activity standing (TV, reading, etc...)
- Make note of how long you stand – are you tired?

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What else you can / should do

You hear all the normal stuff – we touched on it earlier

- Take the stairs
- Walk down the hall instead emailing or calling
- Take walking breaks throughout the day

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What else you can / should do

You **MUST** incorporate strength training

- It doesn't have to be much
- It can be as simple (yet effective) as body weight training
- Only takes 30-45 min, 3 times per week

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What else you can / should do

Work the whole body

- Legs: front and back
- Chest and Back
- Shoulders
- Arms

2-3 sets
8-12 repetitions per set

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What else you can / should do

Sample Workout:


- Warm-up: 5-10 min of light cardio
- Workout
- Stretch – excellent way to cool down

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Legs: Squat



Chest: Push-up




Back: Bent-over row


The Workout: 2-3 sets of each exercise, 8-12 reps each

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Shoulders



Biceps: Curl




Triceps: Kickbacks

The Workout: 2-3 sets of each exercise, 8-12 reps each

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Don't forget to stretch!



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Any Questions?

Contact:

Brian Sekula Fitness Center

281-933-8822

www.briansekula.com

Email: bsekula@briansekula.com