

MUSCLE

The Benefits of Exercise

Health Benefits of Exercise and Physical Activity

- ▶ Reduce the risk of premature death
- ▶ Reduce the risk of developing and/or dying from heart disease
- ▶ Reduce high blood pressure or the risk of developing high blood pressure
- ▶ Reduce high cholesterol/triglycerides
- ▶ Reduce the risk of developing colon cancer and breast cancer
- ▶ Reduce the risk of developing diabetes
- ▶ Reduce or maintain body weight or body fat
- ▶ Build and maintain healthy muscles, bones, and joints
- ▶ Reduce depression and anxiety and improve psychological well-being



- ▶ Enhanced work, recreation and sport performance
- ▶ Stimulate metabolism



*Regular exercise
&
physical activity
are extremely
important
&
beneficial for
long-term health
&
well being*

Health Benefits of Aerobic Exercise



- ❖ Increased maximal cardiac output (amount of blood pumped every minute)
- ❖ Increased maximal stroke volume (amount of blood pumped with each beat)
- ❖ Increased blood volume and ability to carry oxygen
- ❖ Increased blood supply to muscles and ability to use oxygen
- ❖ Lower heart rate and blood pressure at any level of submaximal exercise
- ❖ Reduced body fat and improved weight control
- ❖ Improvement in cardiovascular/ cardiorespiratory function (heart & lungs)

sure at any level of submaximal exercise

- ❖ Lower resting systolic & diastolic blood pressure in people with high blood pressure
- ❖ Increased HDL Cholesterol (the good cholesterol)
- ❖ Decreased blood triglycerides
- ❖ Improved glucose tolerance and reduced insulin resistance



Health Benefits of Strength Training

- Increased muscular strength
- Increased strength of tendons and ligaments
- Potentially improves flexibility (range of motion of joints)
- Reduced body fat and increased lean body mass (muscle mass)
- Potentially decreases resting systolic and diastolic blood pressure
- Positive changes in blood cholesterol
- Improved glucose tolerance and insulin sensitivity
- Improved strength, balance, and functional ability in older adults

Why Measure Body Fat?

Measuring Body Fat Is Important for Determining Fitness

Weight alone is not a clear indicator of good health because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, and puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In

fact, obesity contributes to at least half the chronic diseases in western society.

Not All Pounds Are the Same

Overweight means an excess of total body weight based on population averages for heights and body frame sizes. Athletes and very muscular people may be overweight, but that does not mean they are over fat. Obesity means an excess of body fat regardless of weight.



*It's Never
Too Late*

*Never let your age
or a long history of
health destruction
hold you back from
starting your Fit to
Live journey today.*

Appearances Can Be Deceiving



Men A, B and C are exactly the same height. A and B have the same weight, and C weighs considerably more. For his height C appears to be fat. But after analyzing body fat levels, B and C have acceptable percentages while A has above the recommended range and is at a higher health risk.

How BIA Works

Bioelectrical Impedance Analysis

Bioelectrical Impedance Analysis or BIA is considered one of the most reliable and accessible methods of screening body fat. In conventional BIA, a person

is weighed, then height, age, gender and weight or other physical characteristics such as body type, physical activity level, ethnicity, etc., are entered in a computer. While the person is lying down, electrodes are attached to various parts of the body and a small electric signal is circulated. Simply explained, BIA measures the impedance or resistance to the signal as it travels through the water that is found in muscle and fat. The more muscle a person has, the more water their body can hold. The greater amount of water in a

person's body, the easier it is for the current to pass through it. The more fat, the more resistance to the current. BIA is safe and it does not hurt. In fact, the signal used in body fat monitors can not be felt at all either by an adult or child.

Tanita's Patented BIA Method

Tanita has patented a revolutionary new way of measuring BIA that is faster, easier, less intrusive and includes a precision scale making this a simple one-step process. Tanita was

the first company to introduce the world to the body fat monitor/scale. Tanita's monitor looks just like a bathroom scale. A person inputs age, gender and height, then steps onto the platform. Electrodes in the foot and hand sensors send a low, safe signal through the body. Weight is calculated automatically along with body fat content, and total body water, in less than a minute.



Consumer Guide to Finding the Right Personal Trainer

Why should you hire a personal trainer?

You should hire a personal trainer to help you set and reach your fitness goals. A personal trainer should be able to design a safe, time efficient and productive program as well as offer the motivation you need to work hard and get the job done! A personal trainer should also have the knowledge base to be a source of education and information to help you understand the basics of health and fitness.

How do you select a personal trainer?

Asking your friends and family if they know a personal trainer is a good way to start. Would they recommend you work with them as well? If you don't know anyone who has a personal trainer, you may want to try asking members at your local health club, medical professionals, or colleagues. Also, you may begin by looking up personal trainers, fitness programs, and/or exercise in your local phone book.

The World Wide Web is another excellent resource for finding a professionally qualified trainer. If at all possible, you should try and assemble a list of several personal trainer candidates. Once you have compiled a decent list, you should take time to interview each trainer to see if you think they have the qualities necessary to help you achieve your goals. Experience, personality, education, etc. are all attributes you need to evaluate.



Here are some other questions you may want to ask before you hire a personal trainer:

- ▶ Is the trainer you selected certified by a nationally recognized organization?
- ▶ Does the trainer hold a degree in the health or fitness field?
- ▶ Is the trainer CPR certified?
- ▶ Does the trainer carry liability insurance?
- ▶ How much “in the field” experience do they have as a personal trainer?
- ▶ What do they specialize in and what types of clients have they worked with?
- ▶ Can they provide a list of references?
- ▶ Does the trainer have a resource network of medical professionals like: cardiologist, physical therapist, chiropractor, registered dietician/nutritionist, and other fitness specialists?
- ▶ What are their personal training rates, costs, and fees?
- ▶ Approximately how long is each session & what does a “typical” session consist of?

Although there are several other questions you may want to ask each personal trainer you interview, these are a good start. Good luck in finding a trainer who will help you look better, feel better, and function better!

Pam Hickerson - from *Body for Life for Women*

**Age 47
Body Fat 35%**



Body Fat 14%



**Age 52
Body Fat 19%**



Before

12 Weeks After

5 Years Later

**VITAMIN "I"
INTENSITY**