## Shirley Ryan Abilitylab.

# Including Effective and Exciting Cardio in your Exercise Routine











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#### **Objectives**

- - Identify the health benefits of cardiovascular exercise
  - Differentiate between moderate and vigorous intensity exercise
  - Evaluate rate of perceived exertion
  - Calculate target heart rate
  - Devise a plan to create and maintain a new habit
  - Utilize technology to support cardiovascular exercise efforts

#### Disclaimer

Recommendations and discussion today are for informational purposes only.

Always consult your physician before beginning any new exercise program.



#### **Health Benefits of Cardiovascular Exercise**

#### **Medical Benefits**

- Decreased incidence of cardiovascular disease
- Decreased cardiovascular disease mortality
- Reduced blood pressure
- Decreased incidence of hypertension
- Weight loss
- Prevention of weight regain after weight loss
- Reduced or slowed weight gain over time
- Decreased incidence of type 2 diabetes
- Decreased risk of adverse lipid profile

#### You will notice...

- Keep excess pounds at bay
- Increase your stamina, fitness, and strength
- Improved immunity
- Reduced health risks
- Improved management of chronic conditions
- Stronger heart
- Lower cholesterol
- Improved sleep
- Improved mood
- Greater independence and cognitive function through life span
- Live longer

#### **How Much Cardio Should I do?**



At least 30 minutes of **moderate**-intensity aerobic activity at least 5 days per week for a total of **150 minutes** 

OR

At least 25 minutes of **vigorous**-intensity aerobic activity at least 3 days per week for a total of **75 minutes** 

OR

or a combination of moderate- and vigorous-intensity aerobic activity

#### <u>AND</u>

**Strength Training:** Moderate- to high-intensity muscle strengthening activity at least 2 days per week

Centers for Disease Control (CDC) and American Heart Association. 5

## **Examples of Moderate Intensity Exercises**



- Moderate walking pace of 3-4.9 mph
- Hiking
- Bicycling 5-9 mph
- Tennis- Doubles
- Aerobic Dancing
- Water Aerobics

- Yoga
- o Golf
- Badminton
- Horseback Riding
- Raking the Lawn
- Moderate Housework

## **Examples of Vigorous Intensity Exercises**



- Racewalking or jogging fasterthan 5 mph
- Backpacking
- Roller skating
- Walking briskly up a hill
- Bicycling more than 10 mph
- Karate

- Jumping Jacks
- Rowing Machine
- Tennis- Singles
- Swimming- steady laps
- Snow Shoveling
- Most Competitive Sports

#### **Borg Scale: Rate of Perceived Exertion**

Rating	Perceived Exertion
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Your report of how hard your body is working.

#### • Example:

 Perceived exertion of "somewhat hard"= Rating of 13

OModerate Activities = 11-14

Ovigorous Activities = 15 or greater

#### Karvonen Formula: Calculating target Heart Rate



2. \_\_\_\_\_ (max HR)- \_\_\_\_resting heart rate (resting HR)= \_\_\_\_ HR Reserve (HRR)

3. \_\_\_\_\_ (HRR) x % = \_\_\_\_ low percent of HRR

4. \_\_\_\_\_ (HRR) x %= \_\_\_\_\_ high percent of HRR

5. \_\_\_\_\_(low percent of HRR) + \_\_\_\_\_ (resting HR)= \_\_\_\_\_ target HR low end

6. \_\_\_\_\_\_(high percent of HRR) + \_\_\_\_\_ (resting HR)= \_\_\_\_\_ target HR high end

Moderate exercise intensity: 50 to 70 percent of your maximum heart rate. Vigorous exercise intensity: 70 to 85 percent of your maximum heart rate.

## Karvonen Formula: Example Calculation

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Age= 50
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Resting HR= 68

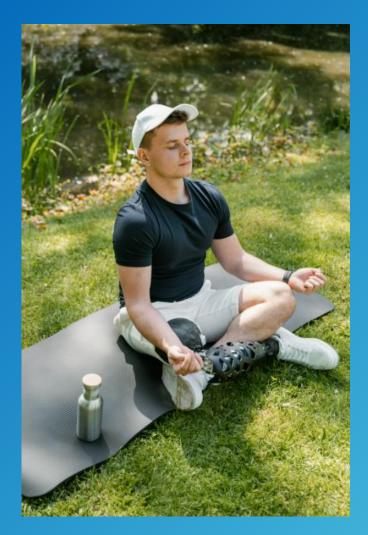
Moderate Exercise Intensity (50-70%)

- 1. 220-50 (age)= 170 estimated maximum Heart Rate (max HR)
- 2. 170 (max HR)- 68 (resting HR)= (HRR)
- 3. 100 (HRR) x 50%= 51 (low percent of HRR)
- 4. (HRR) x 70%= 71 (high percent of HRR)
- 5. 51 (low percent of HRR) + 68 (resting HR)= 119 (target HR low end)
- 6. 71 (high percent of HRR) + 68 (resting HR)= 139 (target HR high end)

RESULT: Target HR range for MODERATE exercise intensity= 119-139 beats per minute

## How to support building a new habit

- 1. Start small
- 2. Make it personal to you
- 3. Reward your efforts
- 4. Allow room for failure
- 5. Be patient. Stick to a pace that suits you.



## **Strategies for Maintaining Change**



- Pencil in time for yourself
- Focus on one change at a time (exercise, diet, mindfulness)
- Have realistic expectations
- Everyone has a bad day
- Variety is the spice of life- and fitness

## **Technology for Tracking and Motivating**

- Step Count or Push Tracker
- Technology
  - Apple health
  - Fitbit
  - Permobile
  - My Fitness Pal
  - Nike+
- Goal setting: short vs. long term goals



Any questions or comments?

Thank you!!

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