

# Move into Health Exercise & Physical Activity Log

## Aerobic exercise

Aerobic exercise targets your heart, lungs and blood vessels by working large muscles groups. Here is an example of a beginner aerobic exercise program that you can try.

Once you have achieved the suggested amount of exercise in the beginners program, try to progress to perform more exercise using the recommendations.

	Beginner aerobic exercise	Progression
Frequency	2-3 days per week	4-5 days per week
Intensity	Shortness of breath scale = 3-5	
Time	Start with 10 minutes and slowly increase your time until you are able to maintain exercise for 30 minutes	30-45 minutes, you can try sustained exercise or interval training where you alternate between hard and light intensity
Type	Choose an activity you enjoy doing! This can include walking, cycling, stair climbing or swimming	

## Strength training

Strength training targets specific muscle groups so that activities of daily living such as picking up a child or pet or carrying your groceries get easier. Here is an example of a beginner strength

training program for you to try. Once this feels manageable you can progress your workout by following the recommendations.

	Beginner strength training	Progression
Frequency	2-3 days per week	2-4 days per week
Intensity	1-2 sets, 10-12 repetitions using your body weight or a weight that you could do 15 repetitions with	2-3 sets, 10-12 repetitions, using a weight that you could do about 12-15 repetitions with
Time	It should take 15-30 minutes to complete your workout	It should take 20-40 minutes to complete your workout
Type	Start by choosing 2-3 body weight exercise that you enjoy, then slowly add an exercise until you have a set of 6-8 different exercises	Start by choosing 3-4 weighted exercises. You can use dumbbells, bands or even house hold objects to add resistance. Slowly add an exercise until you have a set of 6-8 different exercises

## Exercise intensity

Choosing the right intensity for your exercise is important. Using this scale from 0 to 10 can help you determine how hard you are working. A rating of 0, means you have no shortness of breath. A rating of 10 would be the worst shortness of breath you have ever experienced or could imagine. While you're exercising you should maintain a rating of 3-5, once you have exercised for 5-10 minutes into your workout.

## Shortness of breath scale

0	Nothing
0.5	Very, very slight
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very Severe
8	
9	
10	Maximal

## Warm up & cool down

It's important to warm up and cool down your body when exercising in order to avoid injury. Here are some options you can try:

### Warm up



Marching on the spot



Shoulder shrugs



Arm circles

### Cool down/stretches



Neck rotations



Shoulder stretch



Back stretch



Chest stretch



Tricep stretch



Leg stretch



Hip stretch



Trunk stretch

# Move into Health Weekly Exercise Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise:						

Use this activity log to write down the exercise and duration you plan to do throughout the week. Use this together with the exercises demonstrated in the videos.

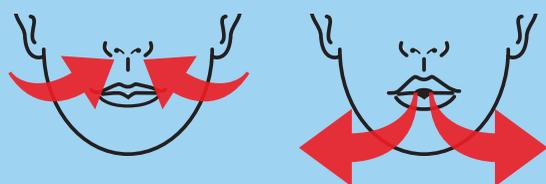
## Aerobic exercise

Here are some examples of different types of aerobic activities you can try. Check which ones you plan on using in your exercise routine.

- Walking (treadmill or outside)
- Cycling (stationary or outside)
- Swimming
- Interval training
- Water aerobics
- Dancing
- Fitness class

### Helpful tip:

Remember, with your condition it is normal to get short of breath during exercise. However, you can reduce trapped gas in your lungs and decrease your shortness of breath by using pursed lipped breathing.



Inhale 2 counts, purse your lips as if you are going to whistle and exhale slowly for 4 counts.

## Beginner strength training exercises

Here are some strength training exercises you can use when first starting your strength training routine. Choose 2-3 of these exercises to start with and then add another 1-2 more once those become easy. Check which ones you are going to do.



Sit down-stand up



Hamstring curl



Stair step



Seated row



Wall push up



Tricep extension



Bicep curl



Stacking cans

## Progression weighted strength training exercises

When you are ready to progress your strength routine, try doing these exercises while using some form of resistance. Check which ones you are going to do.



Squat



Single leg lunge



Chest press



Bicep curl



Tricep extension



Core

### Helpful tip:

You need to increase the intensity of your exercise to continue getting benefits. As you become fitter you may need to walk faster or walk on a slight incline. You may also need to add a little more weight or resistance to your strength training.

### Helpful tip:

You can use all sorts of things to add resistance to your strength training routine, including dumbbells, resistance bands, and even household items such as water bottles or cans.

### Remember:

It's normal to feel short of breath during exercise. However, exercise, done correctly and safely, is one of the best things you can do to be less short of breath.

### Exercise safely - remember to:

Always check with your health care professional before starting any exercise program or new activity. Stop exercising and discuss with your doctor or health care professional if you feel dizzy, lightheaded or have chest pain or tightness during exercise.