



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation

Module 5 – Part 4:

How to Create a Balanced Exercise Plan

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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6 Key Exercises to Build Strong Bones, Muscles & Joints

1. **Weight-Bearing Exercises:** walking, hiking, dancing, climbing stairs
2. **Flexibility Exercises:** stretching, yoga, tai chi, Pilates
3. **Core Exercises:** restorative core training, yoga, Pilates, lifting weights
4. **Balance Exercises:** yoga, tai chi, Pilates
5. **Strength Training/Functional Exercises:** lifting weights, using resistance bands, water exercises, Yoga, Pilates
6. **Interval Training:** walking/jogging/running, biking, using a rebounder, jumping rope

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Benefits of Weight-Bearing Exercises

- Weight-bearing exercises are movements that use your **own body weight** like walking, hiking, dancing, climbing stairs.
- Walking is excellent for bone health because it's a form of movement that most efficiently puts just enough **gentle strain** on your bones to promote continued **remodeling** - it's also easier on the joints than other weight-bearing movements.
- Walking is also very **meditative** and beneficial mentally and emotionally - it helps **fight** depression, and **increases** creativity and problem solving.
- Whenever possible, walk **outside** in the sunlight for vitamin D (which you also need for strong bones).

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Benefits of Flexibility Exercises

- Improving your flexibility helps you maintain **healthy** muscles, bones and joints, **improve** posture, **increase** energy flow and **prevent** injury from simple everyday activities.
- Sitting a lot leads to **decreased** flexibility and muscle **imbalances**, which can trigger pain during simple daily activities like putting on your shoes!
- Everyone needs **some** degree of flexibility, but each of our needs is different—you need to determine what's best for *you*.

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Lack of Flexibility Can Lead to Injury

- Figure 2A shows a woman lifting with **good** body mechanics.
- Figure 2B shows a woman lifting with **poor** body mechanics due to **lack** of flexibility.
- When the hip and hamstrings are too **tight** relative to the back muscles a back **injury** is likely to happen.



Figure 2A



Figure 2B

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Address Muscle Imbalances *Before* You Exercise

- Before exposing yourself to the stress of exercise, it's important to **rebalance** your body.
- Exercising with **imbalanced** muscles is like riding a bike with **bent** wheels.
- With bent wheels the bike **won't** ride well and eventually the wheel will **fall apart**.
- To straighten the wheel, you need to **tighten** (shorten) the loose spokes and **lengthen** (loosen) the tight ones.
- Stretching **lengthens** short, tight muscles.
- Exercising **strengthens** long, weak muscles.



Figure 6:
Bent Wheel

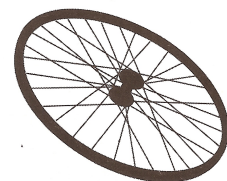


Figure 7:
Balanced Wheel

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Strengthening Your Core Prevents Injury

- Your “core” is your **action center**.
- Your extremities rely on it for **stabilization** and **movement**.
- When your core is not working properly you are likely to experience extremity and spinal **pain**, and you have an **increased** risk of injury.
- Moving with **weak core** is like firing a cannon from a **canoe**; moving with a **strong core** is like firing a cannon from a **ship**.
- Core conditioning exercises help you **restore** your core function.

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Improving Balance Prevents Injury

- Many every day movements require **some** degree of balance.
- Walking up stairs, getting in your car or stepping over an object—anything requiring you to be on **one** leg.
- One of the most common sources of injury for people as they age is **poor balance**.
- Maintaining good balance is important to maintaining **healthy** bones and joints.

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The Benefits of Strength Training After 40

- After 40, females lose about **one pound** of muscle per year, so strength training is especially important.
- Strength training **builds** both muscle and bone.
- Putting on muscle mass helps keep your body **lean**, stimulate your metabolism, and **balance** your hormones.
- Different forms of strength training are lifting weights, using resistance bands and doing water exercises—any exercises that involves **resistance**.
- I recommend doing resistance/strength training **two to three** days per week for **15-30 minutes**.
- Note: Your scale weight might go **up** because muscle is more dense than fat.

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Strengthen Your Upper Body

- Many women focus on exercises that only strengthen their **lower** body.
- As a result, many have relatively **weak** arms especially in the triceps, shoulders and elbows.
- It's important to do **upper** body exercises to strengthen all parts of the arm.
- You **don't** have to go to a gym to do this.
- If you don't have free weights or resistance bands you can use **household** items like food containers and jugs of water to lift.

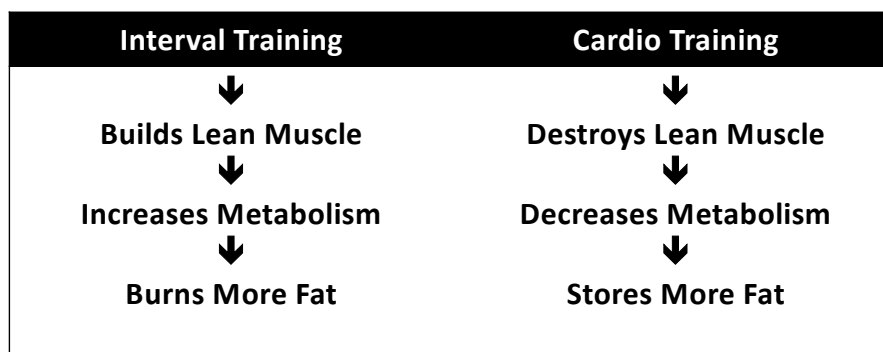
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The Benefits of Interval Training

- Interval training helps **boost** your metabolic rate, **elevate** cardiovascular functioning and **burn** body fat more efficiently.
- Here's how it works: You alternate **30 seconds** to **three minutes** of **intense effort** with 30 seconds to five minutes of **active rest**.
 - **Intense effort**: Feels challenging to keep up, shortness of breath, can barely hold a conversation or say a sentence.
 - **Active rest**: Breathing more heavily, can hold a conversation, could do it for hours.
- Interval training is a great **supplement** to resistance training.
- You burn **more** overall calories and preserve **more** muscle mass than you would doing long bouts of cardio.

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Interval Training Versus Long Cardio



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Keep Your Body Guessing

- Most people make the **mistake** of doing the **same** exercises over and over and they wonder why they're **not** seeing results.
- It's important to **mix up** your interval training so your body doesn't **adapt**.
- To see **changes** in your body, your body needs to see **changes** in your workouts.
- Your body **plateaus** and **stops** responding to exercise as soon as it **adapts** to the demand placed on it.
- Mix up your intervals with **progressions**.

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Interval Progressions

- **Increase the intensity:** Increase the speed of the exercise - i.e. move from a brisk walk to jog, run, or sprint.
- **Increase the duration:** Instead of 30 seconds of intense effort, move up to one full minute and keep increasing until you get to three minutes.
- **Decrease the active rest periods:** Reducing the rest periods makes the exercise more challenging—the more fit you become the shorter you can make your rest periods.
- **Increase the intervals:** For example, if five intervals feels too easy, slowly add more.
- **Change the exercise:** Jump rope, jumping jacks, jogging, running up and down the stairs—choose an exercise you **enjoy**.

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Next Up...

**Module 5 – Part 5:
How to Flatten Your Tummy Naturally**