

## Staying Physically Active with [yogaplustherapies.com](http://yogaplustherapies.com)

### 5 Ways to improve your AEROBIC fitness, Brain Health, Body Health & WellBeing



#### 1 Stay as physically active as you can - do something every day - 1 set is better than non

**2 Put together at least 30 mins of Moderate Level Physical Activity** like like brisk walking, gardening, dancing, cycling or swimming, on most days of the week.

This could be 1 x 30 mins, 2 x 15 mins or 3 x 10 mins.

To help lose weight you will need at least 60 mins.

*This is generally safe for most people, especially beginners to exercise.*

*For the following exercises you may need to check with your doctor, if you are pregnant, injured or have a medical condition, that they are suited to you. Check the ACSM Exercise Pre-Participation Questionnaire.*

*As you build movement skills & fitness, then you can begin this type of exercise. Vigorous, HIIT, and Combined Exercise have higher risks of injury. High intensity exercise is harder to do, so it can be more challenging to stay motivated, but it is more time efficient.*

**3 Perform at least 30 mins of vigorous physical activity** like running, fast cycling, skating, parkour free running, 3 times per week. This is called Continuous movement exercise.

#### 4 Perform High Intensity Intermittent Training for 3 days per week.

At its most basic level this involves fast intense bouts of exercise between longer bouts of easy recovery movement (Rest). This can be done with sprint cycling, running sprints, run up hills, stairs and so forth. However when you start begin with interval walking - easy walking with bursts of hard brisk walking.

##### *The 1 minute High Intensity Routine (Beginners)*

Warm Up of 2 mins (or more), High Intensity for 20 secs, Rest for 2 mins, high Intensity for 20 secs, Rest for 2 mins, High Intensity for 20 secs, rest for 2 mins & finish.

##### *The 3 Minute High Intensity Routine*

2 mins warm up (or more), high Intensity for 30 secs, Rest 60 to 90 secs, high Intensity for 30 secs, Rest 60 to 90 secs, high Intensity for 30 secs, Rest 60 to 90 secs, high Intensity for 30 secs, Rest 60 to 90 secs, high Intensity for 30 secs, Rest 60 to 90 secs & finish.

#### 5 Try High Intensity Combined Exercise ie combine strength training & aerobic exercise

Performing calisthenics, body weight exercises, jumping, and strength exercises in a way which challenges the heart & lungs ie aerobic system eg 5 BX, Tabata, 7 mink Chris Jordan body weight exercise Include pushing, pulling, legs, and core.

This can be continuous exercise of 15 to 20 mins or performed in bouts of high Intensity for 20 to 30 seconds. This could be performed 2 to 5 times per week.

### Remember

#### *Stay Motivated*

Make it fun by using a VARIETY of movements, and training styles.

Use diary and tracking devices or APS to help stay on track. Also train with a friend or join a class/group.

Happy hormones you produce will reduce your pain.

#### *AVOID Injury or Health Issues*

Remember 80/20 Principle of Training - move & work easy 80% of the time, and only work 20% of the time in a hard challenging way.

Never exercise through fatigue, PAIN, illness, when too hot, or when too cold.

Give yourself enough recovery time.

Build up slowly no more than 10% change.

The body can get easily over loaded by doing too much too quickly.

Aerobic fitness & muscle can build up much quicker than bones & body connective tissue can.

