



## EXERCISE

# So many benefits

### Did you know?

Calories burned in 30 minutes, on average:

- ♦ Weight lifting - 112
- ♦ Stair step machine - 223
- ♦ Aerobics: high impact - 260
- ♦ Stationary bicycling - 260
- ♦ Elliptical trainer - 335
- ♦ Walking (17 min/mi) - 149
- ♦ Cross-country hiking - 223
- ♦ Tennis - 260
- ♦ Running (12 min/mile) - 298
- ♦ Swimming - 223

*-Harvard.edu*

Less than 3 percent of Americans have a healthy lifestyle, according to a 2016 study published in Mayo Clinic Proceedings. Most of us want to feel better and have more energy but we're not sure where to begin.

Exercise.

According to the Mayo Clinic, the health benefits of regular exercise are hard to ignore. Everyone benefits from exercise, regardless of age, gender or physical ability. Physical activity can help you:

- ♦ Control your weight
- ♦ Combat health conditions and diseases
- ♦ Improve your mood
- ♦ Boost energy
- ♦ Promote better sleep

The U.S. Department of Health and Human Services says 150 minutes a week of moderate-intensity physical activity will give you substantial benefits, but only half of Americans get the recommended amount of aerobic activity and 20 percent meet the guidelines for strength training.

How do we get in shape and stay fit? A good starting place can be your local gym.

At Workout Anytime in Florence, a success session is the first step. A certified personal trainer will identify your lean fat mass, lean muscle mass and body mass index. The numbers may be scary when you're not in shape, but they're

important for setting goals.

A personal trainer can help you get comfortable with gym equipment and create a road map to your personal goals while teaching you how to get results, according to Sid Willis, personal training manager at Workout Anytime.

“We’ll start a workout routine with cardio and resistance equipment like treadmills, rotating stairs and

out at the right intensity, and they can help you reach specific fitness goals. Otherwise, comfortable clothes, athletic shoes and a 32-oz. water bottle are all you need to get started.

How long until I see results?

“Be patient,” says Willis.

Beginners will probably notice more change quickly, but it can take six to eight weeks to see and

been a gym member for at least 30 days and half had not been a gym member for at least three months.

Seventy-five percent of the gym members met the recommended guidelines for physical activity and strength training. Men and women with gym memberships were 14 times more likely to achieve their weekly physical activity goals. They tended to have lower resting heart



bikes to work your cardiovascular system. It improves your respiration and burns calories,” says Willis.

“You’ll also do resistance training for your deep tissue muscle. It works on toning, shaping and body contouring to achieve noticeable results.”

While you don’t have to invest in specialty clothing or shoes for effective workouts, Willis recommends a heart rate monitor - especially for beginners. The tool can help you make sure you’re working

feel results. After a while, you may hit a plateau. A personal trainer can adjust your workout routine to keep up the progress.

Workout Anytime offers small group training as well. The 30-minute classes are limited to four people and focus on cardio, endurance, strength and power.

While you can improve your fitness without joining a gym, the routine has advantages. An Iowa State University study followed 405 healthy adults; half of the group had

rates, higher cardiorespiratory fitness and smaller waist measurements.

Along with physical fitness advantages, a gym can also provide social interactions and fun experiences.

How do we stay motivated? Setting goals is crucial, says Willis.

Eighty-five percent of people who join a gym have no specific goals. By setting specific goals, you can measure your progress and chart how much you’ve achieved.

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# TARGET EXERCISES

In addition to cardiovascular workouts such as cycling, treadmill or jogging, doing a variety of exercises to tone and shape specific areas of your body lends to overall health and wellness by reducing fat and building muscle in ways general training can't.

YMCA of the Shoals trainer Brian McIntyre works with members in this session targeting their arms. In this photo they are doing **tricep extensions**.

1. To begin, sit with a dumbbell held by both hands. Your feet should be about shoulder width apart from each other. Slowly use both hands to grab the dumbbell and lift it over your head until both arms are fully extended.

2. The resistance should be resting in the palms of your hands with your thumbs around it. The palm of the hands should be facing up towards the ceiling. This will be your starting position.

3. Keeping your upper arms close to your head with elbows in and perpendicular to the floor, lower the resistance in a semicircular motion behind your head until your forearms touch your biceps. Tip: The upper arms should remain stationary and only the forearms should move. Breathe in as you perform this step.

4. Go back to the starting position by using the triceps to raise the dumbbell. Breathe out as you perform this step.



Photos courtesy YMCA of the Shoals

Above, a basic exercise that packs a punch! Brian works with members on the **dumbbell curl**:

1. Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.

2. Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps.

3. Then, inhale and slowly begin to lower the dumbbells back to the starting position.

4. Repeat all exercises for the recommended amount of repetitions.

- instructions from [bodybuilding.com](http://bodybuilding.com)

To complete your arm workout, try the **wrist roller**.

1. To begin, stand straight up grabbing a wrist roller using a pronated grip (palms facing down). Your feet should be shoulder width apart.

2. Slowly lift both arms until they are fully extended and parallel to the floor in front of you. Note: Make sure the rope is not wrapped around the roller. Your entire body should be stationary except for the forearms. This is the starting position.

3. Rotate one wrist at a time in an upward motion to bring the weight up to the bar by rolling the rope around the roller.

4. Once the weight has reached the bar, slowly begin to lower the weight back down by rotating the wrist in a downward motion until the weight reaches the starting position.

**Not sure where to begin? Look to Healthy Horizons' Resource Guide on page 30 for gyms near you. Trainers can help you meet your fitness and health goals safely and effectively.**