

Exercise & Heart Disease



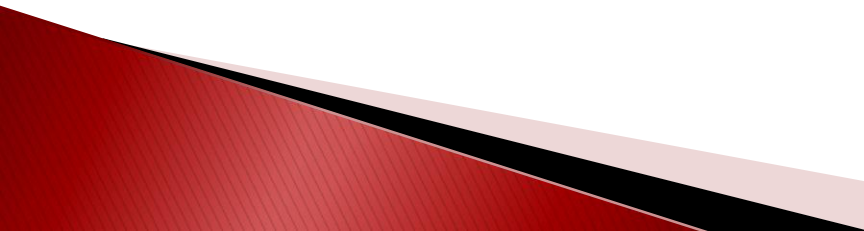
Greg Brislin MS, CSCS, CEM, CEP
KentuckyOne Health
Healthy Lifestyle Centers

Modifiable Risks of CHD

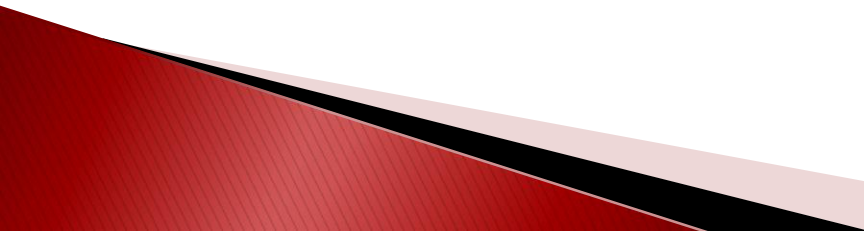
- ▶ Diabetes
- ▶ High Blood Pressure
- ▶ High Cholesterol
- ▶ Inactivity
- ▶ Obesity
- ▶ Smoking
- ▶ Stress



Prevention.....Exercise!!

- ▶ **Physical activity.** Any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level.
 - ▶ **Physical fitness.** The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.
 - ▶ **Exercise.** Physical activity that is planned, structured, repetitive, and purposeful in the sense that the improvement or maintenance of one or more components of physical fitness is the objective. Performed during leisure time with the primary purpose of improving or maintaining physical fitness, physical performance, or health.
- 

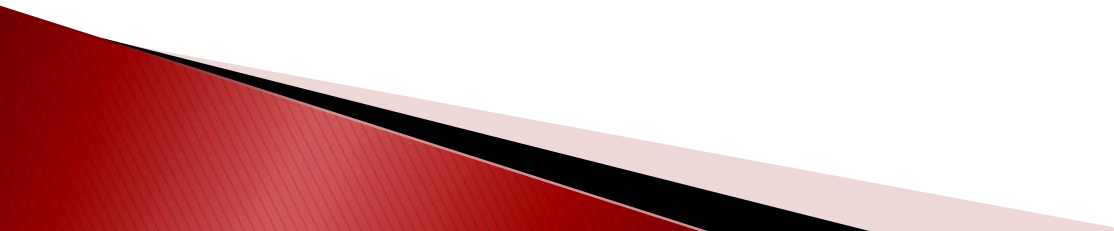
Benefits

- ▶ Decrease risk of Type II Diabetes and enhances insulin sensitivity
 - ▶ Lowers Blood Pressure
 - ▶ Improves Lipoprotein Profiles
 - ▶ Improves Weight Management
 - ▶ Prevents and improves mild to moderate depressive disorders and anxiety
 - ▶ Reduction in all cause mortality
 - ▶ Decrease risk of Stroke,
 - ▶ Reduces risk of Colon and Breast cancers
 - ▶ Improve C-reactive protein and other CHD biomarkers
 - ▶ Increase feelings of “energy”, well being and quality of life,
 - ▶ Improves cognitive function and decreases risk of cognitive decline and dementia
- 

The Guidelines

- ▶ Get with the Guidelines
 - 2.5 hours of moderate, aerobic exercise weekly
 - 2 days per week of strengthening exercises
- ▶ FITT Principle
 - Frequency – 3–7 days per week
 - Intensity – Moderate
 - THR
 - RPE
 - Time – 30 to 40 minutes
 - Type – Aerobic based with additional light to moderate resistance training

New Reality

- ▶ > 75% of Americans state that being healthy and in shape is important to them
 - ▶ 31% of Americans said they regularly exercise
 - ▶ 45% of Americans are not active at all
 - ▶ >20% of Americans meet recommended exercise guidelines
- 

Re-thinking the Process

- ▶ Cues from highly active people
 - Set exercise as a goal for happiness
 - Forgive yourself
 - Find refreshing activity
 - Get moving
- ▶ Getting with Reality
 - Time
 - Location
 - Equipment
 - Capability



Successful Exercise

- ▶ Why do you want to exercise
 - ▶ Set achievable goals
 - ▶ Create the habit
 - ▶ Track your success
 - Reward yourself
 - Share your success – positive reinforcement
 - ▶ Grab a Partner
 - ▶ Have FUN!
 - Try new things!
 - Channel your inner child!
 - ▶ Reach out for advice
- 