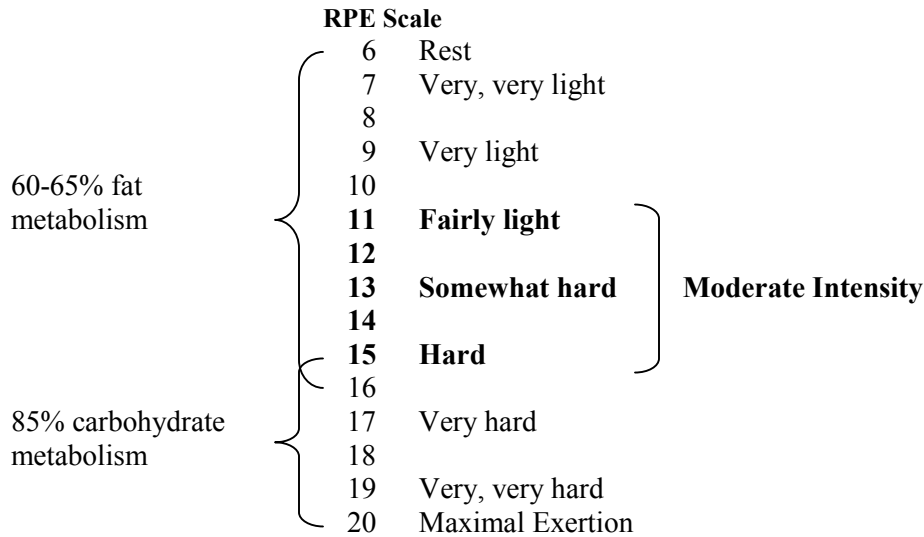


Aerobic Exercise

Frequency: Five to seven days a week. Three days a week can strengthen your heart and improve overall health, but will probably not help with weight loss.

Intensity: Moderate pace using heart rate, Rating of Perceived Exertion or the “talk test”.



The goal of weight loss and maintenance through exercise is burning calories. Longer distances at a moderate pace tend to be more effective than trying to exercise as hard as you can for as long as you can last. Work for a pace that you can maintain without gasping, fatiguing, or developing muscle soreness.

Time: 30-60 minutes a day. If time is a problem or longer sessions bother your joints, do several shorter sessions throughout the day. For example, walk 10 minutes in the morning, 10 minutes on your lunch break, and 10 minutes in the evening.

Type: Continuous, rhythmical activity using the larger muscles of the body. Walking is an ideal aerobic activity. It can be done almost anywhere; you already know how to do it and it doesn't involve any special equipment other than a good pair of shoes. Aquatic exercise is ideal for people with orthopedic and arthritis problems. Non-weight bearing exercises such as cycling, NuStep and chair aerobics are also better alternatives for people that are low level or who have lower body pain.