

Lifestyle Management

Exercise Facts

The purpose of this leaflet is to provide you with some facts about exercise and to help you get started on an enjoyable exercise program.

D*id you know that 80% of Canadians believe in the value of exercise but only 10% actually stick with a routine?*

Exercise is something that should be easy and fun! It should not be hard on your bones, muscles or ligaments. It also should not increase your risk of heart attack or injury. Exercise will enhance your lifestyle.

A few words of caution... first contact your physician.

If you have a physical limitation to exercise, like a bad back or a heart condition, talk with your physician before embarking on an exercise program. He or she can recommend an introductory exercise program for you. Don't abandon the idea of exercising yet!

Remember...

- If you are over 35 when you begin, or if you have any health problems, see your doctor first.
- You should have an aerobic component to your program. Aerobic exercise is the kind that gives your heart and lungs a workout.
- Don't forget muscle-toning exercise. When muscle burns calories, the body's metabolism is increased, thereby reducing fat storage in the body.
- Stretch to warm up and cool down. It will help you avoid stiffness, soreness and even injuries.

A few comments about Exercise Fuel...

To exercise properly, your body will need fuel. It is always best to avoid "dieting" (i.e. just reducing caloric intake) as it is not really effective for losing weight. A more successful method for weight control is to eat *smarter*. This way you can control your weight and provide exercise fuel to your body. The key word is *carbohydrates*. Try to increase carbohydrates in your diet and reduce fat intake. Your body will then sustain a higher level of energy.

Not only will you feel better but also you will be able to exercise longer and control your weight better.

Ask your doctor or dietitian for more advice on food items containing high levels of carbohydrates. *Hint:* raw fruits and vegetables, baked potatoes, whole grain cereals and breads, pasta and rice (but watch the fat content!)

Benefits of exercise... Enhance Your **A**pppearance

Aside from feeling good, improving your self-image and self-confidence...

- increased productivity and energy levels
- sense of well being, better sleep
- reduced stress, reduced back pain
- improved digestion
- faster caloric burn, better weight control
- improved body tone, stronger bones, reduced risk of osteoporosis
- lower blood pressure, reduced risk of heart disease and adult-onset diabetes
- a help with smoking cessation

What exercise should I do? Anything you like!

Do something you enjoy doing... like walking. Walk with someone you like... even chat while you do it.

Using the exercise/calorie chart below, remember that for every 3,500 calories you burn, you can lose about one pound. That means you can lose a pound walking only 20 minutes each evening for a month!

<u>Activity</u>	<u>Calories per hour</u>
Skating/Rollerblading	355
Walking (4.5 mph)	400
Tennis (moderate)	425
Swimming	530
Downhill skiing	585
Squash	600
Tennis (vigorous)	600
Jogging (5.5 mph)	650
Biking (13 mph)	850

Remember to start small and work your way up. Small successes will help motivate you to achieve the following goal: to do 1 hour of aerobic exercise a week (20 minutes three times a week). It will be one of the best-spent and most rewarding hours of your week!

Exercise daily...

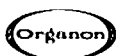
WALK WHEN YOU CAN!

Hop off the bus one stop early... or park once and walk store to store... leave the elevator when it's one floor below yours... and WALK!

Walk or bike to the corner store instead of driving. Go outside for a short walk at lunch. At work, visit your co-worker's office rather than using the telephone... and keep your walking shoes handy for a refreshing break.

Enjoy neighbourhood parks or scope out new places while pushing the baby stroller or walking the dog. When time allows, drive to different locations for variety in your pleasure walks. Dress in comfortable layers for winter walks, and your walk might be in a mall during inclement weather. Start with a 20 minute walk after dinner.

Choosing to exercise will soon become an enjoyable part of your healthy lifestyle.



Advice for Active Living During Pregnancy

Pregnancy is a time when women make beneficial changes in their health habits to protect and promote the healthy development of their unborn babies. These changes include adopting improved eating habits, abstinence from smoking and alcohol intake, and participating in regular moderate physical activity. All of these changes can be carried over into the postnatal period and many health experts believe that pregnancy is a very good time to adopt healthy lifestyle habits that are permanent by integrating physical activity with enjoyable healthy eating and a positive self and body image.

Active Living:

- see your doctor before increasing your activity level during pregnancy
- exercise regularly but don't overexert
- exercise with a pregnant friend or join a prenatal exercise program
- follow FITT principles modified for pregnant women
- know safety considerations for exercise in pregnancy

Healthy Eating:

- the need for calories is higher (about 300 more per day) than before pregnancy
- follow Canada's Food Guide to Healthy Eating and choose healthy foods from the following groups: whole grain or enriched bread or cereal, fruits and vegetables, milk and milk products, meat, fish, poultry and alternatives
- drink 6-8 glasses of fluid, including water, each day
- salt intake should not be restricted
- limit caffeine intake i.e., coffee, tea, chocolate, and cola drinks
- dieting to lose weight may be harmful

Positive Self and Body Image:

- remember that it is normal to gain weight during pregnancy
- accept that your body shape will change during pregnancy
- enjoy your pregnancy as a unique and meaningful experience



Enjoy eating well, being active and feeling good about yourself. That's VITALITY.

SAFETY CONSIDERATIONS

- ◆ Avoid prolonged or strenuous exertion during the 1st trimester
- ◆ Avoid isometric exercise or straining while holding your breath
- ◆ Maintain adequate nutrition and hydration - drink liquids before and after exercise
- ◆ Avoid exercising in warm/humid environments
- ◆ Avoid exercise while lying on your back past the 4th month of pregnancy
- ◆ Avoid activities which involve physical contact or danger of falling
- ◆ Periodic rest periods may help to minimize possible low oxygen or temperature stress to the fetus
- ◆ Know the reasons to stop exercise and consult a qualified physician immediately if they occur

**** CAUTION **** It is important to monitor the temperature of heated pools. Maternal body temperature during exercise may be increased more by exercising in a warm environment.

REASONS TO CONSULT A PHYSICIAN

- ◆ Persistent uterine contractions (more than 6-8 per hour)
- ◆ Bloody discharge from vagina
- ◆ Any "gush" of fluid from vagina (suggesting premature rupture of the membranes)
- ◆ Unexplained pain in abdomen
- ◆ Sudden swelling of extremities (ankles, hands, face)
- ◆ Swelling, pain and redness in the calf of one leg (suggesting phlebitis)
- ◆ Persistent headaches or disturbances of vision
- ◆ Unexplained dizziness or faintness
- ◆ Marked fatigue, heart palpitations or chest pain
- ◆ Failure to gain weight (less than 1 kg per month during last two trimesters)
- ◆ Absence of usual fetal movement

PARmed-X for PREGNANCY

PHYSICAL ACTIVITY READINESS MEDICAL EXAMINATION

C CONTRAINDICATIONS TO EXERCISE: to be completed by physician

Absolute Contraindications			Relative Contraindications		
<i>Does the patient have:</i>			<i>Does the patient have:</i>		
	YES	NO		YES	NO
1. Ruptured membranes, premature labour?	<input type="checkbox"/>	<input type="checkbox"/>	1. History of spontaneous abortion or premature labour in previous pregnancies?	<input type="checkbox"/>	<input type="checkbox"/>
2. Persistent second or third trimester bleeding/placenta previa?	<input type="checkbox"/>	<input type="checkbox"/>	2. Mild/moderate cardiovascular or respiratory disease (e.g., chronic hypertension, asthma)?	<input type="checkbox"/>	<input type="checkbox"/>
3. Pregnancy-induced hypertension pre-eclampsia or toxemia?	<input type="checkbox"/>	<input type="checkbox"/>	3. Anemia or iron deficiency? (Hb < 10 g/dl)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Incompetent cervix?	<input type="checkbox"/>	<input type="checkbox"/>	4. Very low body fatness, eating disorder (anorexia, bulimia)?	<input type="checkbox"/>	<input type="checkbox"/>
5. Evidence of intrauterine growth retardation?	<input type="checkbox"/>	<input type="checkbox"/>	5. Twin pregnancy after 28th week?	<input type="checkbox"/>	<input type="checkbox"/>
6. Multiple pregnancy (e.g., triplets)?	<input type="checkbox"/>	<input type="checkbox"/>	6. Other significant medical condition?	<input type="checkbox"/>	<input type="checkbox"/>
7. Uncontrolled Type I diabetes, hypertension or thyroid disease, other serious cardiovascular, respiratory or systemic disorder?	<input type="checkbox"/>	<input type="checkbox"/>	Please specify: _____		

NOTE: Risk may exceed benefits of regular physical activity. The decision to be physically active or not should be made with qualified medical advice.

PHYSICAL ACTIVITY RECOMMENDATION: Recommended/Approved Contraindicated

Prescription for Aerobic Activity

RATE OF PROGRESSION: The best time to progress is during the second trimester since risks and discomfort of exercise are lowest at that time. It is not advisable to begin a new exercise program or increase the amount of exercise prior to the 14th week of pregnancy or after the 28th week. Aerobic exercise should be gradually and progressively increased during the second trimester from a minimum of 15 minutes per session to a maximum of approximately 30 minutes per session.

PRESCRIPTION/MONITORING OF INTENSITY: The best way to prescribe and monitor exercise is by combining the heart rate and rating of perceived exertion (RPE) methods.

WARM-UP/COOL-DOWN: Aerobic activity should be preceded by a brief (10-15 min.) warm-up and followed by a short (10-15 min.) cool-down. Low intensity calisthenics, stretching and relaxation exercises should be included in the warm-up/cool-down.

TARGET HEART RATE ZONES	
The heart rate zones shown below are appropriate for most pregnant women. Work during the lower end of the HR range at the start of a new exercise program and in late pregnancy.	
Age	Heart Rate Range
< 20	140-155
20-29	135-150
30-39	130-145
≥ 40	125-140

RATING OF PERCEIVED EXERTION (RPE)	
Check the accuracy of your heart rate target zone by comparing it to the scale below. A range of about 12-14 (somewhat hard) is appropriate for most pregnant women.	
6	
7	Very, very light
8	
9	Somewhat light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard
20	

F	I	T	T
FREQUENCY Begin at 3 times per week and progress to four or five times per week	INTENSITY Exercise within an appropriate RPE range and/or target heart rate zone	TIME Attempt 15 minutes, even if it means reducing the intensity. Rest intervals may be helpful	TYPE Non weight-bearing or low-impact endurance exercise using large muscle groups (e.g., walking, stationary cycling, swimming, aquatic exercises, low impact aerobics)

TALK TEST - A final check to avoid overexertion is to use the "talk test". The exercise intensity is excessive if you cannot carry on a verbal conversation while exercising.

The original PARmed-X for PREGNANCY was developed by L.A. Wolfe, Ph.D. of Queen's University, Kingston, Ontario. The muscular conditioning component was developed by M.P. Monola, Ph.D. of The University of Western Ontario, London, Ontario. It has been revised by an Expert Advisory Committee assembled by the Canadian Society for Exercise Physiology and the Fitness Program-Health Canada (1996).

Translation and reproduction in its entirety is encouraged

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To order additional printed copies of the PARmed-X for PREGNANCY, the PARmed-X and/or the PAR-Q, (for a nominal charge) contact the:

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