

EXERCISE IS MEDICINE MONTH

PROMOTED BY THE AMERICAN COLLEGE OF SPORTS MEDICINE

Presented by SCC Student Nurses' Association
and SCC Fitness and Nutrition Club



REGULAR EXERCISE PREVENTS DISEASES

Research shows that regular exercise helps to prevent many chronic diseases including:

- Heart Disease and Stroke
- Metabolic disease
- High blood pressure
- Type 2 diabetes
- Many types of cancer

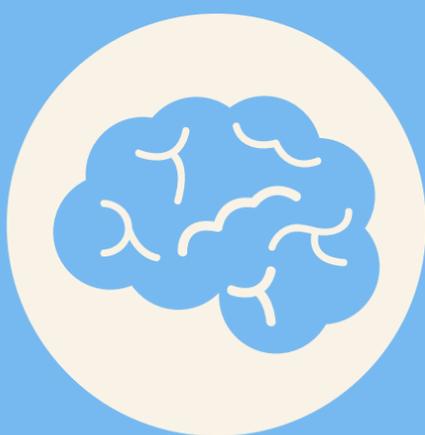
EXERCISE COMBATS CARDIOVASCULAR DISEASE

Physical activity can boost high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.



EXERCISE IMPROVES COGNITIVE FUNCTION

Regular aerobic exercise increases the size of the hippocampus, the brain area involved in verbal memory and learning. It improves thinking, memory, and boosts your energy to allow you to study more efficiently during those long sessions!



EXERCISE IMPROVES SLEEP

Struggling to get a good night's sleep? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.



EXERCISES REDUCES SYMPTOMS OF DEPRESSION AND ANXIETY

Exercise is a healthy coping mechanism. This year has not been easy on anyone's mental health. Regular exercise releases feel-good endorphins and other natural brain chemicals that can enhance your sense of well-being.



HOW CAN I USE EXERCISE TO BE MY MEDICINE?

Exercise Guidelines from the ACSM

EXERCISE VS. PHYSICAL ACTIVITY

Physical activity is any activity that works your muscles and requires energy and can include work or household or leisure activities, such as a long walk or gardening.

Exercise is a planned, structured and repetitive body movement done to improve or maintain physical fitness.



CARDIOVASCULAR EXERCISE

Cardiovascular (aerobic) exercise raises your heart rate and increases blood flow.

- Goal: at least 150 minutes a week of moderate intensity cardio or 75 minutes a week of vigorous cardio, or a combination of the two.
- Spread cardio throughout the week.
- Short sessions of cardio can be beneficial.
- Accumulated activity throughout the day adds up to provide health benefits.



STRENGTH TRAINING

Resistance training helps strengthen your muscles, bones, and joints.

- Goal: minimum of 2 full body resistance training sessions per week, ideally 3-4
- You can use free weights, weight machines, or even your body.

Very important during weight loss to preserve muscle and promote fat loss.



FLEXIBILITY TRAINING

Flexibility training or stretching helps prevent tight muscles and issues with joints.

- Goal: perform flexibility training daily for a minimum of 10-15 minutes.
- Hold your stretches for a minimum of 10 seconds and up to 20 seconds while deep breathing.
- Don't bounce or stretch to the point of pain.
- You can perform different types of stretching including yoga, pilates, or static stretching.



GETTING STARTED

Choose exercises and/or physical activity that you enjoy! This will help ensure you will continue your program over the long term.

Start with reasonable goals that you can achieve to stay motivated.

Figure out your barriers and find solutions to overcome them. Have a support system that can help you get back on track if you have a set back.

