

EXERCISING



Away from the gym

Physical activity – at least 30 minutes a day – is one of the keys to maintaining health and longevity. It helps improve symptoms of depression, can trim extra fat and inches, improves cardiovascular and lung health, and can help maintain optimal levels of energy and stamina – both physical and mental. The best thing is that the benefits of exercise can be achieved anywhere – even without a gym membership!

Cardiovascular training

Short-term benefits:

- › Decreases tension/stress
- › Decreases fatigue
- › Aids in sleeping
- › Improves stamina and mood

Long-term benefits:

- › Increases efficiency of the heart and lungs
- › Reduces body fat percentage
- › Increases energy levels

Fitting cardio in without a gym

- › Split your workout into two 15-minute sessions if time is of the essence
- › Wear a pedometer
- › Turn daily chores into a form of cardio activity
- › Play games with your kids
- › Make use of your lunch break
- › Walk to someone's desk to talk with them, rather than phoning, IMing or emailing them
- › Stand during a conference call

Cardio and the F.I.T.T. principle

Frequency	3+ workouts per week
Intensity	<ul style="list-style-type: none">› Maximum heart rate› Rate of perceived exertion› Talk test
Time	3-5 Minute warm up, 20-60 minutes in specified heart rate zone, cool down
Type	Walking, jogging, cycling, hiking, dancing, etc.

Strength training

- › Also known as resistance training
- › A series of movements designed to intentionally stress (overload) muscles
- › Follow the overload principle:
 - › Stimulate specific muscle groups with a more challenging load than they normally experience by:
 - Increasing weight
 - Increasing repetitions or sets
 - Changing rest time between sets

Together, all the way.®



Fitting strength training in without a gym

- › Make use of your body weight
- › Use your daily errands to increase your strength
- › Handy equipment to have available
 - Jump rope
 - Exercise balls
 - Exercise bands
 - Dumbbells

Calculating maximum heart rate (MHR)

Work out at a recommended range of 65%–85% MHR

- › To calculate MHR: $[208 - (0.7 \times \text{Age})]$
- › To calculate the range of your exercise intensity, multiply your MHR by .65 and .85

For example, a 30-year-old's calculations would look like this:

- ① $208 - (0.7 \times 30) = 187$ MHR
- ② $(187 \times .65) = 122$ (low range)
- ③ $(187 \times .85) = 159$ (high range)

The recommended range is 122–159 beats per minute

Strength training and the F.I.T.T. principle	
Frequency	Muscle groups should be overloaded every 2–3 days in a full-body program
Intensity	<ul style="list-style-type: none"> › Load variation › Repetitions: 8–12 for muscle growth and endurance › Sets: 2–3 per muscle group (one set for beginners); gradually increase to 6 sets
Time	30–90 seconds rest between sets (less for lighter loads, more for heavier loads)
Type	All major muscle groups

Flexibility training

- › Flexibility is determined by the ability to move a joint through its pain-free range of motion (ROM)
- › Flexibility is important for:
 - Decreasing muscle soreness
 - Improving posture
 - Reducing risk of injury
 - Facilitating strength gains

Fitting flexibility training in without a gym

- › Stretch before you get out of bed
- › Stretch while you're brushing your teeth in the morning
- › Stretch while playing on the floor with your kids
- › Stretch at your desk

Flexibility and the F.I.T.T. principle

Frequency	3–5 times per week
Intensity	To a position of mild discomfort
Time	15 second hold, repeat 3 times
Type	A general stretching routine utilizing all major muscle groups

Physical activity doesn't require a gym membership – whether it's taking your dog for a walk, taking the stairs instead of taking the elevator, or carrying a basket instead of pushing a cart, there are many ways to increase your activity levels every day. Each day you do, you are working your way towards a healthier you!



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