



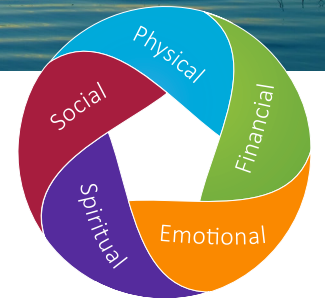
Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

REIMAGINE PHYSICAL ACTIVITY

Frequently Asked Questions Physical Activity Toolkit



1—Cardiovascular Exercise

Q: How long should I warm up before exercise?

A: A warm-up should last 5-10 minutes. You can walk, jog, or try light calisthenics at a slow pace to get your body ready for activity.

Q: Do I need to cool down after exercise?

A: Yes, everyone should cool down rather than just stopping abruptly. The cool-down helps to bring your body from an exercise state back to a resting state. Use the same pace as the warm-up.

Q: How much cardiovascular exercise should I do each week?

A: Experts recommend between three and six days per week. Those with less training under their belt should begin at three days per week for at least 30 minutes. This includes a five-minute warm-up and a five-minute cool-down. Those with more experience can add more training days. Rest is important—remember to take at least one day per week off from exercise.

Q: How aggressive should my cardiovascular exercise be?

A: The answer to this question depends on multiple factors including your age, goals, and current health status. For more specific information click → http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Target-Heart-Rates_UCM_434341_Article.jsp#.V-CdSmYm7IU

2—Strength Training

Q: How much strength training should I do each week?

A: Experts recommend to strength train a minimum of two non-consecutive days per week for health benefits.

Q: How long should a strength training workout last?

A: Think in terms of the number of exercises and the number of times you complete each exercise. Experts recommend 8-10 exercises to cover all of the major muscle groups.

3—Flexibility

Q: When is the best time to stretch (flexibility training)?

A: Muscle is more receptive to stretching when it is warm. Add stretching to the end of your workout.

Q: I like to work out with others but don't have much money. What do you suggest?

A:

- YMCA/YWCA
- Going to or creating a church walking group
- Check your medical plan carrier for any discounts
- Hospitals and health care systems
- Taking a walk, riding a bike, etc.

Consult with your physician prior to beginning an exercise program.

Wespath's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor other professional advice or services on any specific matter.