

# A focus on **Aerobic Exercise**

Aerobic exercise consists of physical activity that improves the circulation of oxygen through the blood. It involves continuous activity (such as walking, running, or swimming) over a period of time. Regular aerobic exercise can improve physical fitness and enhance your health.

## Benefits

- Helps cardiovascular conditioning
- Helps weight loss and prevents weight gain
- Helps endurance and vitality
- Improves blood sugar control in diabetes
- Reduces elevations in blood pressure
- Helps relieve anxiety, depression, and stress-related illnesses

## Before starting a program

See your health care provider for clearance if you have previously been inactive and have a chronic medical condition or symptoms, such as chest pain, that come on with exertion.

## Determine your Target Heart Rate (THR) during exercise:

- Determine your Maximum Heart Rate (MHR) = 220 minus your age
- Determine your Minimum Exercise Heart Rate (MNR) = MHR x 0.60
- Determine your Maximum Exercise Heart Rate (MXR) = MHR x 0.75

Your THR is any heart rate between your MNR and MXR. Certain medical conditions or medications may require an adjustment in your THR. If you have conditions such as heart disease or diabetes, talk to your doctor to determine your specific THR.

## Exercise choices

Choose any activity that you like to do! The important thing is to get moving. Many people find that taking a brisk walk is a great way to start.

- Try to start and end with 5 minutes of stretching.
- At first, take your pulse rate regularly to help you get used to the activity.
- Adjust your speed and/or movement to try and keep within your THR.
- It's smart to start slow and build up your exercise time and intensity. It can take up to three months to get a good base of conditioning.
- You should try to work up to 2 hours and 30 minutes of activity per week. It can be a little as 10 minutes at a time.

For more information about creating your own exercise program, contact your health care provider, your Concentra health specialist or a trainer. Or check out the Physical Activity Guidelines for Americans website at: [www.health.gov/paguidelines/adultguide/activeguide.aspx](http://www.health.gov/paguidelines/adultguide/activeguide.aspx)



**Concentra**<sup>+</sup>  
totalcare

Developing a **better** you.

[Concentra.com](http://Concentra.com)