



An advocacy project of the:
**Philippine Society of
Endocrinology and Metabolism**
in collaboration with:

**Philippine Association for the
Study of Overweight and Obesity**
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Fit For You

AN EXERCISE PROGRAM FOR ALL AGES



Why Exercise?



Everyone needs to exercise!

Everyone of every age will benefit from exercise! Regular exercise improves your mood, boosts your energy level, promotes better sleep and can be fun!

Exercising also lowers the risk of heart disease, stroke, type 2 diabetes, high blood pressure, depression, falls and even some cancers, while improving body composition, bone health, balance and endurance.

Isn't it amazing how something so easy to do can be so fun and yet so healthy? This free booklet shows you how!

TIP: Exercise isn't just for those trying to lose weight! Even thin and healthy people need exercise too!

Do I need to see a doctor before I exercise?



You should consult your doctor before exercising if you have:

- Heart disease
- Asthma / Bronchitis
- Arthritis
- Diabetes
- High Blood Pressure
- Retinopathy
- Neuropathy

Or if you have any of these symptoms:

- Chest pain
- Loss of balance
- Dizziness
- Passing out
- Palpitations / irregular heart beat
- Pain after exercising lasting more than 3-4 days
- Any long-standing symptom

General rules when exercising



- Don't eat an hour before vigorous exercise
- Drink plenty of water before, and after a workout. During a workout, drink fluids every 5 minutes of continuous exercise
- Wear proper attire
- Avoid exercising in a warm environment
- Do not exercise if you feel feverish or ill
- Warm-up and Cool-down

Warm-up

- Low-level aerobic exercise is the best approach, such as walking briskly, swinging the arms, or jogging in place

Cool-down

- Do not stop exercising suddenly
- Walk slowly until your heart rate returns to just above the normal, then stretch your muscles

Exercise for children and adolescents



Age 12 to 36 months: Physical activity should be concentrated on games that promote running, jumping, hopping, ball catching, throwing and kicking

among others. It is recommended that the child accumulates at least 30 minutes of physical activity daily.

Age 3 to 5 years: Physical activity should be concentrated on games that promote running, jumping, hopping, ball catching, throwing and kicking among others. It is recommended that the child accumulates at least 60 minutes of physical activity daily.





Age 5 to 17 years:

Heart rate during exercise should reach 160 beats per minute.

The duration of exercise should be between 30 to 60 minutes per session, 3 to 4 days per week. Physical activities may include the following: joining group aerobics programs, riding a bicycle, using exercise machines such as a treadmill, stationary bike or stepper, participating in sports activities, and engaging in brisk walking.

TIP: Encourage kids to exercise!

Find a sport that interests them.

Praise and reward them for their efforts.

Limit time in front of the TV or computer.

Exercises for adults

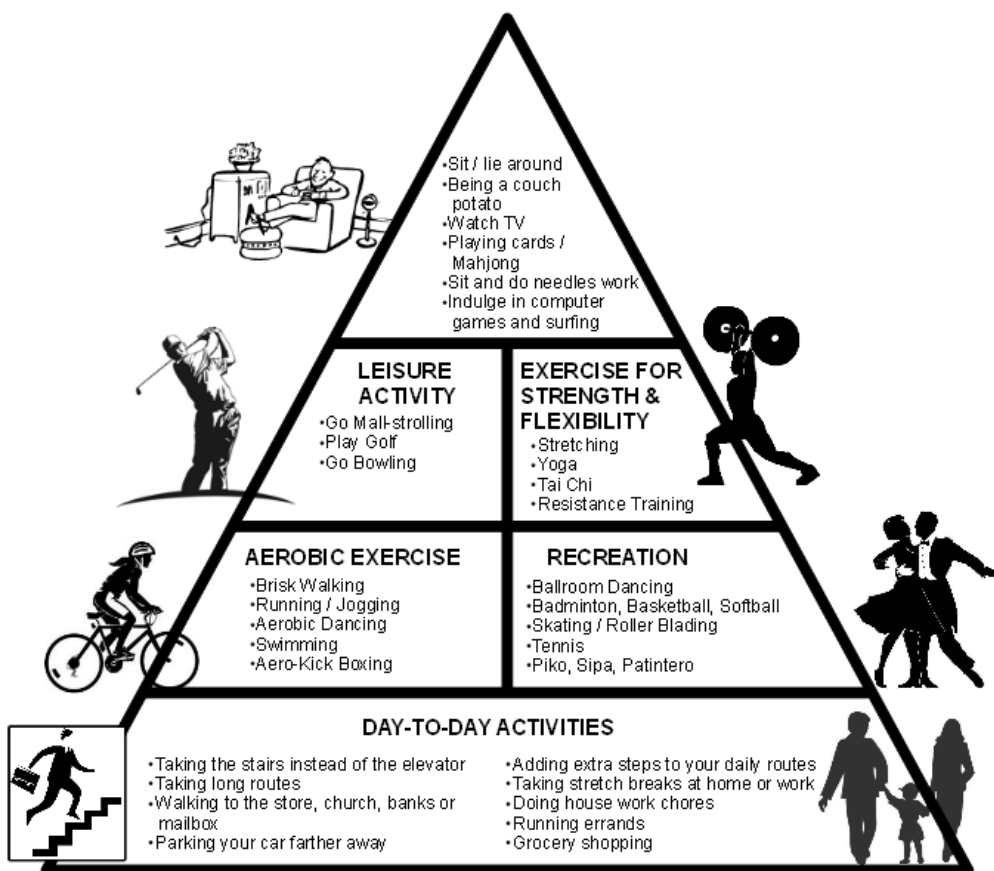
Do **aerobic exercises**
at least 4 times a week
(see Aerobic exercises).

Do each of the
strength exercises
at least 2 times a week.
(see Strength exercises).

Don't forget to start
with **warm-up exercises**.

End your exercise session with
cool-down or
flexibility exercises.
(see Flexibility exercises).

The exercise pyramid: A quick guide to help you choose your activities.



Aerobic Exercises for adults

Aerobic exercises refer to exercises that improve the ability to work for prolonged periods of time and to resist fatigue.

Do aerobic exercises at least 4 times a week. Warm-up by walking briskly or jogging in place. You can choose from a wide range of exercises:

Do these exercises for at least 30 minutes:

Walking briskly

Bicycling

Dancing (ballroom,
folk, modern)

Tennis doubles

Golf

Badminton

Volleyball

Light swimming

Gardening

Doing household

work: scrubbing,

laundry, sweeping,

washing windows

Playing with children

Washing a car

TIP: Just because you're sweating doesn't mean that you're getting enough exercise.

Checking your pulse is an easy way to determine if your exercise is adequate!

Do these exercises for at least 20 minutes:

Jogging or running
Walking up a hill
Energetic dancing
Jumping rope
Boxing

Tennis singles
Basketball
Soccer
Swimming laps
Jumping jacks

How do I know if I'm exercising too little or too much?

Learn to count your pulse by placing the tips of your middle three fingers on the palm side of your other wrist, below the base of the thumb. Stop exercising and count the number of beats you feel for 1 minute. If your pulse is below your target zone increase your rate of exercise. If your pulse is above your target zone, decrease your rate of exercise.



Age	Target	Age	Target
19-25	145-168	56-60	122-140
26-30	140-163	61-65	110-136
31-35	137-160	66-70	116-132
36-40	134-156	71-75	113-128
41-45	131-152	76-80	110-124
46-50	128-148	>80	100-115
51-55	125-144		

Strength Exercises for adults

Warm up

Warm-up by slowly copying the movements below without stress. For example - before you perform the table push-ups you may push against the air for ten to twelve times.

The following exercises are meant to strengthen muscle groups at the comfort of your own home or office. Take more time (3-4 seconds) when performing the lowering phase of the exercise and less time (1-2seconds) during the shortening phase. Start at 10-12 repetitions per exercise for one to two sets only, and slowly increase as your muscles become stronger.

Table push-ups



Lowering phase

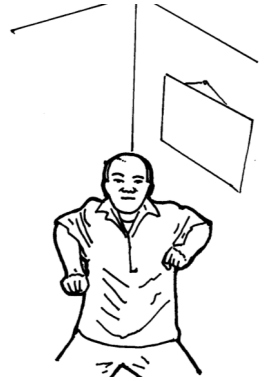


Shortening phase

This exercise is meant to strengthen your chest muscles similar to a bench press exercise! Slowly lower your body towards the table then push yourself up. Avoid locking your elbows in the shortening phase.

Corner Press out

This exercise is for strengthening the upper back muscles. It is important to strengthen opposing muscles to promote muscle balance and avoid postural problems. Perform the exercise by pressing your elbows to the corners of a wall for 6-7 seconds for 5-7 repetitions.



Press -ups

This exercise is tailored to strengthen the muscle groups at the back of the arms. Perform the exercise by grasping a table in a manner similar to the figure and put your weight on your arms as you slowly lower yourself. Carry your body weight as you bend and straighten your elbows.



Hip squeeze



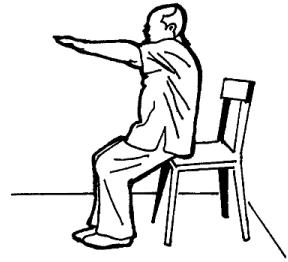
Hip Press



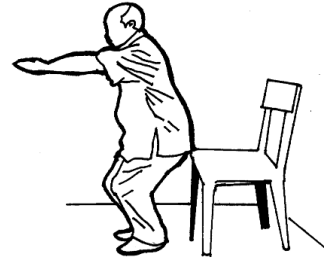
These exercises are used to strengthen the insides and outsides of the thighs. Press your thighs together for 6-7 seconds for 5-7 repetitions for the hip squeeze. Follow the same parameters for the hip press but push the side of your thigh against a stationary object instead.

Squats

This exercise is used for strengthening the muscles of the buttocks, and the front and back of the legs. Sit at the edge of the chair in a manner similar to the starting position (lowering phase). Move to stand but avoid from fully straightening the knees (the shortening phase). Move from the shortening phase to the lowering phase. if you want to build endurance perform the exercise continuously for 2 minutes.



Lowering phase



Shortening phase



Knee Bends

Stand against a wall and bend the right knee repetitively, repeat the same exercise on the left side. This exercise can build endurance or strength (with additional resistance) of muscles on the back of the thighs.

Calf Raise

Stand on your toes. Perform the exercise for 10 to 20 repetitions. This exercise builds the muscles of the calves.



Stairs or elevators?



Using the stairs is beneficial for two reasons:

First, it can improve the muscle endurance of the buttocks and thighs similar to doing multiple squats.

Second, the muscles used are large and can burn a lot of calories when used repetitively.

If you aim to be fit: USE THE STAIRS!

TIP: Learn the locations of the stairs in the buildings you frequent, including your office or home building and even in the malls!



TIP: Exercise is more fun with other people! Get your friends and family members to join you when you go for a work-out!

Exercises that increase Core Strength

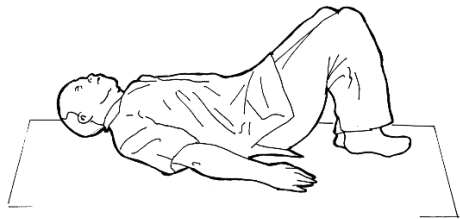
Core Muscles

The core muscles are muscles that support the spine.

Core Exercises

Abdominal Hollowing

This exercise is meant to improve the stabilization provided by the “corset” muscle.



Draw the navel up toward the head and in toward the spine so that the stomach is flattened. Hold the position initially for 7-10 seconds, and progress duration of the hold for the succeeding exercise sessions. Do not hold your breath, count the seconds aloud if possible.

Progression 1: Hollowing with Heel Slides



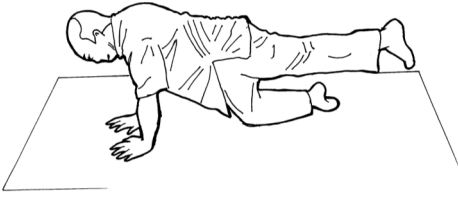
Maintain the abdominal hollowing maneuver. Perform alternate knee bending slowly for 10 -12 repetitions.

Progression 2: Hollowing with Arm Lifts



Place yourself in the all fours position. Maintain the abdominal hollowing maneuver. Lift one arm and hold it for 10-12 seconds. Do the same on the opposite arm.

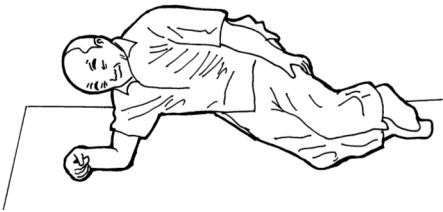
Hollowing with Leg Lifts



Assume the all fours position, draw the navel up toward the head and in toward the spine so that the stomach is flattened. Extend one leg as shown in the

picture above. Maintain the position for 7-10 seconds then repeat on the opposite side. The repetition and sets are according to your tolerance, so challenge yourself!

Side Planks with Knees Bent



Lie on your side with knees bent and upper body supported on the lower elbow. From this position lift your body with all weight borne on the knee, lower leg and elbow, Perform the side

planks on both sides. Initially maintain the position for 7-10 seconds and progress time spent in the position according to your tolerance. You may also perform the exercise by repeated lowering of the sides. Repetition and sets are also according to tolerance.

Side Planks Progression with Knees Straight



As the starting position for the horizontal side support exercises become less challenging, the base of support can be changed from the knees to the feet

by straightening both knees during the elevation. This is more difficult for you to raise the body against gravity. You may also perform the hollowing maneuver in this position.

Flexibility Exercises

Guidelines

Move the extremity slowly through the free range to the point of tissue restriction. You should experience a pulling sensation, but not pain, in the structures being stretched. Maintain the stretched position for 30 seconds or longer.

Upper Extremity Flexibility Exercises “The Corner Stretch”

Stand against a corner wall with arms in a reverse T or V. Lean the entire body forward from the ankles with knees slightly bent. You should feel a pull on the chest.



Upper back “Rhomboid Stretch”

Clasp your hand in front of you, extending your arms at the shoulder level. Push out your arms and hands as far as you can. Feel your shoulder blades spread out.



Triceps

In the sitting or standing position bend the elbow and shoulder as far as possible. The other hand can either push on the forearm to bend the elbow, or push the shoulder into a more bent position as shown.



Biceps and wrist flexors

Standing or sitting with the elbows straight, palms up, fingers pointing down. Use your other hand to stretch the hand towards you.

Flexibility Exercises for the Trunk Abdominal Muscles “The Press Ups “



Lie on your stomach with your arms on the floor directly under your shoulders. Raise your upper body as far as you can by straightening your elbows and arching your back. Keep your hips in contact with the floor. If you are unable to do the regular version because of wrist, arm or back pain, prop yourself on your elbows.

“The Knee Squeeze”

Lie on your back with your legs outstretched, bend both knees and hold as shown. Bend towards your chest until you feel a stretch. Tuck your chin and slowly bring your head up to meet your knees. Stay relaxed.



“The Spinal Twists”

Lie on your back with your arms out to each side. Keeping your shoulders flat to the floor bend your left knee towards your chest and slowly bring the bent leg across your body. Turn your head to look at your right hand until you feel a stretch. Repeat the same procedure to the other side.



Lower Extremity Flexibility Exercises

Hip Flexor Stretch



Begin by kneeling on the floor . Bring your right knee in front of you and place your foot flat on the floor. Your left knee should be resting on the floor, as shown. You should feel a stretch in front of your right hip and thigh.

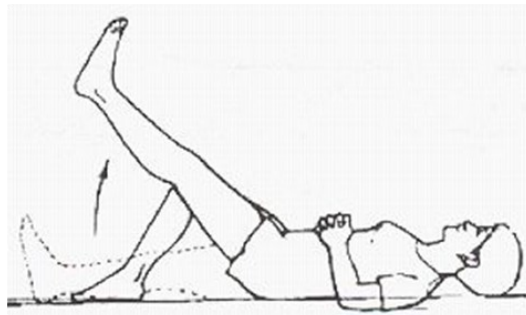
Groin Stretch

Begin by assuming the cross sitting position. Clasp your hand around the ankles then slowly bend your trunk forwards. You should feel a stretch in the groin area or the middle thigh.



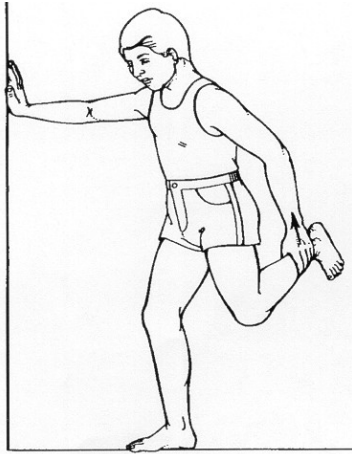
Hamstring Stretch

Lie on your back, keep your lower back pressed to the floor. Bend both knees and keep your feet flat on the floor. Slowly straighten and raise your left leg until you feel a stretch on the back of your thigh. Repeat on the opposite side.



Quadriceps Stretch

In the standing position bend your left knee and use your left hand to pull your heel towards your left buttocks. Repeat on the opposite side.



Calf Stretch

Stand with your forearms against a wall and your right leg out in front of you with the knees slightly bent. Your knees should not extend past your toes. Keep your left leg straight and your feet flat on the floor. Slowly lean forward on your right leg until you feel the stretch in your left calf. Switch sides.



Exercise for older adults (aged 65 and older)

Older adults should be as physically active as their abilities allow and should follow the recommendations for adults as much as they are able to. Some exercises that may be appropriate for older adults include:

Aerobic:

- Walking
- Swimming
- Dancing
- Skating
- Hiking
- Rolling your
wheelchair

Strength:

- Chair exercises
- Lifting weights
- Carrying laundry or
groceries
- Gardening
- Washing the car
- Scrubbing the floor

Flexibility:

- Stretching
- Yoga
- Tai Chi



Exercise for busy people

Everyone is encouraged to achieve the exercises recommended for age, but if you're really too busy to find time to exercise, these tips may help you increase your fitness level:

- Walk or ride a bicycle to your destination
- Walk briskly (instead of leisurely) whenever possible
- Park your car farther away from your destination, and walk the rest of the way
- Take the stairs instead of the elevator or escalator
- Get off the elevator 2 floors from your destination and use the stairs the rest of the way
- Keep light, portable strengthening equipment under your desk (eg dumbbells, ankle weights, exercise bands). You can do 1 or 2 training sessions every hour, and not worry about sweating in your office clothes.
- Carry a moderately heavy bag with you when walking
- Use a basket instead of a cart when buying groceries that are light enough to carry
- Get into sports
- Invest in home-exercise equipment
- Enroll in a gym



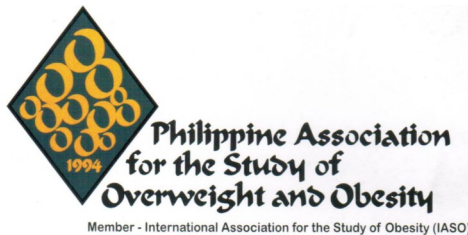
Fit For You is an advocacy project of the:



Philippine Society of Endocrinology and Metabolism
through its
Obesity and Nutrition Working Group
and its
Patient Advocacy Committee

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