

Exercise At Home



ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE

Preparing for Exercise

DID YOU KNOW?

Before beginning a dedicated exercise plan, you should first make sure you are healthy enough to do so?

The health benefits of being regularly physically active are well-known, and **most people** should engage in physical activity every day of the week, even if it is just walking. **Exercise can improve immune system function and help you in managing chronic health conditions.**

While participating in physical activity is safe for **MOST** people, **you should ask yourself basic questions prior to beginning an exercise program, so you know whether or not you should seek further advice from your healthcare provider** prior to becoming more physically active. Physical activity readiness questionnaires (PAR-Q) can help.

Note: It is always a good idea to check with your healthcare provider about your plans to exercise.



ASK YOURSELF: PAR-Q

- 1 Has your healthcare provider ever said you have a heart condition or high blood pressure?
- 2 Do you ever feel pain in your chest when you are at rest, moving around during your daily activities (e.g. bathing, cooking, getting out of bed and dressed, brushing your teeth, walking up or down stairs, carrying groceries, etc.), or when you do physical activity, such as walking or lifting heavier objects?
- 3 Do you ever lose your balance because you got dizzy (e.g. vertigo, room spinning, etc.) or do you ever lose consciousness?
- 4 Have you ever been diagnosed with any other chronic or significant health condition, such as diabetes or cancer?
- 5 Is your doctor currently prescribing drugs (for example, water pills, blood pressure medication, etc.) for any chronic health condition?
- 6 Do you have any orthopedic problems (bone or joint problems, and/or damage to soft tissues, such as muscles, tendons, or ligaments) that could be made worse by a change in your physical activity?
- 7 Has your healthcare provider ever said you should not do physical activity unless medically supervised?
- 8 Do you know of any other reason why you should not do physical activity?

If you answered yes to any of the above questions, consult with your healthcare provider prior to beginning a new exercise program.

References

[Physical Activity Readiness Questionnaire](#)



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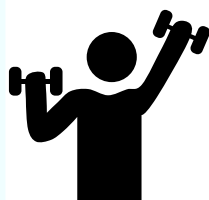
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ONCE YOU ARE CLEARED FOR EXERCISE...

It is important to know a few key things.

- 1** Follow any and all **RECOMMENDATIONS YOUR HEALTHCARE PROVIDER** gave you.
- 2** Have a **SAFE SPACE** to exercise in, clear of clutter so that you will not accidentally bump into anything. You do not want to trip on any obstacles on the floor, or bump into furniture.
- 3** **KEEP A LOG** of your workouts to track your progress. You may start off only being able to do 5 minutes of cardio, or only being able to hold a plank for 15 seconds, but by keeping a log, you'll be able to see your progress over the coming weeks.
- 4** Exercise with another person (a "**buddy system**") whenever possible. This is just a safe, common-sense practice to do.
- 5** Always make sure to do a **warm up** (prior to exercise) and a **cool down** (at the end of exercise). *A warm up will help prepare your body for the exercises you are about to do, directing move blood flow to your muscles and helping "prep" your muscles, joints, tendons and ligaments for your workout. A well done warm up will help prevent muscle soreness and lessen your risk of injury. A cool down will help remove lactic acid build up from your muscles, and will lessen the amount of soreness you feel in the following days.*
- 6** If you experience **ANY CHANGES IN YOUR HEALTH**, talk to your healthcare provider prior to continuing your exercise routine.
- 7** If you experience pain or discomfort while exercising stop and speak to your healthcare provider. Do not risk injury.



ELEMENTS OF AN EXERCISE PLAN



The good news is that exercise plans are customizable!
Do what works for **you!**

- Choose exercises you enjoy, and that you find fun! This will make you more likely to continue to be physically active.
- Sneak exercise into your day-to-day routine. Walk more places. Park farther away from buildings to increase your step count. Take the stairs instead of an elevator.
- Most formal exercise plans include the following elements:
 - 1. Warm Up** consisting of at *least* 3 static stretches and 5 minutes of cardio.
 - 2. Balance and Core Exercises** to improve your core strength and posture
 - 3. Resistance Training** (also known as Strength Training)
 - 4. Cardiorespiratory Fitness** to improve your aerobic fitness (endurance)
 - 5. Cool Down** lasting between 5 and 10 minutes, including lower intensity cardio and static stretching

References

Alison Lovell, NASM-CPT, NREMT
and

Fitness: Tips for staying motivated - Mayo Clinic



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