

Benefits of Physical Activity

Combination of dynamic and resistance exercise

Benefits:

Intense dynamic/aerobic physical activity increase HDL-Cholesterol and reduce Triglycerides

Resistance

- Increases muscle mass (fat free mass)

- Improves insulin resistance

- Improves muscle strength

- Improves resting energy expenditure

-Resistance training also causes mobilization of fat in adipose tissue of the abdominal viscera (helps shrink the stubborn belly fat) and subcutaneous fat (fat under the skin).

-10 lbs. increase in muscle mass will result in 60k Cal/day increase in resting energy per day, and a loss of 10 lbs. of fat will lead to a decrease in 20k Cal/day of resting energy.

MYTH: "Every pound of muscle gained burns an additional 50 K calories per day."

The truth is that each pound of muscle gained is equivalent to an extra 6 calories/day of energy expenditure, therefore when 10 lbs. of muscle replaces 10 lbs. of fat a net 40k Cal per day increase in resting energy expenditures achieved.

The energy expenditure required to burn 10 lbs. of additional muscle mass through resistance exercise is similar to energy expended during intense aerobic exercise.

Sore muscles may result following resistance exercise. Sore joints may be a result of poor technique, in which case, consultation with a certified exercise trainer for assistance with correct exercise technique may be necessary.

Aerobic Exercise:

-Physical activity is defined as any movement produced by selected muscle resulting in some expenditure of energy.

Exercise is a planned, structured, repetitive activity that has a beginning and an end and that is aimed at improving and or maintaining physical fitness. It is a form physical activity.

- Any physical activity is always better than no physical activity.

- To promote modest weight loss or prevent weight regain one needs at least 150 minutes of moderate exercise per week or 75 minutes of intense exercise per week.

Cardio Metabolic Benefits of Exercise:

-Decrease in triglycerides is the most common beneficial lipid effect of increased physical exercise.

-Substantial increase in HDL-Cholesterol most likely noted with high intensity exercise.

-LDL-Cholesterol not affected by exercise

-However significant weight loss by means of diet and exercise can lower the LDL-Cholesterol levels and non HDL-cholesterol levels.

-Improve insulin sensitivity.