

## Lets Get Physical



The onset of the technical revolution has conspired to strip out of our lives physical activity in the name of convenience, efficiency and saving time. Everything from remote controls to moving stairs combine with a plethora of mechanised devices such as motor vehicles, washing machines, dishwashers, power tools, and a whole host of gadgets and machines to take the effort out of almost everything that we do.

As a consequence most of us are now half as active as our parents, and what is worse, our children are set to become half as active as we are. Our bodies were designed to be active and by leading sedentary lives we are creating immense health and social problems for ourselves.

### Some benefits of Physical activity:

- **Yes, the fittest do live longer (even fat smokers)**

An American study has found that people who exercise will live longer than those who do not, even if they smoke and are overweight. The ten-year research on 6,000 middle-aged men was published in the New England Journal of Medicine. It found that the least fit were four-and-a-half times more likely to die within six years of the start of the study than were the most fit.

- **Psychological benefits of exercise and activity**

Physical activity also has a powerful effect on the brain and can help alleviate stress, anxiety and depression through aiding the dispersal of stress hormones such as cortisol and adrenaline and increasing the production of "feel good" neurotransmitters including beta-endorphin and serotonin.

- **The effect of exercise on appetite**

The effect of exercise on appetite has been proved to have little impact. If anything there is a tendency for exercise to normalise the appetite response. This may be a response to help "tune up" the regulatory system to stimulate a more appropriate feeding response for the level of energy expenditure. In other words, exercise will not make you hungrier or eat more.

### Here is what you can do to improve your levels of activity

#### Building activity in

We have to turn recent history on its head and start again building activity into our daily routines. The good news is that now that we have all of these time saving devices, we can choose which activity we want to do, and when we want to do it. Creating an energy deficit on a daily basis is the only way to lose fat. This can be done in two ways: drastically reducing calorie intake (dieting) – not recommended, or significantly increasing activity levels – not always practical or safe. The obvious answer of course is a moderate and sensible combination of the two.

#### What type

Physical activity includes everything that we do; all of our household chores, all of the walking that we do; our active leisure pursuits and of course any exercise that we do.

With respect to exercising for weight control, basically it all comes down to the calorie value of your workout. There are some benefits to having lots of skeletal muscle as this is metabolically more active than fat, but for women in particular it is very hard to build substantial levels of lean muscle, and not many women want to in any case. Ask an instructor to build you a balanced programme that provides sufficient resistance exercise to provide the benefits for bone health, muscle maintenance, posture and joint support, as well as a cardio-vascular component that is appropriate for you.

Activity	Women	Men
Aerobics	560	740
Table tennis	300	400
Cycling moderate	192	256
Cycling hard	507	660
Domestic work moderate	153	200
Domestic work vigorous	264	180
Golf	144	192
Rowing hard	600	800
Running moderate	444	592
Running hard	692	900
Skating	461	600
Squash	461	600
Swimming moderate	230	300
Swimming hard	480	640
Tennis	336	448
Walking moderate	168	224
Walking hard	300	388

### Regularity is the key

Regular small bouts of exercise are more beneficial for weight loss than infrequent lengthy, or occasional intensive exercise sessions. This may be because physical activity raises the metabolic rate, and this can last for up to two hours afterwards, thus more metabolic elevations are more effective in terms of calories burned.

As the body gets fitter, it becomes more efficient at burning fat; this is because the number of mitochondria in the muscles increases. So the benefits of becoming more active and thus fitter will continue to increase and the effects start to multiply

### What frequency

5 days per week or as much as you can. This does not mean you have to go to the gym 5 days a week, you may choose to have a brisk walk, play golf or tennis, or be active in other ways, half an hour to 45 mins is adequate on non gym days, and try to get variety into your external activities. The idea is to aim never to have a sedentary day.

### The exercise - weight loss paradox

In terms of weight loss; far too many gym members visit the club twice per week for a workout, and then, unfortunately, imagining psychologically that they have "done their bit", go on to have an even more sedentary week than many non-gym users. If you consider the average calorific value of a workout to be around 500 Kcals then this 1,000 calories per week is outstripped by someone who walks to work every day briskly for ½ hour (150 Kcals each way) = 1,500 Kcals.

### The effects don't last long

Many of the beneficial effects of exercise training both from endurance and resistance activities diminish within two weeks if physical activity is substantially reduced, and effects disappear altogether within 2 to 8 months if physical activity is not resumed. You cannot accrue the benefits of exercise and it is important that people are active throughout life.

## 100 Calories

<u>Foods containing 100 calories</u>	<u>Calories</u>
7 fruit pastels	100
3 pieces dairy milk	100
3 rolos	100
1 fudge bar	110
Two thirds of a piece of bounty chocolate	100
2 oreos (biscuits)	100
½ glazed donut	100
2 tablespoon peanut butter	100
20 roasted peanuts	100
Popcorn (3 cups)	100
1 bagel	100
1 packet of snack a Jacks 26 g	106
1 banana	100
1 boiled egg	100
4 tomatoes	100
1 baked potato	100
Quarter of a cup of granola (low fat)	100
1 slice of wholegrain bread	100
1 medium slice of white bread	100
5 apricots	100
1 and half cups blackberries	100
1 and a quarter cups of blueberries	100
1 cup cherries	100
1 grapefruit	100
2 kiwis	90
2 Peaches	80
1 cup mandarin	100
2 pears	100

### Exercises which burn 100 calories

This is an average 130 pound (9.7 stone) person. The heavier one is the more calories will be burned. So each individual will differ slightly.

<u>Exercises</u>	<u>Minutes</u>
Cycling (6 mph)	10
Run up and down stairs at home	11
Stepping on a 6 inch step continuously	12
Lifting moderate arm weights	33
Callisthenics – push ups, jumping jacks etc	10
Marching on the spot (brisk pace)	10
Vacuuming	25
Heavy gardening, i.e. digging (not weeding)	15
Walking at 4 mph	15
Jogging	12
Badminton	20
Volleyball	12
Skipping	15