

WV Wellness

September 1, 2009

Mind, Body and Spirit

Vol. 4-7

10 x 3 = health and prevention

Regular physical exercise promotes good health as it reduces the risk of heart attacks and helps prevent problems such as hypertension, obesity, osteoporosis and depression from arising. But how long should we train for and how often? And how should our training session be structured?

The American College of Sports Medicine and the American Heart Association responded to these questions in a recently published paper aimed at men and women between 18 and 65 years of age.

The results of this study offer good news for people with limited free time available for sports activities and exercise. It demonstrates that as little as 30 minutes of daily exercise is sufficient in preventing many of our health-related problems.

Furthermore, this beneficial half-hour can be spread out into three blocks of 10 minutes throughout the course of the day.

The frequency of weekly exercise is determined by the 'intensity' of each session: for example, jogging is defined as a 'high intensity' activity, whilst walking is considered 'light' training. Intense physical exercise can improve the state of our health with only three weekly training sessions, while lighter exercise requires five weekly training sessions.

In addition to aerobic exercise, experts also recommend some degree of muscular strength training: training twice a week on non-consecutive days with 8-10 stretching exercises involving the major muscle groups is sufficient for maintaining and improving our physical condition.

Only 30 minutes is needed. And it can be carried out at home or at the office.



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