

## Diet vs Disease Module 6 Know and Love Thyself

### The Importance of Exercise Transcript

00:01 Hey peeps Tim here, I'm recording this video on learning to love your body and the importance of exercise. I am a qualified personal trainer, so I have the qualifications to talk about exercise.

00:13 I'm not just coming at this from personal experience, I've actually trained and done this in the past so the question is, 'why is exercise important'?

00:28 And the answer is 'for lots of reasons'. And it's really important to focus on exercise for any other reason aside from fat loss or how your body looks.

00:43 If you focus on exercise for fat loss or how your body looks, you'll often be disappointed because exercise is notoriously bad for weight loss and it takes a long time to see changes that are beneficial from an aesthetic perspective.

00:59 So exercise is super, super important for your mental health. We have a lot of evidence to suggest that exercise, especially post-exercise, helps to improve how you feel immediately after exercising but also longer term.

01:15 Exercise is excellent for your confidence especially as you get fitter and stronger and that has knock-on effects to things like quality of life and independence.

01:27 Exercise is great for cardiovascular or heart health which means that you will have good capacity for exercise for your heart to deliver nutrients and extract waste from around your body

01:40 and to keep you healthy as you age. Exercise is extremely good for helping with bone density, particularly resistance-based exercises, and we start to lose bone mass as we age.

01:54 So resistance training is really helpful to help prevent those losses. Exercise can also help us to gain and maintain muscle mass, and again muscle mass is something that we start to lose with age and without it we will start to lose quality of life, strength and independence. Independence is another big one, so being able to lift weights, climb stairs, do all your normal activities of daily living can become harder as you age and if you don't use it, you lose it. So if you don't exercise, being independent will become harder. Exercising regularly will reduce your risk of falls. Falls are one of the biggest causes of hospitalization and a loss of quality of life in older adults and so being fit and healthy will help you maintain independence for longer.

02:48 Exercise will also make you stronger, it's great to be strong and it doesn't have to be strength to lift a car, it's things like climbing stairs independently, climbing out of chairs easily, lifting shopping bags, climbing in and out of the car, picking up your grandchildren.

03:05 These things are things that we take for granted when we're young but when we start to get injured or older and our mobility decreases, we miss the strength and so exercising for strength is really important.

03:20 And the overall most important thing for exercise, or the importance for exercise, is quality of life. Your quality of life will be better overall if you are fit and healthy, both through eating and other healthy behaviours.

03:38 By being fit and strong and healthy, you will have a better quality of life for longer. So the question is, 'how much and how often do we need to exercise to get these benefits'?

03:53 The American College of Sports Medicine makes recommendations for all Americans to aim for 150 minutes of moderate to high intensity exercise each week, and two all-body resistance training sessions per week.

04:07 Now, this doesn't mean you need to do 150 minutes of exercise in one day. It means that you can spread it across the week, and that could look like 75 minutes of cardio twice a week.

04:20 It could be 15-10 minute sessions of cardio each week spread out multiple times across a day and across the week.

04:28 The important thing is that you build up to these numbers. This is where you start with what you're able to do and then build up your capacity for 150 minutes per week and aim to be consistent with that longer term, and that you're aiming for a moderate intensity.

04:47 A moderate basically means that if you're walking and you use what we call a perceived rate of exertion, so that's how hard you feel like the exercise is, you want to aim for a five or six or seven out of ten for difficulty.

05:02 5 or 6 would be moderate difficulty, 7, 8, 9, 10 would be getting towards a really high intensity exercise. So if you're walking along and you feel like it's an easy 2 out of 10, that's a stroll.

05:15 But if you're walking and it feels like a 5 or 6 out of 10, then that's your moderate intensity exercise.

05:20 So it could be walking the dog fast, it could be swimming, it could be any cardiovascular exercise, the exercise you enjoy.

05:29 The resistance training exercise sessions are ideally 45 minutes each as a fairly standard gym routine and it will allow you to hit all muscle groups in your body.

05:42 And this is important because evidence shows that two to three sessions each week is best for muscle hypertrophy, which is the growth of your muscle mass.

05:52 That's what we're trying to do. There are lots of myths around exercise but even as an older adult you can still build new muscle as well as maintain muscle tissue.

06:04 The most important thing is the stimulus that you apply. Stimulus being the amount of weight you lift and the duration with which you're lifting.

06:14 So there's a little calendar here which steps out how you might spread out your cardio and when you might program in doing weights throughout the week.

06:30 So what are the considerations you want to make for getting started? If you are already seasoned with exercise, you will know your capacity and you'll know how to start and roughly what to do.

06:41 So this section is more about people who haven't done much exercise in the past. So the first thing that's important is to consider getting clearance to exercise.

06:52 This is something that should be done by anyone who has suffered injuries in the past or have medical diagnoses or take medications that can impact them when they exercise.

07:07 So things like diabetes, high blood pressure and especially those medications. May change your capacity for exercise because of exercise impacting blood pressure and blood sugars.

07:22 If you have previous injuries, say you've had hip replacement, knee replacement, you've got a bad back, you've suffered with scoliosis or other physical impairments, then again, it's also important to get a clearance to exercise.

07:35 Now your doctor can do this and any good personal trainer should also do some paperwork with you when they first meet you to ensure that you are clear to exercise and if you aren't based on their paperwork they should push you to your doctor to get clearance and then you can go back and start a training program. For a lot of people I wouldn't recommend working with a personal trainer, I would recommend working with an exercise physiologist or a physical therapist to develop an exercise plan that respects your limitations, your disabilities, or your health history. Exercise physiologists and physical therapists have done lots more in-depth training into various different things that can impact your ability to exercise.

08:24 Whereas a personal trainer may only have done a two-week, two-month course. And they may not know the ins and outs of the medical conditions and medications that impact you when it

comes to exercise.

08:40 So, provided you get cleared to exercise, what should exercise look like? So the question is, 'what exercise do I like that fits into the cardio category'?

08:50 And there are so many out there, you don't need to be a runner. Okay, I hate running, I refuse to do it, I will run away from an angry dog or my kids, but I'm not going to go out there and choose to run, because I don't enjoy it.

09:05 I find it boring, I don't like the feeling in my legs or my shoulders when I run, I would much rather do something else.

09:13 And it doesn't matter what you do, the point is to get your heart rate up and to enjoy what you're doing.

09:20 It could be swimming, it could be cycling, it could be rowing, it could be dancing, it could be doing Zumba or some other form of dance fitness.

09:29 It could be hiking trails, it could be using a cross trainer in the gym. It doesn't matter what it is.

09:41 And the more you like the thing you pick, the more likely you are to stick to it as well.

09:48 And if you've got an exercise buddy who enjoys the same sport as you, then great. And I didn't even mention sports, right?

09:54 So tennis, pickleball, table tennis. Any cardiovascular sport, whether it be a team sport or an individual sport, is also a great way to get your cardio fitness in.

10:10 What about, 'what can I expect when I start with resistance training'? A lot of people fear resistance training because there are lots of myths like women shouldn't do resistance training because they'll get bulky, which just isn't true.

10:27 It's very hard for women to put on muscle mass compared to men and a lot of people you see on TV, in movies, you know, CrossFit athletes, are actually using performance enhancing drugs to get big. And so it's very unlikely that you'll get big or bulky. One thing you can expect when you start is delayed onset muscle soreness (DOMS).

10:47 This is muscle soreness brought on by new or novel exercise. So the very first session you do should be a very light session.

10:55 And then you can expect muscle soreness for at least 48 hours afterwards. Which will then die off and then the more consistent you are with exercise the less delayed onset muscle soreness you will experience.

11:12 Generally speaking DOMS will be more obvious when you have taken breaks from training or when you increase the intensity of your training, i.e. Going up in the amount of weight lifted or in increasing the intensity or the duration of training. So training for longer will fatigue your muscles harder than a shorter session.

11:36 DOMs is very normal. It's not something to be afraid of. Muscle soreness is normal. Again, you should not feel pain, It should just be soreness. If you are getting pain when you train, that's not normal, so seek support. Discomfort can be normal during training.

11:56 You're lifting heavy things so you can expect some discomfort. But it's important to ensure that you're getting the right coaching whilst being trained to ensure that you are lifting weights correctly and using the right training.

12:14 Posture, using the right amount of weight, using the right amount of rest between sets, breathing properly during exercise. When you exercise, when you want to breathe out with the harder portion of the exercise, and you want to breathe in with the easier portion of the exercise.

12:34 So if you are pushing your weight away from you, you breathe out as you push, and you breathe in as you lower the weight towards you.

Now, will exercise help me lose body fat? This is a pretty tough question. It's important to exercise for any other reason aside from losing body fat, but I wanted to cover this because most people are motivated to exercise for fat loss.

13:00 The truth is that exercising makes you feel hungry, so it can often work against you when you're trying to create a caloric deficit for fat loss.

13:10 So the calorie deficit comes first because without it you won't lose body fat and then the exercise comes second and the exercise is there for your mental health, your physical health, your heart health, your independence and all the reasons we spoke about earlier.

13:26 You will help to increase your body's muscle mass and therefore your resting metabolic rate as time goes on by having larger muscles.

13:39 And that means you will burn more calories and rest. And that's the major benefit of resistance training. It means you will burn more calories just from sitting down and doing nothing for up to 48 hours after a resistance training session.

13:55 And as your muscles grow in size, you will need more calories to maintain your body overall, therefore pushing up your maintenance calorie budget.

14:06 Cardiovascular exercise demands more energy whilst you do it. So you'll burn more calories whilst you exercise, but you won't burn more calories when you finish exercising.

14:17 So you'll see a metabolic increase during exercise, not afterwards. So for a lot of people they get stuck on the idea that they need to do cardio for fat loss, when in fact doing resistance training and watching your diet will do way more for you long term than focusing on cardio.

14:35 Okay, that's all for me. But if you have questions about exercise, I'm always happy to answer them on a Q&A or in the Facebook group.

14:45 But yeah, get out there and give it a go, make sure you do it safely, make sure you get support, if you have a group that you can get some accountability with that will help.

14:56 But for now I'll leave you to it and I'll see you soon.