

# L'Chaim

## A Health Enhancement Learning Program

### Session 3 Study Guide

#### Highlights for this Week



Choose the right exercise for you

Walking

Aerobic

Interval

Strength Training

Super Slow

Stretching

Play



#### Homework

Choose the exercise that works for you

Move your body everyday for at least 30 minutes

Stretch

Drink Water

# Dr. Mark Hyman on Exercise

## How to do Interval Training

- What follows is a step-by-step overview of how interval training works. There is a version for people who are just beginning to exercise, as well as, for those who are a little more advanced and have been working out regularly already.

- If you don't fit either of these categories (i.e., if you can't walk for 30 minutes at 3.5 mph), then you should build up your aerobic exercise program before you start incorporating interval training. Start by walking vigorously for 30 minutes every day, as prescribed in The UltraMind Solution.

Beginners (someone who could walk for 30 minutes at 3.5 mph)

Step 1. Warm up: 5 minutes of walking at 3.5 mph.

- Step 2. Speed up and walk at 4.0 mph for 60 seconds.
- Step 3. Slow down and stroll at 3.0 mph for 90 seconds.
- Step 4. Repeat the previous 2 steps 5 more times.
- Step 5. Finish with 5 minutes of walking at a comfortable pace to cool down.

- Advanced Interval Program

Step 1. Warm up: 5 minutes of jogging or cycling at the lowest possible percentage of your all-out effort.

- Step 2. Run or cycle for 60 seconds at about 85 to 90 percent of your all-out effort. Your leg muscles should fatigue within about 1 minute. (Basically, the speed you'd run or cycle at to save your life equals 100 percent of your all-out effort. From there, adjust how fast and hard you work so your output reflects the recommended percentage.)

- Step 3. Slow down to 60 percent of your all-out effort for 90 seconds. (Make sure you slow down to this very light pace.)
- Step 4. Repeat the previous 2 steps 5 more times.
- Step 5. Finish with five minutes at 60 percent of your all-out effort to cool down.

## Aerobic Conditioning: The Basics

- Do 30 minutes of aerobic conditioning exercise at least five days a week
- Aerobic conditioning is anything that gets your heart rate up consistently between 70–85 percent of your maximum heart rate. To calculate your target heart rate, subtract your age from 220, and then multiply the resulting amount by .70 to .85. For example, if you are 45-years old, subtract 45 from 220, which is 175, and then multiply that by .70 and .85. In this case, your target heart rate would range from 122 to 148.
- Use a heart rate monitor; it can help you maintain your pace. I recommend Polar heart rate monitors—you can find out more at [www.polarusa.com](http://www.polarusa.com).

## Building Up Your Brain and Your Muscles: Strength Training

It's also good to do something to stop the inevitable loss of muscle that happens with aging. One exercise I have my patients perform in the office is to stand up out of a chair without leaning forward or using their arms. It is incredible how many people (even younger people) have lost so much muscle that their thighs can't even lift their body weight off the chair without some help. Try it yourself now.

- Find something you like, maybe vary it, but try something. Using your own body weight, stair climbing, push-ups, or squats can be great. Finding a gym and using weights is another way to build muscle. If you have never lifted weights, be sure to get some help from the fitness trainer in the gym to use proper technique, form and avoid injury.
- Ideally, you want to build up to two sets of eight to ten repetitions of an exercise using a weight that leads to muscle fatigue for each major muscle group. A 20-minute routine two to three times a week can cover all the bases. Who doesn't have 40 to 60 minutes a week to invest in his or her health and boosting brain power?

## Stay Flexible

- A stiff body usually reflects a stiff brain. And keeping flexible with stretching prevents injury and general pain from any other type of activity. With some types of regimens, you can even achieve aerobic exercise, strength training, and stretching all in one workout.
- To stay flexible, here is what I suggest:
  - Try to stretch for at least five minutes before and after every time you exercise.
  - Do 30–60 minutes of whole body stretching twice a week.
  - Exercise will help you stay mentally and physically fit by exerting yourself daily. But, as I discussed throughout *The UltraMind Solution*, all things in the body and mind require balance. Relaxation is as important as exercise. And it is a skill you need to learn as well.

## How to Super Slow

1. Begin by lifting the weight as slowly and gradually as you can. The first inch should take about two seconds. (When pushing, stop about 10 to 15 degrees before your limb is fully straightened; smoothly reverse direction)

2. Slowly lower the weight back down

3. Repeat until exhaustion (once you reach exhaustion, don't try to heave or jerk the weight to get one last repetition in. Instead, just keep trying to produce the movement, even if it's not 'going' anywhere, for another five seconds or so. If you're using the appropriate amount of weight or resistance, you'll be able to perform four to eight repetitions)

Immediately switch to the next exercise for the next target muscle group, and repeat the first three steps done in this fashion. Your workout will take no more than 12 or 15 minutes.



## 10,000 Steps

- Start by walking 15 minutes out your door and then turn around and walk back.
- Walk 5-7 days a week
- Walk tall. Head up, eyes forward. Shoulders down, back and relaxed. Tight abdominals.
- Drink plenty of water.
- Use your pedometer
- [www.thewalkingsite.com](http://www.thewalkingsite.com)

## Time Efficient Workout

- 10 minutes of HIIT
  - 12 jumping jacks
  - 12 high knees
  - 12 squat jumps
- 20 minutes of Strength Training
  - 12 recline bicep curls and bench press
  - 12 front lunges and side raises
  - 12 standing bicep curls and overhead press
  - 12 squats and bent over rows
- 30 minutes of Walking

