

Types of Exercise & Healthy Lifestyle

What is Exercise?

- Exercise = physical activity to improve health.
- It is more than just gym or sports.

Main Types of Exercise

- 1. Cardio
- 2. Strength
- 3. Flexibility & Mobility
- 4. Balance & Coordination

Cardio Exercise

- Raises heart rate.
- Improves heart and lungs.
- Examples: walking, jogging.

Types of Cardio

- Steady State: same pace (walking)
- Interval: work + rest
- Circuit: mixed exercises
- HIIT: very intense

Steady state exercise is when we keep a constant elevated heart rate for a set amount of time or distance. Examples include walking and jogging. Even everyday tasks like cleaning the house, walking the dog, or gardening can be steady state exercise.

Interval training is when we exert a lot of effort for a set time, then rest for a set time, then repeat. In other words, we elevate our heart rate for a set time, then lower it for a set time, then repeat. An example is walking for 3 minutes, then jogging for 30 seconds, then repeat.

Circuit training is when we loop a series of exercises in a circuit. These exercises can include both cardio and strength exercises. An example is starting with side-to-side hops, then side dumbbell raises, then lunges, then push-ups, then repeat. You can take short rest between the exercises, or do the whole circuit and then rest.

HIIT is similar to interval training, except we really exert ourselves. An example is sprinting for 30 seconds, then walking for 15 seconds, then repeat a set number of times. Notice how it is a lot more intense than normal interval training.

Strength Exercise

- Uses muscles to exert force.
- Improves strength, bones, stamina.
- Examples: lifting weights, push-ups.

Types of Strength

- Dumbbells
- Resistance bands
- Machines
- Bodyweight exercises

There are many different ways to do strength exercise:

1. **Dumbbells:** When carrying dumbbells, we can move freely and widely, so they are great for training and stabilizing muscles.
2. **Resistance bands:** These bands provide progressive resistance, meaning the resistance becomes larger as you do a movement from start to finish.
3. **Exercise machines:** These machines make it easy to adjust the weight and work out specific muscles.
4. **Body weight exercises:** When you move in a way that uses your body weight against gravity. Examples include push-ups and pull-ups.

Flexibility

- Flexibility = less muscle tightness.
- Mobility = better movement range.

Stretching Types

- Static: hold stretch
- Dynamic: moving stretch
- Yoga: combines many types

Balance & Coordination

- Balance prevents falls.
- Coordination helps body work together.

Examples

- Balance: stand on one foot
- Coordination: sports, biking

Exercise Plan

- Choose based on goals:
- Cardio: heart health
- Strength: muscles
- Flexibility: reduce pain

How Much Exercise?

- 5 minutes daily helps.
- 30 minutes is better.
- Be consistent.

Exercise vs Movement

- Exercise = planned
- Movement = daily activity

Add Movement

- Take stairs
- Walk or bike
- Carry groceries
- Play sports
- Dance

Conclusion

- Exercise has many types.
- Small effort = big benefits.
- Move daily.