

## How much Exercise is Enough?

When it comes to exercise the question, "How much is enough?", is a good one. First of all, you should follow the recommendations given by your health care provider. But then what? There are 3 basic principles to remember when it comes to exercise:



### Listen to your body.

Increase your training intensity gradually and give your body adequate recovery time between workouts. Do not push through pain – it is a signal that something is wrong and will lead to injury. Try to choose lower impact activities that put less wear and tear on your body to help avoid injury or pain. With cardio exercise you should be able to hold a conversation while exercising. With strength training, your muscles should feel challenged but you must ensure that you observe your alignment as you load your body.

### Keep it simple.

Try to find ways to make exercise a part of your day by choosing simple, practical exercises. Simple stretches that target the main muscle groups, a couple of core exercises & some walking can go a long way toward a healthier body. Don't underestimate the positive benefits of small things like choosing to take the stairs instead of the escalator on your way to and from work.

### Be consistent.

Try to make exercise a part of your daily routine by choosing exercises that fit your lifestyle. If a daily commitment seems impossible, create weekly goals. A realistic and maintainable weekly program could include: three to four 20-minute sessions of cardio, four 15-minute strength building sessions and 10 -15 minutes a day for stretching.

If you are unsure how to do an exercise properly, ask a trainer or physiotherapist for advice. Loading muscles and joints with improper alignment will create pain and injury. Mix up your routine from time to time to prevent overuse injuries and challenge your muscles in a different way.

Starting an exercise program after inactivity or an injury can be difficult. If you're unsure how to start give us a call for some advice. We can assess your condition, and develop a safe exercise program that will help you achieve your individual goals.

Enjoy moving and ***keep it up!***

Written By: Michelle DeMarchi, Physiotherapist and Osteopathic Practitioner