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Goal Setting with Exercise – Why and How

Terms such as exercise and physical activity are used interchangeably. As outlined in a previous presentation, **physical inactivity, because it is so bad for your health, is considered by many to be a separate disease!!**

Setting some basic goals helps us establish **why** we want to exercise and also **how** we want to exercise may keep us focused.

1. Common Training Goals

- **Aerobic Fitness**
 - Heart and lung training
 - Moderate intensity (see over)
 - Health benefits - stamina
 - Weight loss / fat loss
- **Strength Gain**
 - General strength
 - Day-to day function (eg climbing stairs)
 - Toning
 - Bulking – hypertrophy
- **Sports Performance**
 - Sports specific goals
 - Speed and power
 - Tailor training and have a 'cross-over effect'
 - e.g. aerobic fitness helps with tennis
- **Appearance** – look good and feel good!!
 - Body weight
 - Muscle tone
 - Posture
 - 'Event-specific' (eg wedding, summer)
 - 'Body Sculpting'

2. Techniques for Exercising - Aerobic and resistance training

To enjoy a health benefit – **30 minutes or more of moderate intensity** exercise most days of the week (for those with stable medical conditions).

Exercise **intensity** refers to how hard your body is working during physical activity.

Aerobic training

How hard should you exercise – the 'intensity'

Intensity	% HR Max	Symptoms	Examples
Very Light	<50	Conversational, can sing	Walking, swimming
Light	20-63	Conversational	Brisk walking, dancing, table- tennis, golf, gardening
Moderate	64-76	Short sentences, slight sweating	Brisk walking to light jog, tennis, cycling on hills
Hard	77-93	Severe breathlessness and sweating	Fast running, climbing stairs, wood-chopping

'%HR Max' refers to the percentage of ones maximal heart rate

Some common target heart rate ranges for each age group (moderate):

Age	20	25	30	35	40	45	50	55	60	65
HR	140-170	136-165	133-162	130-157	126-153	122-149	119-145	115-140	112-136	109-132

Resistance (strength training)

Strength Program	Purpose	Example
Toning	Commence weights Develop a base Strength maintenance	3 sets of 10-15 reps 3-4 times / week to start Maintain at twice / week
Hypertrophy	Bulking up Appearance	4 sets of 6-8 reps Alternate days 'split' program 3 times/week/muscle group

3. Pitfalls and Cautionary Tips

- Be instructed on correct technique
- Build up your training and fitness base
- 'Core stability' exercises are foundational
- Remember DOMS = 'delayed onset muscle soreness'
 - Don't worry unless >5 days!!
- Develop muscle-memory
 - Muscular adaptation (up to 6-12 weeks)

Warning signs If you experience any of the following symptoms, stop exercising and seek medical help: extreme breathlessness or breathing problems such as wheezing or coughing which persist; chest pain or pressure; extreme perspiration; dizziness, fainting; severe muscle or joint pain or cramps; nausea; or extreme and long-lasting fatigue after exercising.

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