

Dr JOHN P BEST
B Med, Dip Sports Med (London), FACSP, FFSEM
Sports Physician
Conjoint Lecturer, University NSW
Sports and Exercise Medicine

ORTHOSPORTS



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.

June 2007

J. GOLDBERG shoulder surgery
R. PATTINSON paediatric, general
A. TURNBULL hip, knee
T. GOTHELF foot, ankle, shoulder, elbow

W. BRUCE hip, knee
A. LOEFLER hip, knee, spine
P. WALKER hip, knee

D. SHER shoulder, elbow, knee
J. NEGRINE foot, ankle
I. POPOFF knee, shoulder, general
J. TRANTALIS shoulder, elbow

SPORTS PHYSICIANS: J.BEST, M.CUSI, P.ANNETT, M.RAFTERY

160 Belmore Road, Randwick NSW 2031
47-49 Burwood Road, Concord NSW 2137
2 Pearl Street, Hurstville 2220

Tel: 9399 5333 Fax: 9398 8673
Tel: 9744 2666 Fax: 9744 3706
Tel: 9580 6066 Fax: 9580 0890

www.orthosports.com.au

office@orthosports.com.au