



# Harbor Physical Therapy Newsletter

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## How Much Should I Exercise to Be Healthy?

You go to the doctor and your doctor says, "to be healthier, you need to start exercising." You contemplate this advice and think, "how do I start?" The American College of Sports Medicine (ACSM) has created exercise guidelines to help lead you in the right direction. The ACSM guidelines break down exercises into 4 areas: cardio respiratory, resistance, flexibility, and neuro motor. Listed below is a summary of the ACSM recommendations for those exercises.

### Cardio Respiratory Exercise:

- Adults should perform at least 150 minutes of moderate-intensity exercise per week. This can include 30-60 minutes of moderate intensity exercise 5 days a week or 20-60 minutes of vigorous-intensity exercise 3 days a week.

### Resistance Exercise:

- Adults should exercise each major muscle group with varying exercises 2 to 3 days a week.
- Repetitions range from 8-20, using less repetition to improve strength and increase repetitions to improve endurance.
- One should wait 48 hours between resistance training exercise.

### Flexibility Exercise:

- Adults should perform flexibility exercise 2 to 3 days a week. Stretches should be held between 10-30 seconds repeating the stretch 2 to 4 times per muscle group.
- Stretching should be performed after a cardio respiratory exercise to reduce risk of injury.

### Neuro Motor Exercise:

- Neuro motor exercise is balance, agility, and coordination exercise.
- This is recommended to be performed 2 to 3 days a week for 20-30 minutes.

The guidelines were created to help decrease a person's health risk. Examples of health risks that can be decreased with exercise are heart disease, high cholesterol, high blood pressure, diabetes, and acute/chronic pain. By following these guidelines, you can create weekly exercise goals within your exercise of choice. If you need guidance in starting an exercise regimen, the physical therapists at Harbor Physical Therapy are available to create a personalized exercise program that fits your lifestyle and your individualized goals.

## Toning Abdominal Muscles

Most people perform various abdominal crunching exercises to achieve the goal of toning abdominal muscles. Abdominal crunches strengthen the rectus abdominis muscle (the 6-pack muscle) and the obliques rather than the transversus abdominus muscle (core muscle). The transversus abdominis provides spinal stability and tones the sides of the torso ("the love handles"). Therefore, next time you're doing an abdominal workout, don't just stop after crunches, be sure to add core exercises. To contract your core, push your abdomen towards your back. Start with low level core exercises then gradually build the repetitions and intensity. Also, if you'd like a tool, use a stability ball to work your core muscles. If you would like more information on how to strengthen your core muscles, contact HPT.

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We're on the web!  
hpt.machtmedicalgroup.com



## Free Self Defense Class at HPT

Taught by  
Myers Impact

October 3rd  
6:30 PM

RSVP by emailing  
info@machtmedicalgroup.com

## Pumpkin Pie

### Ingredients:

- 1 (15 ounce) can pumpkin
- 1 (14 ounce) can condensed milk
- 2 large eggs
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 1 (9 inch) unbaked pie crust

### Directions:

1. Preheat oven to 425 degrees F. Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into crust. Bake 15 minutes.
2. Reduce oven temperature to 350 degrees F and continue backing 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Garnish as desired. Store leftovers covered in refrigerator.

This recipe is from allrecipes.com.



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