



Harbor Physical Therapy Newsletter

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How to Successfully Start a New Exercise Program

It's that time of year when many people start getting into a new exercise program or join a gym. Regardless of your goals, the risk of injury is something to consider when returning to exercise after a period of inactivity. If you are sedentary, overweight, older, and over-train/exercise, you have an increased risk of injury. Listed below are some tips to help with your transition back to exercise:



1. Warm-up prior to exercise: performing 5-10 minutes of cardiovascular exercise or low-weight repetitions to warm-up a specific area will prepare your body for the workout.
2. Stretching: dynamic stretching prior to working out and static stretching post-workout.
3. Overload/over-training: beginning an exercise program that is too challenging can lead to over-training or overloading your muscles too early. Listen to your body. If you have muscle soreness for over 48 hours after a workout, the workout was too intense.

For beginners or people returning to the gym after a period of inactivity, it is important to gradually increase your exercises. Begin with shorter sessions and fewer exercises, and slowly increase over time. It is normal to have some muscular soreness that day or the day after a workout.

If you have a question about whether your exercises are appropriate or if you're performing exercises correctly, ensure you are contacting a personal trainer or physical therapist to create the best program for you!

YOGA at HPT

Regular Yoga:
Monday & Wednesday
11:30 AM

Chair Yoga:
Friday
1:30 PM

TRY YOUR FIRST CLASS FOR \$10!

Call 443-524-0442 or email info@machtmedicalgroup.com to reserve your spot!



HPT Health Fact:
Do you exercise regularly?

The American college of Sports Medicine recommends, "adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity aerobic activity."

Know Your Target Heart Rate During Exercise



Have you wondered what your heart rate should be while you are exercising? The first question you have to ask yourself is, what type of workout do you want to achieve? Are you looking for a moderate or vigorous intensity workout?

First you need to find your maximum heart rate. To find out your maximum heart rate, subtract your age from 220. Target heart rate during a moderate intensity workout is 50-75% of your maximal heart rate. Target heart rate during a vigorous intensity workout is 70-85% of your maximal heart rate.

How do I check my heart rate? Place your index and middle finger tips over your wrist on the thumb side. Count the amount of beats in 30 seconds and multiply that number by 2. Keep a log during your workouts to ensure you are achieving your target heart rate.

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