

LFR MEDS

There are four main types of exercise available to us. Each type has different impacts on the human body, but they are all good for us. This will hopefully help you understand the different types of exercise and how getting a balance of all four is important to a healthy and balanced body.

4 Types of Exercise:

- Aerobic
 - o the most popular of exercise, which helps improve lung and heart condition by making your body get adequate blood and oxygen to your muscles. By doing an exercise like running up a hill you can reduce blood sugar levels, lower cholesterol, burn fat. Great examples of aerobic exercises are hiking, swimming, walking, running, biking... anything to get your heart pumping! Aerobic exercise is great because you can burn a lot of calories and it has a lower impact on the body.
- Anaerobic/ Strength
 - o Our muscles have this neat quality when you don't use them you can lose them. As we age, we lose muscle mass. Strength training can help build lost muscle and create new muscle. Strength training generally involves a stationary movement with resistance. The resistance and strain on the muscle is what allows the muscle to break down and rebuild stronger. Some examples of strength training are squats, push-ups, shoulder press, and lifting your child up and down. The great feature about strength training is that the more muscle you build, the more calories you will lose and the more calories from fat you'll lose. We will touch on this more later.
- Balance
 - o The obvious fact about balance is that it improves our ability to be steady on our feet. Oddly enough, as we get older we tend to lose our vision, inner ear, leg muscles and joints which all effect our balance. Some wonderful examples that help our balance are yoga, and tai-chi. Balance exercises also require a great deal of strength.
- Stretching
 - o stretching is very important because it helps keep our muscles elastic. As we age this elasticity dissipates. Lifting an object requires flexibility and strength. Also, by keeping up with a routine stretching routine you reduce the chance of injury, pains and strains. There are two types of stretching; dynamic and static. Dynamic is a stretch with repetitive motion like arm circles. On the other hand, static is stationary, meaning grabbing and holding for period of time. This type of exercise is often forgotten; however, it is just as important as the rest.