

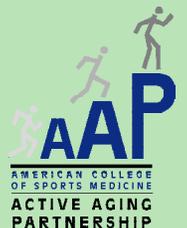
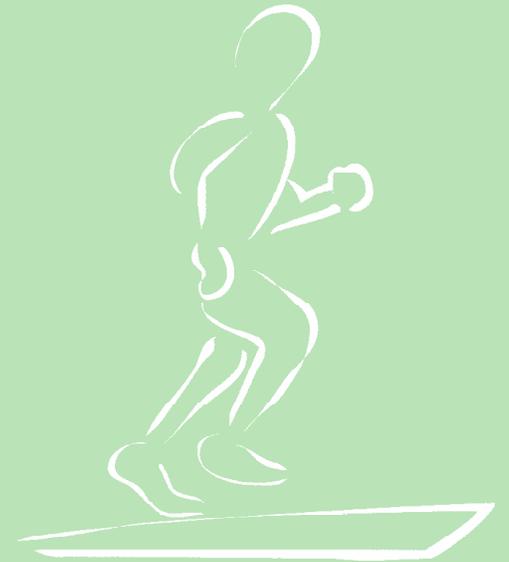
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ACSM's Strategic Health Initiative
(SHI) on Aging Presents:

Five Easy Steps to Begin Endurance Exercise



Five Easy Steps to Begin Endurance Exercise

1) Where and What (home or health club?)

- do you prefer to walk, ride, or row? Or a combination? All are great!
- swimming and stair-stepping are also good endurance exercises
- get well-made equipment (e.g., walking shoes with good stability)

2) How Hard

- monitor your exercise intensity and duration
- start each session slowly and give yourself time to warm up (five minutes)
- judge how your body feels to help monitor exercise intensity
- you should never be in pain or be unable to speak
- use the Rating of Perceived Exertion Scale (#see below)
- monitor heart rate (an exercise professional can help you with this)
- if you are on medications that affect your heart rate, talk to your doctor
- start slowly but plan to work a little harder as weeks go by

3) How Long

- duration may be five minutes at first but plan to gradually increase
- progress to at least 20 minutes of continuous exercise each day
- 30-45 minutes is ideal

4) How Often

- endurance exercise three to five days each week (do strength exercises on other days)
- if you do endurance exercise daily, alternate weight-bearing with non-weight-bearing (i.e., walk one day, then ride or swim the next)

5) Safety

- be cautious if you start endurance exercise without professional guidance
- consider exercising with a partner or in a supervised facility
- consider seeing your doctor and an exercise professional before starting your endurance exercise program
- read SHI Presents "Exercising Safely" to help you get started

