

TIP OF THE MONTH

Aerobic Activity –

What Counts?

Aerobic exercise could be considered one of the most important components of a person's health. Aerobic activity or "cardio" gets you breathing harder and your heart beating faster.

From pushing a lawn mower, to taking a dance class, to biking to the store – all



types of activities counts - as long as you're doing them at a moderate or vigorous intensity for at least 10 minutes at a time. Studies have shown that people who do regular continuous exercise will live longer, have a greater work capacity, and will decrease their risk of coronary artery disease, cancer and diabetes¹. In fact, a study in the journal of neurology recently suggested that high cardiovascular fitness in midlife was associated with a decreased risk of subsequent dementia².

How do you know if you're doing light, moderate, or vigorous intensity aerobic activities? For most people, light daily activities such as shopping, cooking, or doing the laundry doesn't count toward the guidelines. Why? Your body isn't working hard enough to get your heart rate up.

Moderate-intensity aerobic activity: Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

Vigorous-intensity aerobic activity: Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

With so many benefits and no age limit on who can participate in aerobic activities, it's hard to find a reason NOT to do it. For tips on how to start being more active, click [here](#). If you need help getting started or need some motivation, contact your physical therapist. They can work with you to create an exercise plan that works for you and your ability levels. You are never too old to be more active!

References:

1. <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic-exercise/art-20045541>
2. <http://n.neurology.org/content/early/2018/03/14/WNL.000000000005290.abstract>

Aerobic Intensity Information provided by www.cdc.gov

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"Be like a postage stamp. Stick to one thing until you get there."

— Josh Billings

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Crockpot Ribs

Looking for a weekday meal that is delicious and will leave everyone at the table satisfied? This no fuss recipe will feed the whole family plus some and has been kid tested and approved. This serves great with mashed or boiled potatoes.



Ingredients:

- 1 rack of pork ribs
- Salt
- Garlic powder
- Adobo Seasoning
- Yellow onion chopped

Directions:

1. Put the ribs in the crock pot – do NOT add water
2. Season generously with salt and Adobo Seasoning
3. Add the yellow onion
4. Sprinkle lightly with garlic powder
5. Turn the crockpot on low for 8 hours and enjoy at the end of the day

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