



A Prescription for Safe Aerobic Fitness

Walking, Jogging, Hiking & Inline Skating

Courtesy of:

- Peterborough Physiotherapy and Sports Injuries Clinic (705) 741-2284
 - Chemong Physiotherapy (705) 292-9888
 - Lindsay Physiotherapy (705) 324-8512
- Lindsay Rehab Health Centre (705) 324-0404

Physical aerobic activity contributes to health in many ways; it reduces the risk of heart disease, obesity, osteoporosis, and high blood pressure. It also helps to increase resistance to mental fatigue, manage stress, reduce anxiety, improve sleep patterns and it is instrumental in weight management. Walking, jogging, hiking and inline skating are all excellent examples of aerobic activity.

WARMING UP:

Always begin at a slow and easy pace in order to allow your body time to warm up. This gets the blood flowing by gradually increasing your heart rate and preparing your muscles and joints for the work out ahead. Stretching is an important part of a warm up. Follow the diagrams and instructions on the reverse side.

THINKING AHEAD:

Plan your work out ahead on a familiar route considering the duration, length and terrain that you will cover. This will help ensure that you reach your desired level of cardiovascular intensity and avoid over exertion. Alternate routes in order to change the intensity and scenery. For example you might have a hilly route for your hard days and a flat route for your easy days. This is also helpful in avoiding monotony.

PROPER ATTIRE:

Be sure to wear appropriate loose fitting clothing. Often it is a good idea to dress in layers and peel off as you warm up. Cotton socks are recommended to absorb sweat and help avoid blisters. Depending on the time of day and the weather, reflective gear, sunglasses, sunscreen, hat, and water are all supplies you might find you need. While inline skating, wear full protective equipment including: wrist guards, elbow pads, knee pads, and a helmet.

FOOTWEAR:

Be sure to have light flexible and comfortable running/walking shoes. When purchasing shoes make sure you ask for help. Things to consider are the last construction, last shape, midsole density and overall stability. Shoe requirements will vary depending on the type of activity, terrain and the biomechanics of individual feet. Check with your physiotherapist before shoe purchase if you have any specific questions. A good sales person will also be able to look at your feet and advise you accordingly. →

Inline Skating Rules of the Road: SLAP

S = Smart:

Always wear your protective gear including a helmet, wrist guards, elbow pads and knee pads. Master the basics of stopping, starting and turning. Keep your equipment in proper working condition.

L = Legal:

Obey all traffic regulations. When on skates, you should consider yourself to be subject to the same obligations as a bicyclist or a driver of an automobile.

A = Alert:

Skate under control at all times.

Watch out for road hazards, avoid water, oil and sand. Avoid and watch for traffic.

P = Polite:

Skate on the right, pass on the left.

Announce your intentions by saying passing on your left. Always yield to pedestrians.

HELPFUL HINT:

Having an exercise partner will help to keep you motivated. Recording your exercise in a training diary is effective in keeping you consistent and in monitoring your progress.

DURATION:

Setting goals is crucial in order to be successful. Beginners should aim for 3-4 times a week for 20-30 min. Get accustomed to this routine for a few weeks and then gradually increase the duration of your work out. An increase of no more than 10% per week is recommended.

INTENSITY:

Finding out how hard you need to work is accomplished by performing a few simple calculations. To obtain aerobic benefit from exercise it is recommended that you exercise between 60-75% of your maximum heart rate. Follow the steps below to find your target heart rate.

Your 10 Second Target Heart Rate Calculation:

$$220 - \square (\text{your age}) = \square \times 0.6 = \square \div 6 = \square (\text{lower range})$$

$$220 - \square (\text{your age}) = \square \times 0.75 = \square \div 6 = \square (\text{upper range})$$

- During exercise locate your pulse and count for 10 seconds. Adjust your intensity as required.
- If you smoke, suffer from a chronic medical condition, have a personal or family history of heart disease, or are a first time exerciser check with your healthcare professional before starting an exercise program.

COOL DOWN:

Always finish your workout at a decreased pace allowing your body time to cool down and complete your session with stretches. This will allow your heart rate to gradually lower, your muscles to recover and will also help to reduce post exercise soreness and stiffness.



Shoulder Circles



Quad Stretch



I.T. Band Stretch



Calf Stretch



Trunk Stretch



Back of Thigh Stretch



Groin Stretch

Hold each stretch for a minimum of 30 seconds. Avoid bouncing and do not push into pain.

For more information on aerobic related injuries and their prevention contact:

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