

Health & Wellness Tip of the Week

Week 5 January 30, 2017

January is all about **Physical Fitness**

It is the perfect time to remind everyone about the importance of staying fit and active.



Learning Exercise Lingo

Make it a habit to ask about or look up any exercise words you don't know or are confused about so you develop an understanding of what they are and what you should do.

Here are just a few definitions to get you started:

- 👉 **Intensity:** How hard you're working during exercise. Moderate to high intensity exercise is associated with increased fitness, and you likely will experience changes in your weight, body-fat percentage, endurance, and strength.
- 👉 **Aerobic exercise:** Lower intensity exercise that taxes the cardiovascular system to supply muscles with oxygen. This means exercising continuously (such as walking, running, or cycling) and getting your heart rate to 70 to 80% of your maximum heart rate, but is not especially tiring. You're shooting for a good 30-plus minutes of continuous effort.
- 👉 **Fartlek:** A form of interval training in which you alternate a work interval with a recover interval. In fartlek training, the intervals aren't measured but are based on how the body feels.
- 👉 **Active recovery:** Recovering from an exercise session using a lower-intensity activity. Warming up before exercising can reduce post-exercise muscle soreness.

Sources: Centers for Disease Control and Prevention

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