



**Yvonne
Hendricks**

Nutrition & Exercise are Preventive Medicine

Exercise Therapy

Preventive Medicine

Basic Guidelines to Reduce Chronic Diseases

Diabetes

MODE:

- Stationary Bike
- Cycling
- Treadmill or Walking
- Low Impact Aerobics

FREQUENCY: 4x—7x per week

IMPACT: 50-90% of MHR
(Maximum Heart Rate)

DURATION:

- 2-Minute Warmup
- 20—60 Minutes
- 2-Minute Cooldown

RESISTANCE TRAINING:

- Circuit Training
- Lightweight, Higher reps
- Avoid Heavy Lifting (may increase blood pressure)

*****Keep a small snack on-hand to avoid hypoglycemia**

Arthritis

MODE:

- Stationary Bike
- Cycling
- Treadmill or Walking
- Low Impact Aerobics
- Rowing

FREQUENCY: 3x—5x per week

IMPACT: 60-80% of MHR
(Maximum Heart Rate)

DURATION:

- 2-Minute Warmup
- 20—60 Minutes
- 2-Minute Cooldown

RESISTANCE TRAINING:

- Circuit Training
- Lightweight
- 1—3 sets, 10—12 reps

*****May need to start with 5 minutes and slowly increase depends on severity of diagnosis**

Cardiovascular

MODE:

- Stationary Bike
- Cycling
- Treadmill or Walking

FREQUENCY: 3x per week

IMPACT: 40-85% of MHR
(Maximum Heart Rate)

DURATION:

- 5—10 Minute Warmup
- 20—40 Minutes
- 5—10 Minute Cooldown

RESISTANCE TRAINING:

- Circuit Training
- Lightweight
- 1—3 sets, 8—12 reps

*****Be aware of other special considerations i.e., meds, and other diseases**

Hypertension

MODE:

- Stationary Bike
- Cycling
- Treadmill or Walking

FREQUENCY: 3x—7x per week

IMPACT: 50-85% of MHR
(Maximum Heart Rate)

DURATION:

- 2-Minute Warmup
- 30—60 Minutes
- 2-Minute Cooldown

RESISTANCE TRAINING:

- Circuit Training
- Lightweight, Higher Reps

NOTE: Consult with physician before beginning exercise regimen. The human body is mostly 60% water. Stay hydrated to regulate body temperature. Water helps carry nutrients and oxygen to cells. Along with proper nutrition, drink 36-48oz of water daily to help reduce chronic diseases.

☺ When exercising, have 8-16oz of water on hand to replenish what you will expend through perspiration.