



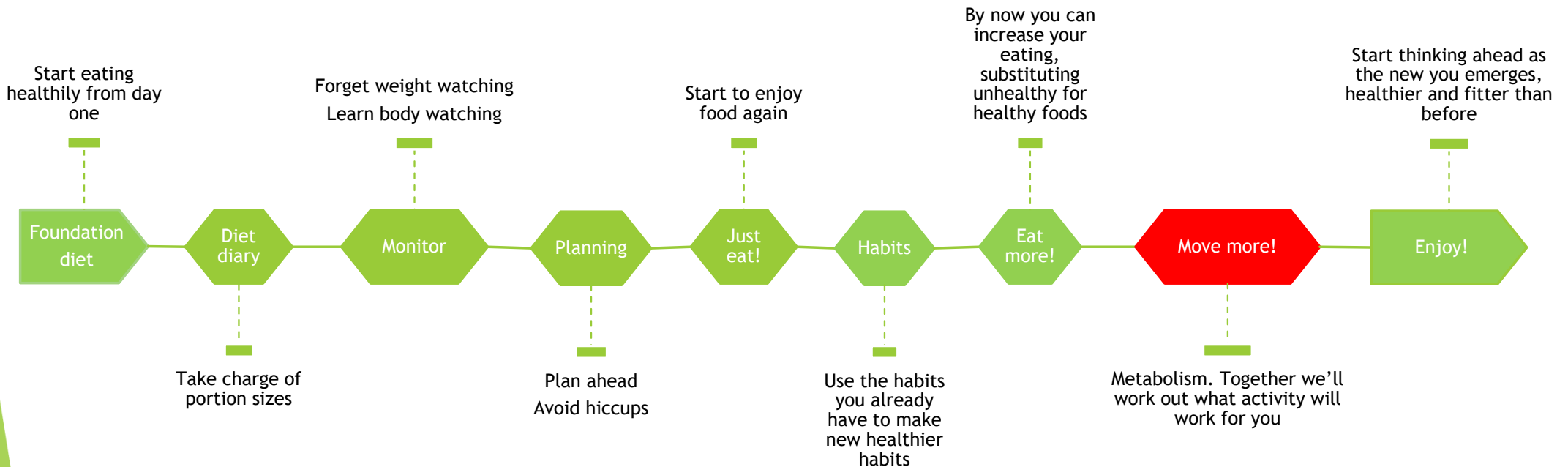
Move more!
or
How to increase your metabolism

Session 8



The programme

1 2 3 4 5 6 7 8 9





- ▶ Metabolism is the body engine turning nutrition, water and oxygen into flesh and blood, power and consciousness.
- ▶ Body composition changes metabolism
- ▶ Muscle mass increases metabolism
- ▶ Exercise increases metabolism



The balancing act



Body composition

- ▶ Body composition changes throughout life
- ▶ We can all improve our body composition even into our 80's and 90's
- ▶ Recovery from injuries and breaks is as possible at 90 as it is at 40.



Model Yazemeenah Rossi Swimwear The Dreslyn





- ▶ Strong muscles – not necessarily bulging muscles
- ▶ Strong bones
- ▶ Healthy heart-lung system
- ▶ Low visceral fat
- ▶ Healthy immune response
- ▶ Low levels of inflammation
- ▶ Active and engaged mind



► Aerobic exercise



Image: Globalwomenconnected.com



▶ Aerobic exercise



Image: Angelsandurchins.co.uk



- ▶ Aerobic exercise
- ▶ Resistance exercise



Image: Vectra



- ▶ Aerobic exercise
- ▶ Resistance exercise



Image: Nature4health.co.uk The Countess of Chester Country Park Green Gym



- ▶ Aerobic exercise
- ▶ Resistance exercise
- ▶ Balance exercise





- ▶ Aerobic exercise
 - ▶ Resistance exercise
 - ▶ Balance exercise
 - ▶ Enjoyable exercise
- Green
Necessary
Constructive
Social



Image: Watford Green Gym



- ▶ Enjoyable exercise
 - ▶ Social
 - ▶ Fun
 - ▶ Rewarding
 - ▶ Free
 - ▶ Green
 - ▶ Musical
 - ▶ Different
 - ▶ Competitive



Image: The Tennis Player by Percy Shakespeare (English, 1906 - 1943)



- ▶ Three generous lean protein meals each day
- ▶ Some complex carbohydrate, eg porridge or wholemeal bread
- ▶ Protein 1 hr before (ie. Breakfast lunch or dinner) and immediately after physical activity (Can be a cappuccino or yoghurt)



Image: Chickpea and mushroom burger on wholemeal BBC food



- ▶ The body requires a balanced diet to maintain all functions that means:
 - ▶ Protein
 - ▶ Healthy carbohydrates including fibre
 - ▶ Water
 - ▶ Healthy fats including fish oils
 - ▶ A rich and varied balance of micronutrients, vitamins and minerals
 - ▶ Both physical *AND* mental stimulation



Image: Chickpea and mushroom burger on wholemeal bbc food



How much exercise?

- ▶ Move more
- ▶ DAILY One 30 minute brisk walk or equivalent every day (aerobic exercise)
- ▶ 2xWEEKLY Two 45-60 min sessions of physical exercise - eg gardening, housework, shopping, dance classes each week
- ▶ At least one of these should include some balancing exercises - for example a ballet class, in which you'll be doing resistance and balance exercises.



At what age does muscle growth stop?

Name one aspect of a healthy metabolism?

Why should exercise be enjoyable?

How often should you aim to do aerobic exercise like taking a walk?

How often should you aim to do muscle building (resistance) exercise?



At what age does muscle growth stop?

- Good news – muscles never stop and can be improved at any age.

Name one sign of a healthy metabolism?

- Any of these:
Strong muscles, strong bones, healthy heart-lung system, low visceral fat, healthy immune response, low levels of inflammation, active and engaged mind.

Why should exercise be enjoyable?

- Because you are likely to repeat something enjoyable more often.

How often should you aim to do aerobic exercise?

- DAILY One 30 minute brisk walk or equivalent every day (that deepens the breathing)

How often should you aim to do muscle building (resistance) exercise?

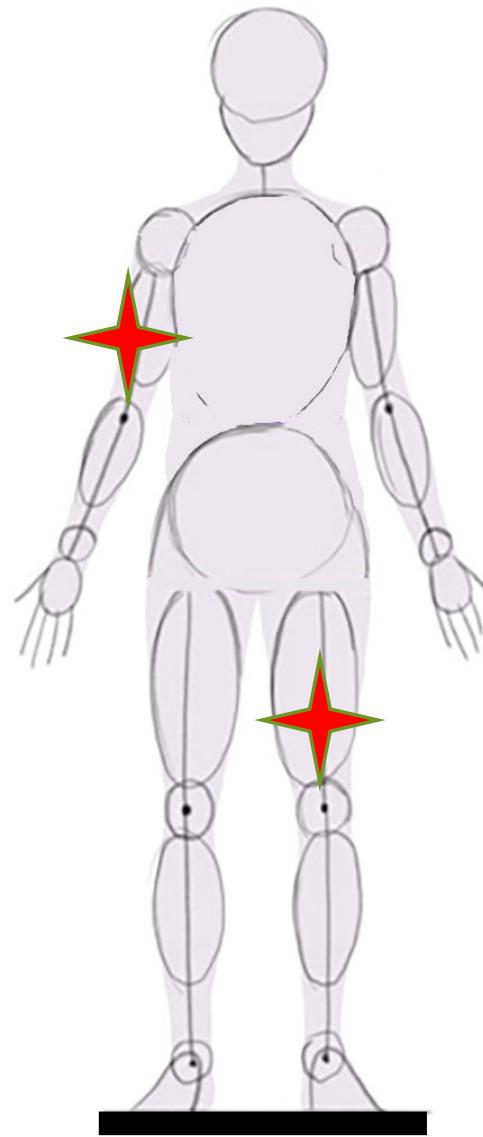
- 2xWEEKLY Two 45-60 min sessions of physical exercise - eg gardening, housework, shopping, dance classes, singles tennis.



- ▶ Start with walking
- ▶ Work up times - 5mins, 10mins and so on
- ▶ Only go to the next stage when you feel confident
- ▶ Add running up five or six steps when you feel more confident
- ▶ Try gardening or an online class to ramp up your exercise.
- ▶ Stop if you feel pain or unwell
- ▶ Caution with gym equipment and inexperienced instructors.
- ▶ Rest between bouts
- ▶ Never exercise on an empty stomach (the exception can be a brisk walk before breakfast)
- ▶ Pay attention to pre and post exercise food.



- ▶ Muscle ache is normal
- ▶ Keep tired muscles warm
- ▶ Relax
- ▶ Consider physio-therapy or massage
- ▶ Don't engage in resistance exercise if muscles still ache from the last time
- ▶ A gentle walk or other gentle activity will help
- ▶ Seek medical advice if you are worried





- ▶ Start simply. Try and go for a short walk *every* day this week.
- ▶ Decide what resistance exercise you'd like to try. Think of one formal exercise – for example an online ballet class, and then something you can do at home, such as gardening.
- ▶ Examine your normal routine – find the exercise hidden in normal activity.
- ▶ Use the 'dotty' record books to continue recording what you eat and at what time of day
 - ▶ Remember to continue to record food groups as coloured dots and the rest (fats, added sugar, refined foods and packages) as grey dots
- ▶ Record your thoughts and feelings
- ▶ Don't expect miracles. Slow and steady wins the race.



- ▶ We are almost finished!
- ▶ In the next session we'll discuss putting the whole thing together so that you can take new enjoyment of your healthy new lifestyle.
- ▶ And you'll learn a bit more about how to monitor your wellbeing



- ▶ Any questions?
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