

MWANANCHI'S HEALTH CONSULTANCY SERVICES

KEEP-FIT-KENYA

EXERCISES

There are many health benefits of adding exercise to your life.

How does exercise help, exactly? Here are some examples:

- Improves immune function
- Decreases body fat and increases lean body mass (muscle)
- Lowers blood pressure and stress levels
- Lowers LDL (bad) cholesterol and raises HDL (good) cholesterol
- Improves self-esteem and body image
- Increases appetite
- Increases bone strength
- Strengthens the heart, lungs and other muscles
- Improves glucose (sugar) metabolism
- Promotes regular bowel movements

TYPES OF EXERCISES

Aerobic Exercise

This includes walking, bicycling, jogging, jumping rope, dancing, swimming and stair-climbing at a comfortable pace.

Anaerobic Exercise

This includes yoga, calisthenics and resistance training using resistance bands or weights. Resistance training helps maintain and build lean body mass (muscle) which is very important

Stretching

Stretching activities help increase flexibility and prevent injury. They should be done before (as a warm up) and after exercise (as a cool down).

What Type Of Exercise Program Should I Choose?

Choose activities that you enjoy and try to include all three types of exercise into your program: aerobic, anaerobic and stretching.

To get the minimum level of benefits from aerobic exercise you should perform your chosen aerobic exercise for at least 30 minutes, 5 times a week. This can be broken up into shorter

segments as needed. For example, three ten-minute walking sessions a day. Everyday activities like household chores, gardening and playing with children also count towards the goal of 30 minutes a day.

Before starting any type of exercise, see your medical provider. Be extra careful if you have other conditions such as diabetes, high blood pressure or osteoporosis. Your medical provider will be able to advise you on the amount and type of exercise that is safe for you.

Important Things to Remember About Nutrition and Exercise

- Stay well-hydrated before, during and after you exercises. Drink 1-2 cups (8-16 ounces) of fluid two hours before exercise. For lighter or less strenuous activities, you may need less.
- Don't exercise on an empty stomach.
- Don't exercise immediately after eating.
- Wait - hour after a light snack.
- Wait 2 hours after a regular meal.
- For optimum exercise performance, consume healthy, well-balanced meals daily.

Reasons to Stop Physical Activities and Contact Your Medical Provider

- Chest pain
- Diminished appetite
- Unintended weight loss of 10 pounds or more in the last 6 months
- Nausea or vomiting
- Diarrhea or frequent loose stools
- Night sweats or fever
- Edema or swelling
- Influenza, head cold, respiratory infection or head or lung congestion
- Dizziness or vertigo
- Change in normal menstruation

BONE HEALTH

Our bones are always changing – they are either being built up or broken down. The body attempts to achieve balance, but when more bone is lost than rebuilt, bone mineral density, or bone strength, is decreased.

Bone loss happens normally as we grow older, beginning at around age 35 and then speeding up in women after menopause.

In addition to aging, other factors may also increase risk of bone loss: race, smoking, excessive alcohol use, low weight, steroid use and past history of fracture.

The results of continuous bone mineral density loss are osteopenia (weak bones) and osteoporosis (very weak bones). People with these disorders, especially the more severe osteoporosis, are at high risk for fractures.

What to do:

- Speak to your medical provider if you are concerned about your risk.
- Make sure you are getting enough calcium and vitamin D through food and, if necessary, supplements. A Registered Dietitian can help you analyze your diet and choose a supplement if needed.
- If you smoke, try to quit.
- Use alcohol moderately (if at all).
- Engage in moderate weight-bearing or resistance exercise. Speak to your medical provider before starting any exercise routine, especially if you have had bone fractures in the past.

BONE BUILDERS

	Function	Recommended Amount/Day	Sources
Calcium	Most abundant mineral in the body. 99% of it is in bones.	Adults under 50 years: 1000 mg Adults over 50 years: 1200 mg	Dairy products, fortified soymilk or juice, tofu, canned fish with bones
Vitamin D	Helps with the absorption of calcium.	Adults: 19-50 years: 200 IU 51-70 years: 400 IU 71+ years: 600 IU	Sunshine, cod liver oil, Fortified milk, eggs, fish
Protein	Builds, repairs, and replaces tissue	Needs vary by gender, age, weight and medical condition	Meat, poultry, fish, dairy, soy, beans
Vitamin K	Aids in the formation of proper bone structure and strength.	Adult Females: 90mcg Adult Males: 120 mcg	Green leafy vegetables, e.g., kale, spinach
Magnesium	Improves bone density and helps process calcium	Adult Females: 320 mg Adult Males: 420 mg	Green leafy vegetables, potatoes, nuts, seeds, whole grains, chocolate