



The Body Beat

Get Exercising and Stick With It!

Committing to an exercise program is easier said than done. An important thing to remember is that a sedentary lifestyle is not a healthy one. Here at Body Awareness, we have come up with six simple steps to help you get started in your quest to exercise.

Getting Started

Step 1: Are you ready?

Have you been doing your home exercise program? Is your body in balance so that you do not injure yourself? Is it time for a tune up from your physical therapist? Give us a call if you are not sure and we'll talk you through it.

Step 2: Determine what your goals are for an exercise program. Do you want to lose weight, increase strength, improve your cardiovascular condition, improve your fitness level, or all of the above? Calculate your Body Mass Index (see page 2) as one

method of determining if you are overweight. If so, then a weight loss component should be included in your plan.

Step 3: Monitor your heart rate. It is important to determine your resting and maximum heart rates so that you can keep your heart rate in the training zone that corresponds with your goals. See page 2 for how to determine your heart rate and training zone.

Step 4: Find activities you enjoy doing so you are more likely to stick with it. Workout with others who help to motivate you. Sign up for a class so you feel compelled to return. Or use the time to escape from the stresses of every day life and enjoy the solitude.

Step 5: Know what to expect from exercising.

A. Muscle soreness tends to be worse 48 hours following exercise.

B. The way in which you hold your body during exercise is the way it will form. Think posture, abs, gluts, taller taller, taller...

C. It takes 21 days to form a habit and only 3 days to break one.

Step 6: Be safe. Check out page 4 for a list of recommended safety tips during exercise.

Do you need help setting realistic goals? Not sure what training zone is appropriate for you? Do you need us to do the math to help determine your body mass index (BMI)? The staff at Body Awareness is happy to help you in getting started with your exercise program. Our licensed physical therapists are more than qualified to assess and address your needs and individualize an exercise program that is right for you. Just give us a call to set up a fitness consultation.

Health by the Numbers

3500 calories = 1 pound of fat

Walk 1 mile = 100 calories burned

45% of all US pets are overweight or obese

Clean your floors for 30 minutes = 100 calories burned

Recommended water intake in ounces = your weight ÷ 2

Reduce calorie intake by 500 cal/day = 1 pound of fat lost per week



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Do the Math and Set Your Goals

If I weigh 150 pounds and I am 5'4", what is my Body Mass Index?

$$\text{BMI} = \text{Weight (lbs)} \div \text{height (in)}^2 \times 703$$

$$= 150 / 64^2 \times 703$$

$$= 150 / 4096 \times 703$$

$$= .036621 \times 703$$

$$= 25.74$$

Classification	BMI
Underweight	< 18.5
Normal	18.5-24.9
Overweight	25.0-29.9
	*example
Obesity Class I	30.0-34.9
Obesity Class II	35.0-39.9
Obesity Class III	40+

Remember - BMI does not calculate muscle mass.

1. Resting HR:

Beats x 60seconds

Take upon waking in the morning before your body has been influenced by medications, caffeine or stress.

Normal is 45-80 beats per minute (bpm). Athletes are usually lower and non-conditioned individuals may be higher.

2. Maximum HR:

Men=220- Your age

Women=226- Your age

3. Target HR:

Max HR x
Target Training
Zone



1. Fat Burning Zone:

Max HR x 50-60%

***This is the best zone for beginning a fitness program. 85% of calories burned are from fat.

2. Fitness Zone:

Max HR x 60-70%

More intense and burns more total calories. 85% of calories burned are from fat.

3. Endurance Training Zone

Max HR x 70-80%

This zone focuses on improving cardiovascular conditioning. 50% of calories burned are from fat.

4. Performance Training Zone

Max HR x 80-90%

High intensity for athletes improving performance and endurance. Burns more total calories but only 15% from fat.

Graduate of the Month

Kim Riley is a home health nurse. She injured her back lifting a patient causing pain in her back and shooting down into both hips. She was unable to sit for more than 30 minutes and exercising was painful. Kim had to work hard on improving her trunk stabilizers to protect her back.

After completing physical therapy she was able to better control her core muscles and could exercise without pain. Kim will always need to work on her core muscle control, especially when helping to move her patients. We wish Kim all the luck with keeping up on her home exercise program!



Kim Riley
Graduate of the Month

"After injuring my back in July 2007 and receiving PT from a group that Workman's Comp sent me to, I wasn't getting much relief from the pain of my 2 prolapsed discs. My daughter had gone to Body Awareness for a dislocated knee and had wonderful results. I thought "That's where I need to go!" After my sessions were completed, I was ecstatic to say the least at how good my back felt — I could bend over to tie my shoes, sneeze/cough without pain and could workout at the gym at a higher intensity level! I will, and have, recommended BAPT as a place where I believe others will benefit greatly, receiving personal, professional and friendly care."

—Kim Riley

Any Questions about what you've read? Give us a call directly at (714) 546-7575 in Costa Mesa, (949) 366-3362 in San Clemente or visit our website at www.BodyAwarenessPT.com

Community Corner

The Staff at Body Awareness not only “talk the talk” - we “walk the walk”!
Check out what some of our staff does to keep in shape.

“I do the TV Workout— sit ups, bicep curls, high knees and kicks while I’m watching my favorite show - *America’s Next Top Model*” —Christina, Billing Administrator

“I work out by playing chase with my kids. I bench press my 18 month old when he climbs on me while I’m trying to do sit ups. We also go on family hikes.”
—Donna, Physical Therapist

“I do a variety of things; surfing, cycling, swimming, tennis, push ups and crunches, skateboarding, kettleball lifting and stretching.”
—Rudy, Aide

“I have a very active dog so we walk—A LOT!”
—Rebecca, Office Manager

“I try to find an active pastime like snowboarding or rock climbing so that the workout is exciting and keeps me interested.”
—Jonathan, Aide

“After injuring my back in a car accident I make sure to tighten my abs whenever I do anything. I also walk and jog with my dogs.”
—Brittany-Rose, Front Office

“I run at the beach while listening to music. Red Hot Chile Peppers have great running songs!”
—Danica, Physical Therapy Asst

“I play and coach intramural basketball at UCI to stay in shape.”
—Rya, Aide

“I come to work 45 minutes early to get on the treadmill and do some weights. I also try to get to a Pilates class whenever I have time.”
—Kinga, Pilates Instructor

“Exercising at the beginning of the day helps me the most, whether it’s getting to the gym or taking a short run.”
—Dustin, Aide

“I do Pilates with my 4 year old on my lap.”
—Dee Dee, Physical Therapist

“I go to Curves three times a week and try to walk 20 to 30 minutes every day.”
—Cathy, Public Relations

“Pilates and holding my abs in while chasing 2 kids around; Oh and I never sit down.”
—Chrissie, Physical Therapist

Pilates Mat Classes in San Clemente

Spring Mat Class Schedule:

Tuesday: 5:30pm

Thursday: 5:30pm

Saturday: 9:00am

Mat classes are great for both beginners as well as advanced participants. We make sure each individual is exercising to his or her greatest potential while staying safe.

Pilates mat classes are perfect for someone just starting an exercise program because it is non impact while yielding excellent results!

We provide everything you need to get started, including the mat, a towel and equipment used during class (i.e. bands and balls). Just bring yourself & wear comfortable exercise clothing.

Be sure to tell your instructor if you are starting a new exercise program after a long lapse or if you have any medical conditions that may effect what you are able to do in class.

Call to save your spot in mat class!

(949) 366-3362



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Tips for a Safe Workout

1. **Warm up for 5-10 minutes** before you start by walking or slow jogging followed by a light stretch. The majority of your stretching should take place AFTER your workout.
2. **Gradually increase** the frequency, duration and intensity of your work out routine.
3. **Stay hydrated.** Start drinking water at least 2 hours before you exercise and make sure to keep drinking during and after your workout.
4. **Wear appropriate attire** for the environmental conditions you may be in, including proper athletic shoes and breathable clothing. Don't forget your sunscreen on sunny days! If it is cold, layer your clothes so you can remove a piece as you warm up. Make sure any sports equipment is in good repair to avoid injury.
5. **Give your body rest and recovery time.**
6. **Listen to your body!** Little pains and twinges can turn into injury if not addressed early enough.
7. **Don't get "strong wrong".** Make sure your body is in balance and that you have the awareness for proper muscle recruitment patterns for your activity.