

Exercise is Medicine



National Institute
on Aging

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<https://www.nia.nih.gov/>

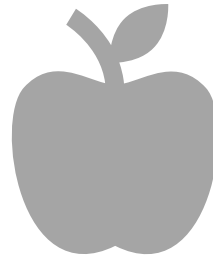
<https://www.nia.nih.gov/health/exercise-physical-activity>

What is Wellness?



Wellness: an active process through which people become aware of, **and make choices toward**, a more successful existence

- The National Wellness Institute



Wellness: the act of practicing healthy habits, **on a daily basis**, to attain better physical and mental health outcomes, **so instead of surviving, you are thriving**



Wellness: a parallel **transformation** in the definition of health toward a more holistic perspective that is interrelation, positive in nature, and focuses on the examination of healthy human functioning.

What is Well Being?



Wellbeing: The state of being happy, healthy, or prosperous



Wellbeing: the combination of feeling good and functioning well



Wellbeing: A sense of health and vitality that arises from your thoughts, emotions, actions and experiences.



Intellectual Wellness
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



Financial Wellness
The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



Emotional Wellness
The ability to understand ourselves and cope with the challenges life can bring.



Spiritual Wellness
The ability to establish peace and harmony in our lives.



Occupational Wellness
The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



Physical Wellness
The ability to maintain a healthy quality of life without undue fatigue or physical stress.



Environmental Wellness
The ability to recognize our own responsibility for the quality of the environment that surrounds us.



Social Wellness
The ability to relate to and connect with other people in our world.



What are the health benefits of physical activity?



The 4 Types of Exercises Recommended for Adults 50+ are

1. Endurance

2. Strength

3. Balance

4. Flexibility



**Why is it
important to
do all four
types of
exercise?**



Health Benefits of Regular Exercise

- ❑ Helps maintain and improve your physical strength and fitness.



Health Benefits of Regular Exercise

- ❑ Helps improve your ability to do the things you enjoy.



Health Benefits of Regular Exercise

- ❑ Helps improve your balance, which can prevent falls.



Health Benefits of Regular Exercise

- ❑ Helps manage and prevent diseases like diabetes, heart disease, breast and colon cancer, and osteoporosis.



Health Benefits of Regular Exercise

- ❑ Helps reduce feelings of depression.
- ❑ May improve mood and overall well-being.



Health Benefits of Regular Exercise

- ❑ May improve or maintain some thinking skills, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.



U.S. Physical Activity Guidelines for Americans

For substantial health benefits, adults should do at least

- **150 minutes (2 hours and 30 minutes) a week**
of moderate-intensity physical activity

OR

- **75 minutes (1 hour and 15 minutes) a week**
of vigorous-intensity aerobic physical activity,

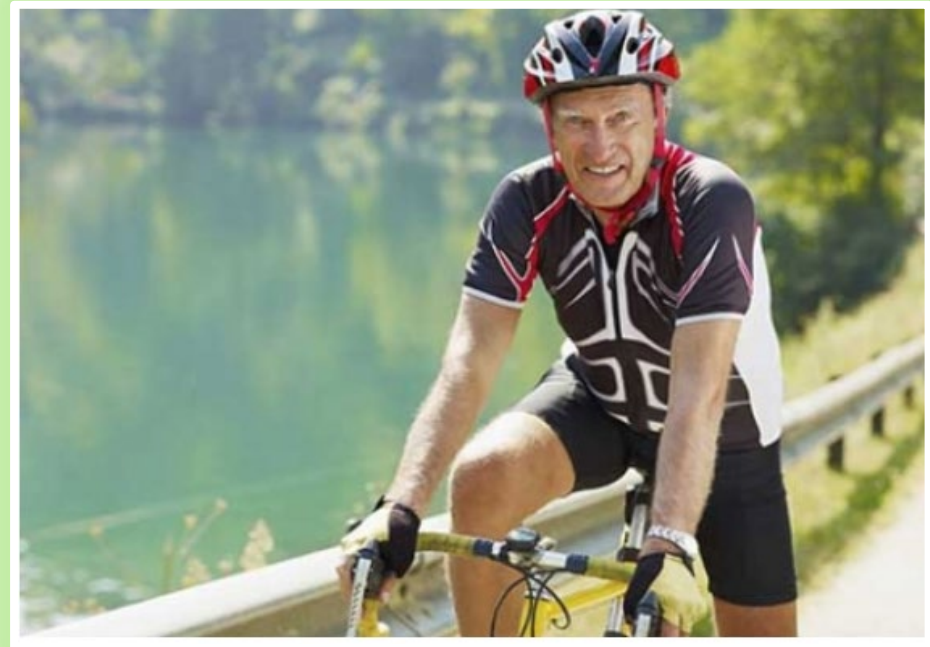
OR

- **an equivalent combination**
of moderate- and vigorous-intensity aerobic activity.

Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

Endurance Exercises...

- ✓ Increase your breathing and heart rate and improve the health of your lungs, heart and circulatory system.
- ✓ Examples: Swimming, running, **brisk** walking, biking, dancing, basketball.
- ✓ Endurance activities make it easier to
 - walk uphill and not get short of breath
 - push your grandchild on a swing



Strength Exercises...

- ✓ Use weight or resistance to increase muscle strength.
- ✓ Examples: lifting weights, using resistance bands, leg lifts, squats, arm curls.
- ✓ Increased muscle strength can help you
 - Climb stairs
 - Carry groceries
 - Open jars



How Do You Know What is Moderate and What is Vigorous?

- RPE Scale (Rating of Perceived Exertion)
- A scale that you give yourself a number rating on how you are feeling during activity.

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc



GOLD CLASSES AT USC AIKEN

Monday – Yoga Gold

10:15am

Tuesday – Strength Gold

11:15am

Thursday – Yoga Gold

10:15am

Water Aerobics 9:00am M-F

USC Aiken Wellness Center and Natatorium

USC Aiken Wellness Center

***Includes the use of the Natatorium
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\$140/6 months; \$75/3 months

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Friday 5:30am-6:30pm

Saturday 7:30am-1:00pm

Sunday 1:00pm-5:00pm

**Call Woody Price at
803.641.2853**

USC Aiken Natatorium Only

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Saturday 10:00am-1:00pm

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10 classes for \$30

**(these classes are included with a full
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<https://tools.silversneakers.com/>



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