

# LIVING FIT! WITH Exercise

## What is exercise/physical activity?

- ▶ Exercise is a form of physical activity that is planned, structured, repetitive and performed with the goal of improving health or fitness.<sup>1</sup>

## Why should I exercise?

- ▶ Strengthens heart, lungs, muscles<sup>1</sup>
- ▶ Weight control reduces stress on muscles and joints<sup>1</sup>
- ▶ Some data suggests that resistance training may ↓ frequency of bleeding<sup>3</sup>
- ▶ May decrease chance of many chronic diseases<sup>1</sup>
- ▶ Makes you feel good and may decrease pain by releasing natural pain relievers called endorphins<sup>6</sup>
- ▶ Can help ↑ grades...really!<sup>4,5</sup>
- ▶ May help you live longer<sup>1</sup>
- ▶ Pumps you up, and helps you look and feel great!<sup>4,5</sup>

## How do I safely exercise?

- ▶ Always check with your healthcare provider first
- ▶ Aim for a balanced program
  - Cardiovascular activity
  - Strengthening/resistance training
  - Stretching exercises/flexibility
  - Balance/coordination
- ▶ Think . . .



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- **Start low:** Begin with easy low intensity program<sup>1</sup>
- **Progress slow:** Increase intensity and duration slowly to prevent injury<sup>1</sup>
  - Monitor intensity by taking the “talk” test
    - You should be able to talk, but not sing, during the activity
- **Pain “No!”:** If you are new to an exercise, you may feel some discomfort as your muscles are working and stretching. You should work through this discomfort at first, but be aware that increasing pain is a warning signal which means some body part is being misused or injured. Slow down if you feel increasing pain.
  - If you get a bleed, follow the treatment recommendations of your healthcare provider
    - **RICE: Rest, Ice, Compression, Elevation!**
  - Resume activity slowly and without pain under the advice of your healthcare provider
- **Goal = Six - “O”:** If you are new to exercise, begin with 10 minutes and gradually increase to 60 minutes of activity every day.<sup>1,2</sup>
- **Ready? GO!**

1 US Department of Health and Human Services. 2008 PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS. Washington, DC: US Dept of Health and Human Services; 2008. ODPHP Publication U0036.

2 Centers for Disease Control and Prevention. Physical activity for everyone. [http://www.cdc.gov/physicalactivity/everyone/guidelines/what\\_counts.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/what_counts.html). [March 2, 2010]

3 TiktinskyR, Falk B, Heim M Martinovitz U. “The effect of resistance training on the frequency of bleeding in haemophilia patients: a pilot study, “ Haemophilia, 8(1), 22-7, 2002

4 Castelli, D.M., C.H. Hillman, S.M. Buck, and H.E. Erwin. (2007) Physical fitness and academic achievement in third- and fifth-grade students. Journal of Sport & Exercise Psychology 29:239-252.

5 Hillman, C.H., K.I. Erickson, and A.F. Kramer. (2008) Be smart, exercise your heart: Exercise effects on brain and cognition. Nature Reviews Neuroscience 9:58-65.

6 MedicineNet.com. <http://www.medicinenet.com/script/main/art.asp?articlekey=55001>. [March 4, 2010]