



## “Make your week a Grand Slam kind of Week”

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As we say goodbye to the snow and freezing rain we welcome sunshine and outdoor activities. We all know that heart health requires more than just a heart healthy diet. Physical activity not only burns calories and fat, but increases flexibility and strength, coordination, balance, agility and improves cardiovascular health. Thus, the perfect duo, diet and physical activity, promote cardiovascular health together with energy balance more so than either one alone.

The perfect balance is achieved when the calories we consume equal the calories we burn. Our bodies burn calories throughout the day. For example, we burn energy by sleeping, breathing, talking, thinking, digesting our food, and much more. Everyday processes burn some of the energy we consume, but not all of it! The remainder of the energy we consume is burned through exercise. When our body is in perfect balance, we are neither gaining nor losing weight. If we eat more than we burn, we will gain weight. Similarly, if we eat less than we burn, we will lose weight.

Let’s explore various physical activities “Grand Slam” style this month by incorporating all three types of exercise into our weekly routine. The three types of exercise are flexibility, aerobic, and anaerobic exercises. Stretching exercises improve range of motion and flexibility. The goal of aerobic exercises is to increase cardiovascular endurance; while the goal of anaerobic exercise is to increase muscle strength. See the table below for examples of each type of physical activity.

FLEXIBILITY	AEROBIC EXERCISE	ANAEROBIC EXERCISE
Stretching	Cycling	Weight training
Yoga	Swimming	Sprinting
	Brisk Walking	Interval training
	Skipping Rope	
	Rowing	
	Running	
	Hiking	
	Tennis	

Try incorporating all three types of exercise into your weekly routine. You do not need a gym membership or fitness equipment to do these exercises. Be creative. For example, if you

do not have weights at home, you can use canned fruits or veggies to do bicep curls or other weight training activity. If you do not have a bicycle, you can lie on your back on the floor and simulate the motion of pedaling your legs. Remember to try at least one exercise from each category per week. Stretching before and after each workout enhances performance and prevents injury.

Various exercises can be performed at different levels of intensity including light, moderate, and vigorous. The level of intensity is determined by both how hard the activity feels to the individual and the individual's heart rate. Level of intensity tends to increase with heart rate. You will know you are performing light intensity exercises if your breathing pattern remains stable, perspiration does not occur, and you are easily able to have a conversation with the person next to you. Moderate intensity exercises causes breathing to quicken and perspiration after about 10 minutes of activity. Rapid, deep breathing and profuse sweating characterize vigorous intensity exercises. But don't feel you have to engage in vigorous exercise to reap the benefits. A recent study found that brisk walking is as good as running for reducing blood pressure, cholesterol, diabetes risk, and possibly CHD. [For more information on level of intensity and duration of exercise for your age group, visit the 2010 Dietary Guidelines. See page 17-18. http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf](http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf)

\*\*Before starting any physical activity regimen,  
Please talk with your doctor to see if it is right for you. \*\*