

Wellness Walkers Info Sheet #4

THE BERMUDA PHYSIOTHERAPY ASSOCIATION

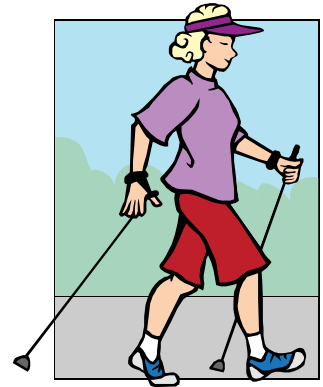


5 Things to Expect When Starting Exercise

1. Delayed Onset of Muscle soreness (DOMS): DOMS is the pain or discomfort often felt 24 to 72 hours after exercising and subsides generally within 2 to 3 days.

Ways to help:

- a. Wait. Soreness will go away in 3 to 7 days with no special treatment.
 - b. Perform some easy low-impact aerobic exercise to increase blood flow. This may help diminish muscle soreness.
 - c. Although research doesn't find gentle stretching reduces soreness, some people find it simply feels good.
 - d. Gently massage the affected muscles. Some research has found that massage was effective in alleviating DOMS by approximately 30% and reducing swelling, but it had no effects on muscle function.
2. Pacing: You should be able to hold a conversation or sing comfortably while exercising.
 3. Sweating: It's the body's way to stay cool, but you have to be careful to rehydrate.
 4. Increased Appetite: Eat little and often, rather than binge eating. "Refuel with the Earth", for example, eat fruit, nuts, vegetables instead of chips, chocolate or fried food.
 5. Increased Wellbeing: Better sleep & better mood.



EXERCISE FOR LIFE! SET SMALL, REALISTIC GOALS.

YOU CAN MAKE THE CHANGE AND MEET THE CHALLENGE!



THE BERMUDA PHYSIOTHERAPY ASSOCIATION

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FITNESS TEST RECORD SHEET

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KEEP THIS FOR YOUR REFERENCE

Saturday, 16th January, 2010



- Resting HR (60s count): _____ beats per minute (bpm)
- Weight (optional): _____
- 400m Test: _____ minutes
- Perceived Exertion: Blue Green Red
- Exercise HR (60s count): _____ bpm
- Recovery HR (60s count): _____ bpm

Rating of Perceived Exertion Borg RPE Scale		
6		
7	Very, very light	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
8		
9	Very light	
10		
11	Fairly light	
12		Target range: How you should feel with exercise or activity.
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	
20	Maximum exertion	
		Don't work this hard!

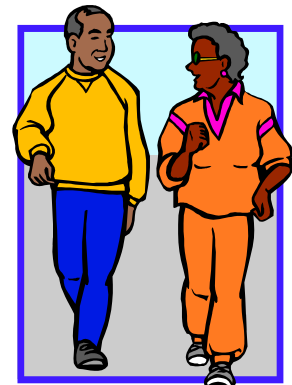
NEXT SESSION: SATURDAY, 30th January, 2010

TIME: 9:00-10:00am

**LOCATION: National Sports Centre, Main Field,
Parson's Road Entrance**

PLAN TO ATTEND!!

BRING A FRIEND!



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