

GLACIAL RIDGE WELLNESS CENTER GUIDE TO PHYSICAL ACTIVITY

WELCOME

Dear Patient;

Congratulations on your journey to a healthier you! The Glacial Ridge Wellness Center team is here to help you as you transition into a lifestyle with physical activity. Before beginning any physical activity program, consult with your primary care provider. Once you have been cleared for exercise, it is important to start slow and listen to your body.

This guide provides information and specific exercises to start you on your journey. If you have any questions about your program, the exercises, or the services available at Glacial Ridge Wellness Center, please ask any of our staff.

Each patient is entitled to a two-week free pass to the Wellness Center with two free 30-minute personal training sessions. This is a great way to learn how to use our equipment and how to properly perform the exercises listed in this packet. The pass is located in the back of this packet.

We are here and happy to help you every step of the way!

Sincerely,

Paige Cooley
Wellness Center Manager



BEGINNING - PHASE 1

Incorporating physical activity does not mean you need a gym membership. There are simple steps you can take daily to increase strength and endurance.

A good place to start would be adding 10 minutes of cardiovascular activity to your day. Start slow with activities such as cleaning your house or taking the stairs.

Incorporate walking by parking further from the entrance, getting your mail, or getting up to change the TV channel.

You may also decide to add strengthening exercises like the chair exercises beginning on page 11.

Glacial Ridge Wellness Center is a great place to incorporate physical activity. Our team is here to provide support and encouragement throughout your journey to better health and lifestyle!

**Start by adding
10 minutes of
activity to your day.**

PHASE 1 - AEROBIC ACTIVITY FOR BEGINNERS

Cardio training is best done using total-body movements (arms, trunk, legs) such as walking, swimming, cycling, dancing, or jogging. You can do an aerobic activity 3-4 times a week. It is important to start slow, allowing for a day or two of rest between each "training" day.

Try to do different types of exercise in each session or each training day of the week. As a beginner, your aerobic sessions can be 5-10 minutes long and performed 2-3 times a day.

As exercising becomes easier, it is time to increase the duration of the individual session until you are able to exercise continuously for 30 minutes.

Monday, Wednesday, Saturday
Morning - Bike 5-10 minutes
Mid-day - Walk 5-10 minutes
Afternoon - Swim 5-10 minutes

This is an example of cardiovascular exercise for beginners.



SCALES OF EXERTION

As you are beginning exercise it is important to gauge how hard you are working so you can understand when you are ready to progress. The Scale of Exertion chart is a great tool to keep your intensity at the proper level.

During your “Beginning - Phase 1” cardiovascular exercise try, to maintain an intensity of a 3 or 4 on the scale below. When you are ready to progress to “Phase 2”, increase the intensity to a 5 or 6. During “Phase 3” you should be able to push yourself to intensities around 7 or 8. Do not spend too much time above an 8, the cues written below each number will tell you if you need to dial your exercise back a bit.

Perceived Exertion Chart

1**Okay to go!**

"I feel great, and I'm breathing normally."

2**Very, very light intensity**

"I feel terrific. I don't even feel like I'm exerting myself."

3**Very light intensity**

"This is fun. I feel like I could go forever."

4**Light intensity**

"I can tell I'm exercising. I feel good."

5**Moderate intensity**

"I'm sweating a little. I'm working."

6**Moderate to intense**

"I'm exercising harder than I thought I would.
I'm getting a workout."

7**Intense**

"The workout is hard, but I can take it."

8**Very intense**

"This is difficult. I'm breathing hard. I'm not sure how long I can go."

9**Very, very intense**

"I'm very uncomfortable. I can't talk in a normal tone of voice. I should slow down."

10**Maximum intensity**

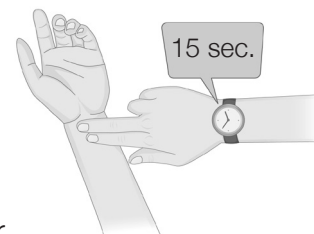
"I'm completely exhausted. I must slow down immediately."

HEART RATE

Taking your pulse during physical activity allows you to measure how hard you are exercising. You should exercise to stay within your target heart range.

HOW TO TAKE YOUR HEART RATE

- Place your index and middle fingers on your wrist, just below the base of the thumb. Do not use your thumb; it has a pulse of its own.
- Count the number of beats (pulses) for 15 seconds.
- Multiply this number by 4 to find your heart rate in beats per minute. For example, if you count 25 beats, $25 \times 4 = 100$ beats per minute (BPM).
- Use the chart to compare your heart rate to the target exercise range. Try to stay in the 50%-85% range by increasing or decreasing your exercise intensity.



TARGET HEART RATE RANGES BASED ON AGE

Target Heart Rate Zone 50%-85% of Maximum Heart Rate				
Age (years)	50% (BPM)	70% (BPM)	85% (BPM)	Maximum Heart Rate (BPM)
20	100	140	170	200
25	98	137	166	195
30	95	133	162	190
35	93	130	157	185
40	90	126	153	180
45	88	123	149	175
50	85	119	145	170
55	83	116	140	165
60	80	112	136	160
65	78	109	132	155
70	75	105	128	150
75	73	102	123	145
80	70	98	119	140
85	68	95	115	135

Increasing your heart rate is a key part of exercise, but it is important that your heart rate is not too high or too low. If you are a beginner, you should also be able to breathe comfortably while exercising. This will ensure that you are exercising at a level that is safe and effective for your body.

Some medications may keep your heart rate from going too high. If you are taking medicine for your heart or blood pressure, check with your health care team about how hard you should exercise.

PRECAUTIONS

Being as physically active as possible protects your health. The benefits of physical activity far outweigh any potential risk. Listen to your body. Stop exercising if you experience any of the following symptoms:

- Pain, tightness, pressure, or discomfort in your chest, neck, shoulder, arm, back, or jaw
- Severe shortness of breath
- Cold sweats
- Severe nausea or vomiting
- Muscle cramps
- Sudden weakness or changes in feeling in your arms and/or legs
- Trouble swallowing, talking, or seeing
- Severe headache, dizziness, or lightheadedness
- Severe joint pain

If symptoms don't go away after a few minutes, call 911. If the symptoms go away, but return each time you exercise, talk with your health care provider.

PROGRESSION - PHASE 2

Congratulations on starting Phase 2 and progressing your activity level! This may be post-surgery or you are ready to increase your activity level beyond Phase 1 - Beginner. Grab your water, towel, and put on some comfortable clothes and shoes. Be sure to follow the guidelines listed below as you begin a moderate physically active lifestyle.

PHASE 2 - WHAT TO EXPECT

A well-rounded moderate intensity program includes movements that improve muscular strength and endurance, cardiovascular endurance, flexibility, and recovery. During moderate exercise, it is normal to sweat and begin breathing a little harder. You should feel as if you can sustain these movements for up to 45 minutes or be able to hold a conversation during your entire workout.

TIP: During moderate exercise you will sweat and breathe harder, but feel as if you can still hold a conversation.

A great goal would be to consistently get 30 minutes of moderate intensity exercise every day. You may break this up into 10-minute increments throughout the day and work up to continuously exercising for 30 minutes.

Change up your daily workouts to add variety and keep things exciting. And do not forget to rest! Always listen to your body – you may need to increase or decrease how hard you exercise based on how you feel the next day.

PHASE 3 - PROGRESSION

As you get stronger, exercising will become more comfortable and start getting easier. When this happens, slowly increase the intensity of your workouts. This can be done in a number of different ways.

1. For your cardio exercises, you can increase the time, the distance, or the speed in which you do the exercise.
2. For strength training, intensity can be increased by increasing the amount of weight being lifted or the number of repetitions being done with the same weight.
3. Another way to increase intensity is to shorten the rest period between exercises.



SAMPLE EXERCISE PROGRAM

PROPER WARM-UP:

Before beginning any type of exercise, it is important to incorporate a 5-10 minute warm-up. This prepares the body for activity and helps prevent injury. A warm up can be as simple as going for a light walk, marching in place, or doing a round of arm circles in each direction. It is also important to cool down for 5-10 minutes after your workout has been completed; this can be done through flexibility training.

ALWAYS warm up!
It prepares the body for activity
to help prevent injury.

COOL-DOWN / FLEXIBILITY TRAINING:

Stretching is another great way to reduce soreness and prevent injury. Incorporating flexibility training into your cool-down routine is just as important as your strength and cardio workouts, and should be practiced every day.

Stretching is best done at the end of your strength or cardio workout as a cool-down, or after a proper warm-up has been completed.

A few examples are provided in this guide starting on page 17.

ALWAYS cool down!
Stretching improves flexibility and range
of motion, and reduces muscle soreness.

PHASE 2 AND 3 AEROBIC ACTIVITY

Cardiovascular (cardio) training is best done using total-body movements (arms, trunk, legs) such as walking, swimming, cycling, dancing, or jogging. You can do an aerobic activity 3-4 times a week. It is important to start slow, allowing for a day or two of rest between each “training” day.

Try to do different types of exercise in each session or each training day of the week. Your aerobic sessions can be 10-15 minutes long and performed 2-3 times a day.

As exercising becomes easier, it is time to increase the duration of the individual session until you are able to exercise continuously for 30 minutes.

PHASE 2 PROGRESSION EXAMPLE*

	Monday	Wednesday	Saturday
Morning	Bike 10-15 minutes	Walk 10-15 minutes	Swim 10-15 minutes
Afternoon	Bike 10-15 minutes	Walk 10-15 minutes	Swim 10-15 minutes

PHASE 3 PROGRESSION EXAMPLE*

Monday	Tuesday	Thursday	Saturday
15 minutes bike & 15 minutes walk with no rest in between	30 minutes continuous water exercise (swim)	15 minutes bike & 15 minutes walk with no rest in between	30 minutes continuous recumbent bike or elliptical
or 30 minutes walk		or 30 minutes bike	

*These are just examples - choose the exercises and days of week that work best for YOU.

REMINDER: During moderate exercise you should feel as if you can still hold a conversation.

STRENGTH / BALANCE

STRENGTH TRAINING AND BALANCE EXERCISES:

Strength training is most effective when performed twice a week on the opposite day as aerobic training days.

The following exercises can be performed at home using a chair, your body weight, and an external source of weight such as: dumbbells, resistance bands, or household items (such as soup cans, or water bottles filled with water or sand). You can also perform these exercises using the equipment available at Glacial Ridge Wellness Center.

Repetition (reps) is the number of times you consecutively lift a weight or move a body part. To gauge how hard to push yourself, the exercise should feel challenging but manageable by rep number 8.

Sets are the number of times you will complete a consecutive number of reps. Individuals can perform an exercise set – rest for 30 seconds – then perform a second set OR move down the list of exercises with little to no rest between the different exercises. Rest before going back to the second set of each exercise once you have completed all the exercises.

WORDS TO KNOW:

REPS - The number of times you “lift a weight”.

SETS - The number of times you complete a consecutive number of reps.



STRENGTH TRAINING AND BALANCE EXERCISES

As a beginner, perform one set of all the exercises listed below. Wait a day to see how you feel. You may need to stay in Phase 1 for a couple weeks and that is okay, it is still progress.

As you get stronger, you can increase the amount of weight you lift and/or complete a second set (phase 2). Always listen to your body and take a rest as needed.

WHAT WEIGHT SHOULD I USE?
The exercise should feel challenging but manageable by rep number 8.

Exercise	Sets and Repetitions		
	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Arm Flexion	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps
Sit to Stand	1 set of 5-10 reps	1-2 sets of 10 reps	3 sets of 10 reps
Biceps Curl	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps
Knee Extension	1 set of 10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each
Side Arm Raise	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps
Calf Raises	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps
Banded Leg Press	1 set of 10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each
Triceps Extension	1 set of 10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each
*Hip Extension	1 set of 5-10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each
*Side Leg Raise	1 set of 5-10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each
*Standing Knee Lift	1 set of 5-10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each

*These exercises will be performed in a standing position. They also can be held for 5-15 seconds to help improve balance.

STRENGTH TRAINING EXERCISES

Arm Flexion

Strengthens shoulder muscles



- Sit tall in a chair with your arms extended at your sides, palms facing in.
- Keep your shoulders pulled back and your stomach muscles engaged. An engaged core means you feel your abs tightening and pulling in but you can still breathe normally and move.
- Lift straight arms, straight in front of you with palms facing in.
- Stop at shoulder height, pausing at the top for 1 second.
- Slowly lower your arms back to the starting position.

	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Arm Flexion	1 set of 5-10 reps	1-2 sets of 10 reps	3 sets of 10 reps

Sit to Stand (Squat)

Strengthens leg muscles and abdomen

- Sit toward the front of a chair with your feet flat on the floor.
- While pressing down through the heels of your feet, lean forward and lift your body off the chair.
- Stand up tall, engaging the muscles in your abdomen and buttock.

You may need to hold on to a table or counter top to help yourself stand. As you get stronger, try to use your hands as little as possible.

- Slowly sit back down into the chair, keeping your heels firmly planted into the floor.



	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Sit to Stand	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps

STRENGTH TRAINING EXERCISES



Biceps Curl

Strengthens muscles of the upper arm using hand weights or resistance bands. Increase resistance when ready.

- Sit tall in a chair with your arms extended at your sides, palms facing forward.
- Keep your shoulders pulled back and your stomach muscles engaged.
- Slowly bend your elbow, bringing the weight up towards your shoulders.
- Hold for 1 second, then slowly lower your arm back to the starting position.

	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Biceps Curl	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps

Knee Extension

Strengthens muscles of the front thigh – use ankle weights when ready.

- Sit tall in a chair with your shoulders pulled back and stomach muscles engaged.
- Rest your hands on your thighs or at your sides.
- Slowly extend one leg in front you as straight as possible.
- Flex your foot so your toes are pointing to the ceiling, pulled back towards your head.
- Hold the position for 1 – 2 seconds, then slowly return to the start position.



	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Knee Extension	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps

STRENGTH TRAINING EXERCISES



Side Arm Raise

Strengthens shoulder muscles

- Sit tall in a chair with your arms extended at your sides, palms facing in towards yourself.
- Keep your shoulders pulled back and stomach muscles engaged.
- Lift straight arms, straight out to the side, palms facing down towards the floor.
- Stop at shoulder height, pausing at the top for 1 second .
- Slowly lower your arms back to the starting position.

	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Side Arm Raise	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps

Calf Raises

Strengthens muscles of the lower leg – can be performed seated or standing.

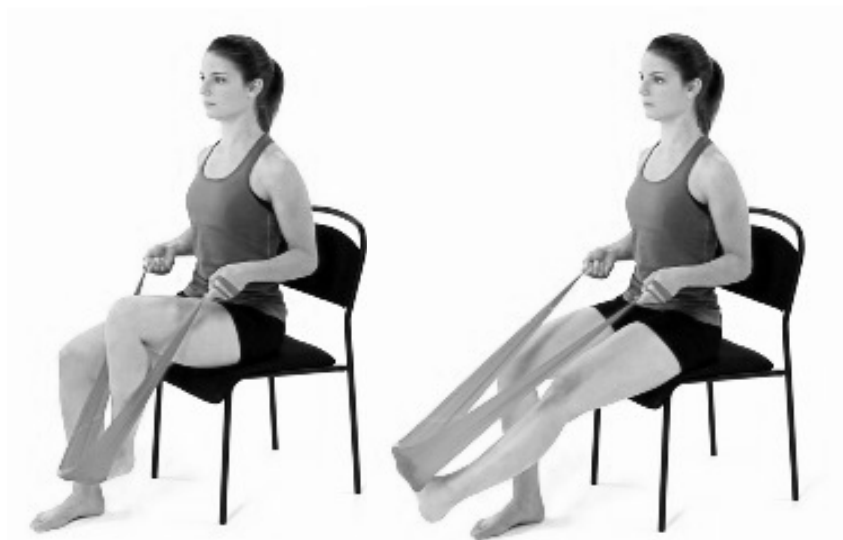
- Sit toward the front of a chair with your hands pressing down on your thighs, or on the sides of the chair.
- Push the balls of your feet into the floor and slowly lift your heels off the floor.
- Hold for 1-2 seconds then return your heels to the floor.

This exercise can also be performed standing holding on to a chair or a counter top.



	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Calf Raises	1 set of 10 reps	1-2 sets of 10 reps	3 sets of 10 reps

STRENGTH TRAINING EXERCISES



Banded Leg Press

Strengthens muscles of the leg

- Sit toward the front of a chair, looping a resistance band* under the arch of one foot and holding one end in each hand.
- Bring your knee in towards your chest. Make sure there is no slack in the resistance band.
- Press your foot down at an angle towards the floor, “hit the break”.
- Slowly return to the starting position.

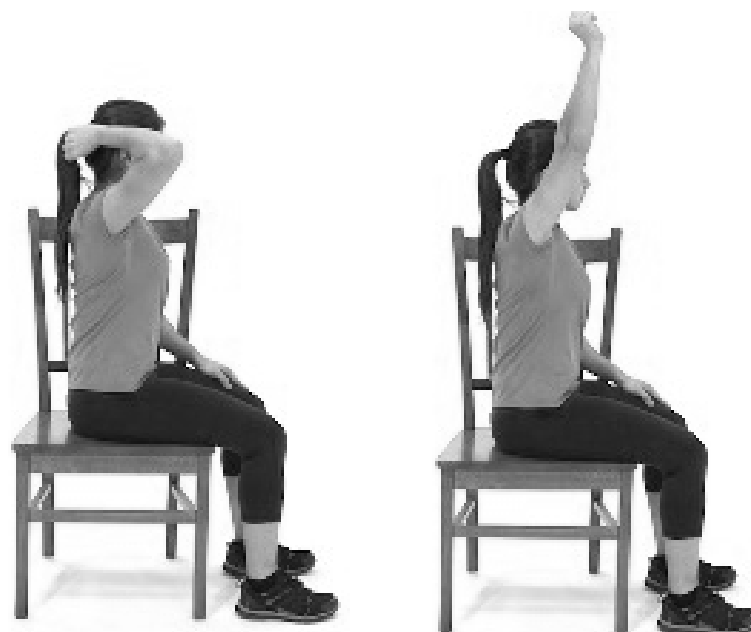
	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Banded Leg Press	1 set of 10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each

* Resistance bands are color-coded according to tension level (light, medium, heavy, and ultra-heavy) They can be purchased online or at almost any department store such as Target or Wal-Mart .

Triceps Extension

Strengthens muscles of the upper arm

- Sit tall in a chair with your shoulders pulled back and stomach muscles engaged.
- Extend one arm straight overhead, supporting your elbow with the opposite hand.
- Bend your elbow so your hand comes behind your head.
- Straighten arms back to the starting position.



	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Triceps Extension	1 set of 10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each

STRENGTH TRAINING EXERCISES



Hip Extension

Strengthens muscles of the buttock

- Stand tall behind a chair with your feet flat on the floor and knees slightly bent.
- Hold on to a chair, wall, or counter top for support.
- Raise one leg backward, keeping your knee straight until your foot is about 3-4 inches off the floor. Hold for 1 second.
- Slowly lower leg to starting position.

* Hold 5-10 seconds to help with balance.

	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Hip Extension	1 set of 5-10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each

Side Leg Raise (Hip Abduction)

Strengthens muscles of the hip

- Stand tall behind a chair with your feet flat on the floor and knees slightly bent.
- Hold on to a chair, wall, or counter top.
- Lift one leg out to the side and hold for 1 second.
- Maintain tall posture. Try not to lean into the leg you are standing on.
- Slowly return to the starting position.

* Holding 5-10 seconds will help with balance.



	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Side Leg Raise	1 set of 10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each

STRENGTH TRAINING EXERCISES



Standing Knee Lift (March)

Strengthens muscles of the upper leg

- Stand tall with your feet hip-width apart and arms at your sides.
- Brace your stomach muscles and slowly raise your knee upward until the back of your leg becomes parallel to the floor.
- Try not to lean into the leg you are standing on, maintain tall posture.
- Lower your leg back to the starting point.

* Hold 5-10 seconds to help with balance.

	Beginner Phase 1	Progression Phase 2	Progression Phase 3
Standing Knee Lift	1 set of 5-10 reps each	1-2 sets of 10 reps each	3 sets of 10 reps each

FLEXIBILITY TRAINING

The cool-down is just as important as the warm-up. As previously mentioned, stretching is a great way to reduce soreness and prevent injury. Incorporating flexibility training (stretching) into your cool-down routine is equally important to your strength and cardio workouts, and should be practiced every day.

Seated Hamstring Stretches

Stretches the back of the leg

- Sit toward the front of a chair with your shoulders pulled back and stomach muscles engaged.
- Straighten one leg in front of you with your heel driving into the floor.
- Slowly bend at the hips, maintaining a flat back.
- Stop when you feel a pull in the back of your leg.
- Hold for 15-30 seconds.



Hip Stretch

Stretches the low back and posterior hip muscles

- Sit toward the front of a chair with your shoulders pulled back and stomach muscles engaged.
- Cross one ankle over the opposite knee.
- Place one hand on your heel and the other on your knee, pressing the knee down toward the floor.
- Slowly bend at the hips, maintaining a flat back.
- Stop when you feel a pull in your hip.
- Hold for 15-30 seconds.



FLEXIBILITY TRAINING

Doorway Stretch

Stretches chest muscles

- Stand in a doorway with your arm at a 90-degree angle and your hand, forearm, and elbow resting on the frame.
- Rotate your body away from your arm, pushing your shoulder forward slightly.
- Stop when you feel a stretch in your chest.
- Hold for 15 – 30 seconds.



Seated Child's Pose with Table

Stretches muscles of the back

- Sit tall at a table slightly less than arm's length away.
- Place one hand on top of the other.
- Slowly slide your hands across the table until you feel a stretch in your back.
- Hold for 15-30 seconds.



FLEXIBILITY TRAINING

Calf Stretch

Stretches muscles on the back of the lower leg

- Stand tall behind a chair with both feet as close to the chair as possible.
- Stride one foot backward, pressing the heel down into the floor. (The distance you stride depends on your flexibility. Keep the front knee over the heel).
- Make sure your back foot is pointed slightly inward and your front knee is bent.
- You should feel a stretch in the back side of your lower leg.
- If you aren't feeling much of a stretch, stride your leg back farther.
- Hold for 15-30 seconds.



PHYSICAL THERAPY

WHEN WOULD A REFERRAL TO PT BE BENEFICIAL?

- If you have persistent pain that does not get better with exercise
- If you develop a recent onset of pain from an injury that does not resolve in one week
- If you cannot participate in a pre- or post-surgical bariatric program due to pain or cardiovascular reasons.

GLACIAL RIDGE THERAPY SERVICES PROVIDES:

- Injury assessment and treatment
- Interventions for chronic pain that is limiting your participation in general exercise
 - back pain, joint pain
- Balance training
- Manual (hands-on) therapy to improve motion and decrease pain
- Use of modalities to decrease pain or improve healing
 - such as traction, electrical muscle stimulation, ultrasound, heat, ice
- Strategies for moving better if you have trouble with tasks at home

It is common to feel muscle or joint discomfort after starting a new exercise or progressing resistance on your current exercise program. Here are some ways to help manage this:

- Gentle stretching or foam rolling of affected muscles
- Gentle aerobic exercise such as cycling or walking
- Use of ice or heat:
 - 20 minutes on, 40 minutes off
 - Cover affected area, but make sure if you are using ice, to have a layer of fabric between the ice pack and your skin
- Use of an over-the-counter pain medication (if deemed appropriate by your primary care physician or surgeon)

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HEALTH SYSTEM
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