

# Health Matters



A Newsletter from WOMEN'S HEALTH & SUPPORT SERVICES Fall 2007

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

Hello from Jody...

The majority of clients who initially come to see me are interested in weight reduction. It's not surprising considering the tremendous cultural influence to have the perfect body. Thankfully, it appears that we are moving slightly away from the ideal of "thinness" and a tiny bit closer to "fitness." We still, however, have a long road ahead to fully shift to a more healthy philosophy.

This issue feature article is intended to provide a different set of reasons for initiating an exercise training program. The Adaptations article outlines the many clinical benefits of aerobic exercise training with the intention of steering you away from the singular motivator of weight loss and in the direction of heart health.

If you are already exercising regularly, use this information to remind yourself of *all* of the benefits you are receiving from your exercise. If you have not started exercising or haven't yet maximized your exercise routine, please call me to get your exercise prescription underway.

Here's to your heart!

Healthy Regards,

Jody

## Adaptations to Regular Aerobic Exercise

Physical inactivity is a major contributing risk factor for heart disease and stroke. It is equivalent in risk degree to elevated blood cholesterol, cigarette smoking and hypertension. The good news is physical inactivity is modifiable.

*What we need to do to benefit and reduce the risk*

Any increase in daily physical activity is helpful, but a structured planned exercise training program is most favorable. To improve cardiorespiratory fitness among healthy adults, the American College of Sports Medicine (ACSM) recommends 20-60 minutes of aerobic exercise (using the large muscle groups of the body), 3-5 days of the week, at an intensity level significant enough to elicit improvements. For weight loss, ACSM recommends physical activity and/or exercise energy expenditure in excess of 2000 kcal (kilocalories of energy) per week. To reverse the negative effects of cardiovascular disease, 1500-2200 kcals per week should be expended engaging in exercise. It is very important to choose a mode of exercise which has minimal risk of musculoskeletal

injury, provides an overload stimulus, is progressive in nature, and is enjoyable.

*Responses to training*

The benefits of regular physical activity/exercise training adaptations include improvements in cardiovascular and respiratory function, reduction in coronary artery disease risk factors, and decreased morbidity and mortality. These include:

- increased maximal oxygen uptake (VO<sub>2</sub>) – the ability of the body to transport and use oxygen
- reduced resting heart rate
- reduced resting systolic/diastolic blood pressures
- increased high density lipoprotein (HDL) cholesterol
- decreased triglycerides

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## CHANGE YOUR MIND, CHANGE YOUR BODY

*Emotional Wellness and Weight Loss*

Group now forming for the Fall 2007 Session  
12 week workshop  
September 24th - December 17th

### Stop the diet cycle and learn to lose weight the healthy way once and for good!

- Identify stressors and triggers of emotional eating
- Reduce draining lifestyle habits and develop helpful coping strategies
- Discover ways to improve self-esteem and self acceptance
- Explore strategies for long-term behavior change and permanent weight loss
- Learn healthy eating habits and proper nutrition guidelines

For more information or to register please call Jody Miller at 301-299-6586.

# WOMEN'S HEALTH & SUPPORT SERVICES

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

7810 Heatherton Lane • Potomac, Maryland 20854  
301-299-6586

## Schedule

### One-on-one consultation or fitness training appointments:

Monday	8:30 a.m.-1:00 p.m.
Tuesday	8:30 a.m.-3:00 p.m.
Thursday	8:30 a.m.-3:00 p.m.
Friday	8:30 a.m.-3:00 p.m.

### Women's Stretch Level I - Stretch & Relaxation

(Fridays 10:35-11:25 a.m.)

14 week Fall session begins on September 7th

### Women's Stretch Level II - Stretch & Strengthen

(Fridays 9:35-10:25 a.m.)

14 week Fall session begins on September 7th

### Change Your Mind, Change Your Body:

*Emotional Wellness and Weight Loss Program*

Mondays 6:00-7:30 p.m.

Fall session begins September 24

(12 week session September 24-December 17)

To register for a class or schedule an appointment,  
call Jody Miller at 301-299-6586.

To schedule your Fitness Evaluation  
or to refer a patient, please call Jody  
at 301-299-6586.

WHSS offers a comprehensive Fitness  
evaluation to assess cardiorespiratory fitness.  
The test results are used to document  
baseline aerobic fitness, establish fitness  
and health goals, document change, and  
monitor progress. Test results are extremely  
helpful in developing general conditioning  
programs and weight loss programs.



training program is an excellent strategy  
in reversing the risks associated with a  
sedentary lifestyle!

## Cardiorespiratory fitness testing

Aerobic capacity and other markers of  
cardiorespiratory fitness can be measured  
by a qualified exercise professional. Several  
different tests can be used including a  
maximal graded exercise test, a submaximal  
graded exercise test, and field tests. Each  
have their advantages and disadvantages  
based on cost, time, and accuracy.

Maximal tests are generally used  
in the research setting while  
submaximal and field tests are  
more often used in health and  
fitness settings. The submax test is  
not designed to diagnose cardio-  
vascular disease like a clinical  
stress test but rather assess baseline  
measures of cardiorespiratory fitness  
and help to establish the goals of an  
aerobic conditioning program.

Reducing risk factors for heart  
disease and other conditions is  
imperative to our longevity and quality  
of life. Becoming more physically  
active and initiating an aerobic exercise

Other possible benefits are decreased  
anxiety and depression, enhanced physical  
function and independent living among  
older adults, enhanced feelings of well  
being, and enhanced work performance.

- reduced total body fat and intra-abdominal fat
- reduced insulin needs and improved glucose tolerance
- increased capillary density in skeletal muscle improving the extraction and use of oxygen by muscle tissue
- increased exercise threshold for the accumulation of lactate in the blood
- reduced blood platelet adhesiveness and aggregation (clotting)
- lower death rates from coronary artery disease
- lower incidence rates for cardiovascular diseases, stroke, type 2 diabetes, osteoporotic fractures, cancer of the colon and breast, and gallbladder disease

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