

20 EXERCISE TIPS



A Polio Services Victoria Production

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ENERGY OUTPUT HINTS

1. The best exercise to help you lose weight is cardiovascular or aerobic exercise.
2. These exercises cause you to feel warm, perspire and breathe heavily without being out of breath and without any pain or burning sensations in your muscles.
3. Whether it is a structured exercise program or just a part of your daily routine, any physical activity will burn kilojoules and improve your health.
4. See your doctor for a medical evaluation before beginning a physical activity program and consult your physiotherapist for advice on the right program for you.
5. Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way exercise will never seem boring.
6. Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.
7. Find a convenient time and place to do activities. Try to make it a habit but be flexible. If you miss your exercise time, work some physical activity into your day.
8. Use music to keep you entertained.
9. Surround yourself with supportive people to exercise with you, to remind you to exercise, or to give you time by yourself to exercise.

ENERGY OUTPUT

10. Start Slowly.
11. Don't overdo it. Do low to moderate intensity exercises.
12. Acknowledge both your polio and non-polio limbs when choosing an exercise. You may have to work your polio limbs lighter than your non-polio limbs.
13. Early warning signs that the exercise is not beneficial are fatigue continuing for 4 hours afterward, pain and loss of strength.
14. Do not work muscles to fatigue. Take regular rests and use low resistance (ie. light weight). You might start with 1-2 minutes of exercise followed by 1-2 minutes rest.
15. Strength exercises should only be performed on every second day.
16. You can increase the duration and intensity of your activities as you become more fit. Work up to exercising on most days of the week for 30 minutes. This can be done in 10 minute blocks throughout the day, if time is an issue.
17. Monitor your response to exercise. You should find it light to somewhat hard.
18. Keep a record of your activities.
19. Reward yourself (with something other than food!) at special milestones.
20. Remember energy output (exercise / physical activity) is for life. Make it as much a part of your life as brushing your teeth!