

Exercise: The Magic Bullet

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The following are the key TAKE-AWAY messages from this presentation.

I. #1 Message. The higher your VO₂Max, the healthier you are. “Low cardiorespiratory fitness is a sounder predictor of death than risk factors such as hypertension, smoking and diabetes.” (Booth 2012) Each MET increase in maximal aerobic capacity leads to a 13-15% decrease in risk for cardiovascular disease. (JAMA 2009).

Health Benefits of Exercise (Morton & Kravitz, 2016). Reduced stress, depression and anxiety, lowered risk of stroke, lowered incidence of breast cancer in women, reduced (when elevated) blood pressure, increased function and mobility with less pain in arthritis sufferers, improved total cholesterol and LDL-cholesterol (aerobic exercise combined with weight loss), enhanced cardioprotection of cardiovascular disease, improved body composition and obesity management, maintained and/or increase bone mineral density for osteoporosis management, improved musculoskeletal health and prevention of sarcopenia, improved blood triglycerides and HDL-cholesterol (independently improved with aerobic exercise), lower incidence in colon cancer, better management and prevent of diabetes, enhanced self-esteem and mood state

#2 Message: Key point: HIIT is a more potent stimulus than moderate-intensity continuous training in enhancing cardiovascular function. The most common HIIT program for cardiovascular function is 5-10 min warm-up; alternate 4-min bouts of high intensity (85-95% HRmax; RPE 16-17) with 3-min recovery intervals (RPE 11-12); complete 4 intervals on any exercise mode three times per week. (Ramos et al, 2015).

II. What are the RISKS of physical inactivity?

- A. “Type 2 diabetes is associated with physical inactivity” ADA
- B. “An inactive lifestyle is a risk factor for CAD” AHA
- C. Research shows that about 1/3 of all cancer deaths are related to dietary factors and physical inactivity in adults.” American Cancer Society
- D. “Physical inactivity is an ‘actual’ cause of many chronic diseases: CDC
- E. How can we reduced these risks: “Studies show that 30-50% of all cases of type 2 diabetes, coronary heart disease, and many cancers are preventable by 30 min/day of moderate-intensity exercise. (Booth et al., 2002)

III. How do we get our patients started on the road to better health through physical activity?

- A. New Slogan for Movement: For every 30 get your 3 (Dempsey, et al. 2016).
- B. For every 30 minutes of waking behavior get your 3 minutes of movement

III. Newest form of metabolic conditioning: Non-Exercise Activity Thermogenesis (NEAT)

- A. Spontaneous physical activity
- B. NEAT=Non-exercise activity thermogenesis, part of AT; sitting, standing & moving, shopping, etc.
- C. NEAT is non-structured physical activity
- D. Jim Levine, M.D., Ph.D., Move a Little, Lose a Lot; Get Up (Research denotes that daily, sustained chair-dependency is associated with shorter life spans, metabolic diseases and cardiovascular disease)
- E. Technology’s sedentary seduction: too many time saving/labor saving devices
- F. NEAT can burn 269-477 kilocalories/day
- G. Action plan to combat sedentary behavior: Metabolic Profiling (Hamilton, 2008)

Case study: Interventions at work to combat sedentary lifestyle: 1) stand up and walk around the office every 30 minutes, 2) stand up and move every time the client needs to get some water, 3) walk to the farthest bathroom in the worksite facility, 4) take a walk break with every coffee and tea break,

Case study: Interventions at home to combat sedentary lifestyle: 1) get up and move during every commercial, 2) stand up and move for the opening segment of each TV show, 3) at the end of reading 4,6 or 8 pages, get up and walk around the room or house

H. Source for ideas for moving: getfit.unm.edu

IV. Dr. Kravitz's 10 favorite get active ideas to combat sitting disease and some inspiring quotes

1. Stay in motion

Personal example isn't the best way to lead; it is the only way!

2. Try interval walking: 30 seconds brisk, then 3 minutes comfortable

Don't follow your passion: Live your passion

3. Walk around the store 1st; then start shopping

Cher: "Nothing lifts me out of a bad mood better than a hard workout on my treadmill. It never fails. To us, exercise is nothing short of a miracle."

4. Stand, walk and talk in office/home on cell phone

Lawrence Biscontini, M.S.: "Movement is mandatory, but exercise is optional: Let's help people move well to be Champions of Living."

5. Take up at least one family moving activity

Thomas Jefferson: "Walking is the best possible exercise. Habituate yourself to walk very fast."

6. Walk up and down the escalator

Benjamin Franklin: "To lengthen thy life, lessen they meals."

7. Consider using a sit-to-stand workstation

Heroes aren't special people; we're all special heroes

8. Sit and stand Kravitz style

Kenneth Cooper: "We do not stop exercising because we grow old—we grow old because we stop exercising."

9. Do crunches while watching TV

Len Kravitz: "The road to health and fitness has no finish line"

10. Get a pedometer app

"How often should I exercise?" You only have to exercise on the days that you eat." Joseph S. Alpert, M.D.

Jack Lalanne: "You control everything! The thoughts you think, the words you utter, the foods you eat, and the exercise you do."

Other Quotes in Presentation:

"Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed." (Charles Schulz). "Physical fitness is the basis for all other forms of excellence." (John F. Kennedy) "I can't imagine living and not running." "That which is used develops and that which is not used wastes away...if there is any deficiency in food or exercise, the body will fall sick." Hippocrates

End: Thank you for coming to this Presentation!