Types of Exercise

▾ Strength

- ▾ What
  - ▪ Improve muscular strength and endurance.
- ▾ Benefits
  - ▪ Help increase muscle power and strength.
  - ▪ Help with balance and prevent falls and fall-related injuries.
- ▾ How
  - ▪ Resistance Training
  - ▪ Plyometrics
  - ▪ Weight Lifting
  - ▪ Sprinting
- ▾ Safety Tips
  - ▪ Don't hold breath.
  - ▪ Breathe regularly.
  - ▪ Breathe out when lifting or pushing. Breathe in as relax.

▾ Aerobic

- ▾ What
  - ▪ Endurance activities
  - ▪ Periods of continuous movement
- ▾ Benefits
  - ▪ breathing and heart rates

- - Diseases
  - **How**
    - Swimming
    - Running
    - Dancing
    - Jogging
  - **Safety Tips**
    - Warm up before and cool down after.
    - Have rest if having dizziness, chest pain/pressure, or heartburn.
    - Be sure to drink liquids.
    - Prepare safety equipment

HIIT

- **What**
  - High Intensity Interval Training.
  - Repetitions of short bursts of high-intensity exercise
  - followed by low-intensity exercises or rest periods.
- **Benefits**
  - HIIT regimens produced significant reductions in the fat mass of the whole-body.

Balance or Stability

- **What**
  - Strengthens muscles
  - Improve body coordination
- **Examples**

- Pilates
- Tai chi
- Core-strengthening exercises
- Safety Tips
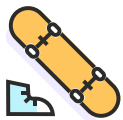 - Get a sturdy chair/a person nearby to hold on

Boot Camps

- What
  - Time-based, high-intensity circuits.
  - Combine aerobic and resistance exercises.
  - Ballistic and rapid movements
- Benefits
  - Offer a more challenging and varied workout
  - Little or no special equipment

Flexibility

- What
  - Aides muscle recovery
  - Maintain range of motion and prevent injuries
- Example
  - Yoga
  - Individual muscle-stretch movements
- Safety Tips
  - Stretch when muscles are warmed up
  - Stretch after endurance or strength exercises.
  - Breathe normally

About Exercise Intensity

- Moderate-intensity
    - Breathe hard but can have a conversation easily.
- Vigorous-intensity
    - Only say a few words before taking a breath.