

# Week 11 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

## Getting Past Barriers

This week, we talked about ways to get past barriers so that we can keep with our exercise program.

- Keep exercising fun.
- Set reachable goals.
- Keep a log of how much you exercise.
- Exercise with a friend.
- Use the One-Minute Rule: if you do not want to exercise, walk for one minute, and you'll probably walk for 30 minutes.



We started working on our own exercise video. At the end of the program, we will have a video of ourselves doing aerobic exercises, stretches and warm-ups, and strength exercises that we can do at home.

## Rules to Stay on Track

1. **THE ONE-MINUTE RULE.** If you don't feel like exercising, put your shoes on and go outside and walk for 1 minute. You'll probably exercise for 30 minutes and feel great!
2. **THE STOP RULE.** **Stop exercising** if you have any chest tightness or chest pain, severe shortness of breath, or feel dizzy, faint, or sick to your stomach. Call your doctor if you continue to have these problems.
3. **THE WRENCH RULE.** If you have muscle pain or cramping during any exercise, stop that exercise. Gently rub the sore muscle with your hands and continue exercising with slower and easier movements.
4. **THE TALK TEST.** If you can talk while doing your exercises, you are probably working at a safe level. If you can't talk, you are probably walking or exercising too fast.
5. **THE TWO-HOUR PAIN RULE.** If your exercise causes pain that continues 2 hours after exercising, decrease the number of repetitions and be less forceful. If this doesn't help, pick another exercise to do.