

# HEALTHLINES



Fall 2011

**CHAD'S**

**CORNER**

The summer ended up being extremely busy at Body Symmetry. In addition to our normal duties at the studio training clients, we also were busy taking care of our new commitments at the Illini Country Club's fitness facility. It officially opened Memorial Day weekend. We conducted a few classes in July that proved to be very successful for our first try. I'm very happy and honored we were given an opportunity to be their exclusive provider of fitness training services.

Several of the trainers at Body Symmetry have been busy attending continuing education courses around the country. Betsy Link currently is enrolled in a certification program called "Yoga Sculpt" in Chicago. This unique program blends yoga and strength training movements into a seamless workout. It's currently popular in Chicago and Betsy was interested in bringing this new style of yoga to Springfield.

I attended the National Strength and Conditioning Associations annual conference in Las Vegas over the summer. The conference was geared for college strength coaches, so I learned a few new things that will help us with the various University of Illinois at Springfield teams we currently provide training services.

Finally, in August, Justin Knoedler and I attended the IDEA World Fitness Conference in Los Angeles. The conference focused a bit more on group and personal training. Justin and I were also fortunate to get our butts kicked a few times with a variety of new exercises and workouts that were thrown at us!

FreeFitnessVideos.com's library of exercises continues to grow. We have over 500 total videos. It was a goal of mine to have at least 500 exercise videos in our database by year-end. It looks like we will exceed that number by a lot. The code for the web site was written in such a way that it pulls our exercise videos from YouTube. This allows us to use YouTube's servers to host our videos, thus saving the expense and complication of hosting our own video content. I'm proud to report that we're approaching 60,000 video viewings on our YouTube channel. This isn't too shabby for being online for about 10 months.

Mark your calendar and make sure you plan to attend our New Year party on Friday, January 6<sup>th</sup>, 2012. The party will be held from 7 – 10 p.m. at the Body Symmetry studio. We will have plenty of food and drink, so bring your appetite!

Finally, check out my article on the newly updated ACSM (American College of Sports Medicine) exercise guidelines. Much has changed since the ACSM last updated their guidelines in 1998. Use the ACSM guidelines as a checklist to see if you are doing everything you can to keep yourself healthy and fit.

Yours in Health,

Chad Marschik



# ACSM Updated Exercise Guidelines

by Chad Marschik ACSM HFS, CSCS

The ACSM (American College of Sports Medicine) has long been recognized as the authority on exercise guidelines in the United States. Every decade or so, the ACSM presents a new position paper on exercise quantity and quality. The 2011 paper cited over 400 publications from clinical studies, scientific reviews, epidemiological studies, consensus statements and evidence-based guidelines.

The primary purpose of the paper is to help health and fitness professionals develop safe and effective exercise programs for apparently healthy adults of all ages. Additionally, health and fitness professionals can also use the guidelines for individuals with some chronic health problems or disabilities, incorporating modifications appropriate to their health status and physical abilities.

The ACSM breaks up their guidelines to cover the following exercise components: Cardiorespiratory, Resistance, Flexibility and Neuromotor (Balance/Gait/Coordination). The neuromotor guidelines are relatively new for the ACSM and are primarily geared more for the older population.

The new ACSM guidelines may look a bit overwhelming in terms of the volume of things you should be doing to help keep your body healthy and fit. However, please keep in mind these are simply guidelines. Personally, I don't follow the guidelines verbatim. My weekly exercise habits are a bit of a hybrid program that works best for me. My weekly workouts encompass all of the components of physical activity the ACSM recommends, just with a different twist.

The following tables outline the ACSM's new guidelines:

## TABLE 1 - Cardio Recommendations

**Frequency** -  $\geq 5$  days per week for moderate intensity exercise or 3 days per week for vigorous intensity exercise, or 3-5 days per week for a combination of both

**Intensity** – for apparently healthy adults, moderate (60 – 70% of age predicted max heart rate) and/or vigorous (80 – 90% of age predicted max heart rate)

**Time** – 30 – 60 minutes at a moderate intensity or 20 – 60 minutes at a vigorous intensity, or a combination of both

**Type** – purposeful, continuous, rhythmic exercise involving the body's major muscle groups

**Pattern** – one continuous exercise session per day or multiple sessions of  $\geq 10$  minutes to accumulate the desired duration

**Progression** – intensity, duration and frequency progressed gradually until desired goal is attained

## TABLE 2 - Flexibility Exercise Recommendations

**Frequency** – major muscle groups:  $\geq 2$ -3 days per week of stretching; greater gains will be made if performed daily

**Intensity** – you should experience mild to moderate discomfort or a feeling of tightness in the muscle

**Time** – 30 – 60 seconds of static stretching holds for older adults and 10 – 30 seconds for most adults

**PNF Stretching** – 3 – 6 seconds of muscle contraction at 20% - 75% of maximum intensity, followed by 10 – 30 seconds of assisted stretch

**Pattern** – 2 – 4 repetitions of each stretch

**Volume** – a total of 60 seconds of stretching time per target muscle group for any stretching method utilized



## TABLE 3 - Resistance Exercise Recommendations

**Frequency** – major muscle groups: 2 – 3 days per week with 48-hour rest between sessions for muscle groups

**Intensity (Strength)** – 40% - 50% of one-repetition maximum (1- RM), or very light to light load, for novice older-adult exercisers and novice sedentary adults; 60% - 70% of 1-RM, or moderate to hard load, for novice to intermediate adult exercisers;  $\geq$  80% of 1-RM, or hard to very hard load, for experienced weightlifters

**Intensity (Endurance)** - < 50% of 1 – RM, or light to moderate load

**Intensity (Power)** – 20% - 50% of 1 – RM, or extremely light to light load for older adults

**Repetitions** – 10 – 15 repetitions to improve strength in novice, middle-aged and older-adult exercisers; 8 – 12 repetitions to improve strength and power in most adults; 15 – 20 repetitions to improve muscular endurance in most adults

**Sets** – single-set training for novice and older adults; 2 – 4 sets to improve strength and power in most adults;  $\leq$  2 sets for muscular endurance

**Rest** – 2 – 3 minutes of rest between sets in multiple-set training

## TABLE 4 - Neuromotor Exercise Recommendations

**Frequency** -  $\geq$  2 – 3 days per week

**Intensity** – not determined at this time

**Time** -  $\geq$  20 – 30 minutes per day may be needed

**Type** – exercises that improve balance, agility, coordination and gait, particularly for older adults needing to improve/maintain physical function and to prevent falls

**Volume** – optimal volume of repetitions and sets not yet known