

Starting an Exercise Program

Regular exercise is a part of a healthy lifestyle. Talk to your doctor about what type and how much exercise to do if you:

- Have not been active
- Have any health problems
- Are pregnant
- Are over age 60

The goal is to exercise 4 to 6 days each week. Exercise for 30 to 60 minutes each time. To prevent injury, slowly increase the number of days and the amount of time you spend exercising.

Regular exercise helps to:

- Improve how well your heart and lungs work
- Maintain a healthy weight or help you lose weight
- Improve balance, muscle tone and joint flexibility
- Relieve stress and tension and improve your mood
- Reduce the risk of heart disease, high blood pressure, osteoporosis and diabetes

Getting Started

- **Choose an exercise you like to do.**

Try to vary the type of exercise you do to increase the health benefits and prevent boredom and injury.

Types of Exercise:

- **Aerobic exercises** move large muscles and improve the health of your heart and lungs. Examples include walking, jogging, aerobic classes, bicycling, swimming, tennis and dancing.

Walking is a good choice for beginners. You only need a good pair of athletic shoes. Walking can burn as many calories as jogging without the high impact on your joints. Walking is good for your heart and lungs and helps prevent osteoporosis.

开始运动

坚持运动是健康生活方式的一个组成部分。有下列情况者，请向医生咨询运动的类型和运动量：

- 平时很少运动
- 有健康问题
- 已经怀孕
- 年龄超过 60 岁

理想的情况是每周运动 4 至 6 次，每次 30 至 60 分钟。为了防止受伤，要循序渐进，慢慢增加运动次数和每次运动的时间。

坚持运动有助于：

- 改善心肺功能
- 维持健康的体重或降低体重
- 改善平衡能力、肌肉状况和关节灵活性
- 舒缓压力和紧张情绪，改善心情
- 降低心脏病、高血压、骨质疏松及糖尿病的风险

开始运动

- 选择一项自己喜欢的运动方式。

搭配不同种类的运动方式不仅对健康有好处，还能防止单调乏味和受伤。

运动方式：

- **有氧运动：**运动大肌肉群，改进心肺健康。有氧运动包括散步、慢跑、健美操、骑自行车、游泳、网球和舞蹈。

散步对初始运动者是一个很好的选择，只需要一双好的运动鞋就可以了。散步的卡路里消耗与慢跑一样，但是不会对关节造成很大的冲击。散步对心肺有好处，并有助于防止骨质疏松症。

- **Strength training exercises** strengthen muscles and build strong bones. Using weights, exercise bands, other weight lifting equipment, and doing push-ups and sit-ups are examples of strength training. Talk to your doctor before beginning strength training if you have high blood pressure or other health problems.
- **Flexibility exercises**, also called stretching, increase the length of muscles to improve balance and joint health. Stretching is important before and after exercising and as an exercise itself. Examples include yoga and tai chi.
- **Begin and end an exercise session with 5 minutes of gentle exercise or stretching.**
 - For example, walk 5 minutes before and after jogging. This will help prevent injury.
- **Exercise at a comfortable pace.**

Listen to your body. You are exercising too hard if you:

 - Have pain in your joints, feet, ankles or legs
 - Have problems breathing
 - Feel weak, faint or dizzy during or after exercising

Stop exercising and call your doctor or 911 if you have:

 - Pain or pressure in your chest, left neck, shoulder or arm
 - Sudden dizziness
 - Cold sweat
 - Pallor
 - Fainting

Talk to your doctor or nurse if you have any questions or concerns.

- **力量练习：**可增强肌肉力量，提高骨骼强度。力量练习包括负重、健身带、其他举重设备，俯卧撑和仰卧起坐等。如果有高血压或其他健康问题，开始力量训练前要征求医生的意见。
- **灵活性练习：**也称为伸展，可拉长肌肉，以改进平衡和关节的健康。运动前后作伸展很重要，伸展本身也是一种运动。此类项目包括瑜伽和太极。
- **运动前后要作 5 分钟和缓练习或伸展。**
 - 例如，慢跑开始前和结束后散步 5 分钟，这有助于防止受伤。
- **运动应以舒适速度进行。**

注意身体反应。如果有以下情况，就说明运动过度了：

- 关节、脚、踝或腿疼痛
- 呼吸困难
- 运动过程中或结束后感到虚弱、昏晕或眩晕

如果有以下状况，停止运动，打电话给医生或打急救电话 911：

- 胸部、左颈部、肩或手臂疼痛或有压力
- 突然眩晕
- 出冷汗
- 面色苍白
- 昏晕

如果有任何疑问或担心，请咨询医生或护士。