

DONOR DOLLARS FUND THINGS LIKE:



WAYS TO GIVE:

- Making a donation by phone, mail, or online
- Donating through a gift of stock
- Monthly giving
- Corporate event sponsorship
- Leaving a legacy gift
- Organizing a fundraising event
- Support a Southlake event

FOR MORE INFORMATION:

Southlake Regional Health Centre
Foundation

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Training vs Exercise

What's Needed for Better Health?

DAVID KIERNAN
RKIN

Benefits of Exercise



- Better physical and mental health
- Better posture and balance
- Stronger muscles and bones
- Stress relief and relaxation
- Lessen the symptoms of aging
- Improved quality of life

2 Main Types of Exercise

Aerobic exercise

- The body utilizes oxygen to continue to perform the activity/exercise
- Low-moderate intensity, longer duration
- Primary fuel used is fat

Anaerobic exercise

- Higher intensity, shorter duration
- Primary fuel used is carbohydrate



Benefits of Aerobic Exercise



- Weight Control
- Maintain/Increase Stamina, Fitness, Strength
- Reduce Health Risks of Chronic Conditions
- Improve Immune System Function
- Improve Mental Health
- Maintain Independence

Benefits of Anaerobic Exercise

- Strengthens Bones
- Maintains/Builds Muscle
- Increases VO2
- Increases Lactate Threshold



Examples of Both Types of Exercise

Aerobic Exercise

- Walking
- Swimming
- Cycling
- Dancing

Anaerobic Exercise

- Resistance Training
- High Intensity Intervals (HIIT)
- Plyometrics
- Sprinting



Tabata Intervals - HIIT



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Developed by Japanese Speed Skating coach/trainer for Olympic Team

- 5-10 minute warm-up
- 20 seconds hard – 10 seconds easy
- 8 x through then 10 sec rest before new exercise
- Repeat for total of 20:00
- 5-10 minute cool-down

Easy – right?!

Plyometrics

- Usually performed on a day with other High Intensity exercise
- Involves explosive-type movements to 'teach' muscles to fire rapidly
- Valuable for athletes looking for a performance edge



The Million Dollar Question...



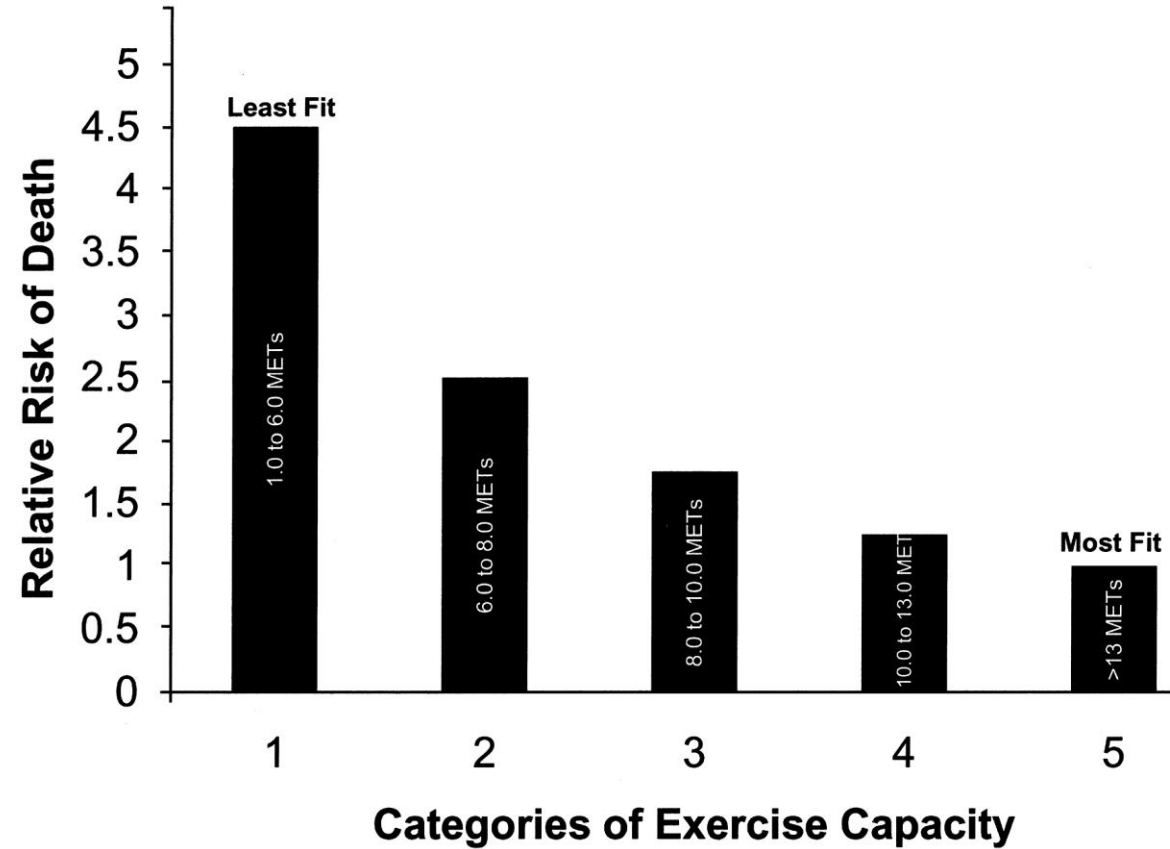
Doing all that high Intensity training will make me more fit, right?

BUT

Does it make me live longer?

A study looked at answering that question...

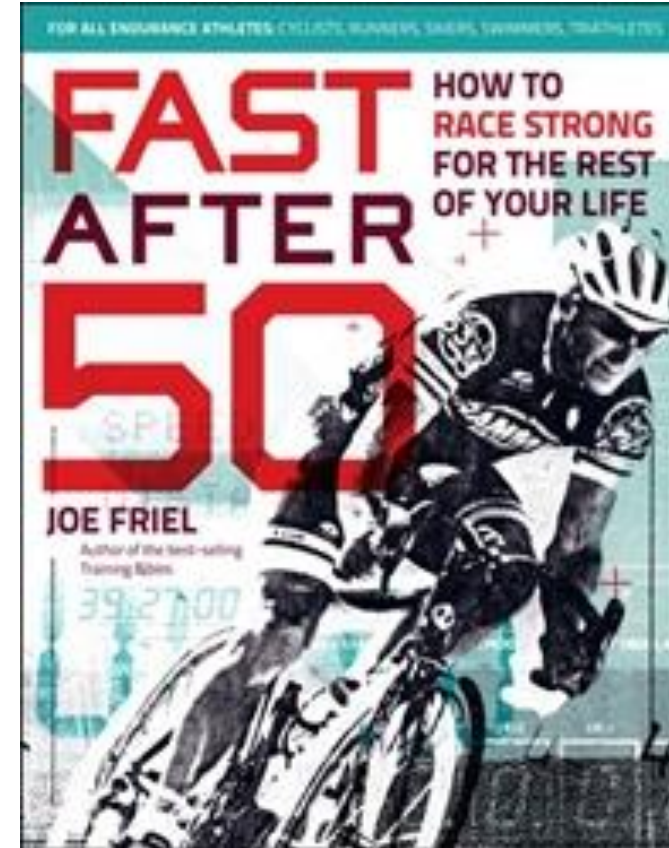
Harvard Alumni Study



What if I DO want to still train?

Make adjustments:

- Less volume
- More recovery days
- Metered intensity
- Listen closely to your body



So what is needed to be healthy?



A well-balanced exercise program that includes the following will give you all the health benefits we spoke of previously...

Aerobic exercise for health



- Moderate (walking) to vigorous (jogging) activity for at least 150 minutes BUT no more than 300 minutes
- Heart rate should be elevated and a light sweat happening but you should not be overly breathless

Anaerobic Exercise – Resistance Training

- 8-10 exercises that work all the major muscle groups
- 1-2 sets of 10-15 reps
- 2x/week
- Do not need to lift to point of muscle failure



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Balance & Stretching Exercises



- Exercises and/or movements that work your joints in a full range of motion to maintain flexibility
- Activities that help maintain balance

Maximize Active Living!

- Minimize screen time - <3hrs/day
- Walk or cycle short distances
- Stand and walk for 5 minutes every 30 minutes if seated for prolonged periods



Questions??



- Southlake Regional Health Centre
- The Beat Goes On
- David Kiernan

Thanks!

