

Physical Regeneration and Strength Upgrade - HANDOUT

Types of Physical Activities and Benefits

Increased physical activity and exercise behaviors before and after surgery can improve brain health, help with weight management, reduce disease, strengthen the bones and muscles, and improve your ability to do everyday activities.

Moderate Activity and Examples

Moderate intensity can be described as little to no sweating, slightly elevated heart rate/breathing, but still able to carry on a conversation.

Leisure Time Activities	Walking at a brisk pace Leisurely bicycle ride Hiking
Sports	Golfing Playing Frisbee Softball Yoga Swimming
Home Activities	Actively playing (running/walking) with children Dancing Gardening Moderate housework Mowing the lawn Washing the car by hand Video games that encourage movement Online access to Fitness programs (+vigorous)

Vigorous Activity

Vigorous intensity can be described as sweating, heavy breathing, definite raise in heart rate, and unlike moderate intensity, verbal communication becomes difficult.

Leisure Time Activities	Bicycling fast or uphill Circuit training Jogging/Running Jumping Rope
Sports	Basketball Football Soccer Tennis (singles)
Home Activities	Carrying heavy objects upstairs Heavy snow shoveling/digging Moving furniture



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Muscle Strengthening/Toning

Muscle strengthening activities increase the strength and the endurance of your muscles. Muscle-strengthening should be done **two or more days a week**. This type of activity can be done at home with little or no equipment if equipment is not available. Activities should work all the major muscle groups of your body—legs, hips, back, chest, abdomen, shoulders, and arms.

To gain health benefits, you need to do muscle-strengthening activities to the point where it is hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity, which counts as 1 set. Try to do at least 1 set of muscle-strengthening activities. To gain even more benefits, do 2 or 3 sets.

There are many ways to strengthen your muscles, whether it is at home or the gym.

Lifting weights
Push-ups
Working with resistance bands
Doing exercises that use your body weight for resistance (e.g., push-ups, sit-ups)
Heavy gardening (e.g., digging, shoveling)
Some forms of yoga

Bone Strengthening (under 17 years old)

These activities are specifically recommended for children (under 17 years old) and are activities that create impact with the ground. These activities strengthen the developing bones.

Activities that create impact with the ground

Running
Jumping Rope
Basketball
Volleyball
Hopscotch
Gymnastics

References:

CDC (2020), Benefits of Physical Activity

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

CDC (2020), Physical Activity Recommendations for Different Age Groups

<https://www.cdc.gov/physicalactivity/basics/age-chart.html>

Kansas State University – Dept of Kinesiology (2020), Public Health – Forms of Physical Activity,

<https://www.hhs.k-state.edu/kines/kineseducation/paforms.html>

