

How to Exercise

(Without Exercising)

By Geoff Fong, PT



About Me

- Family!
- Hobbies!
- Work!



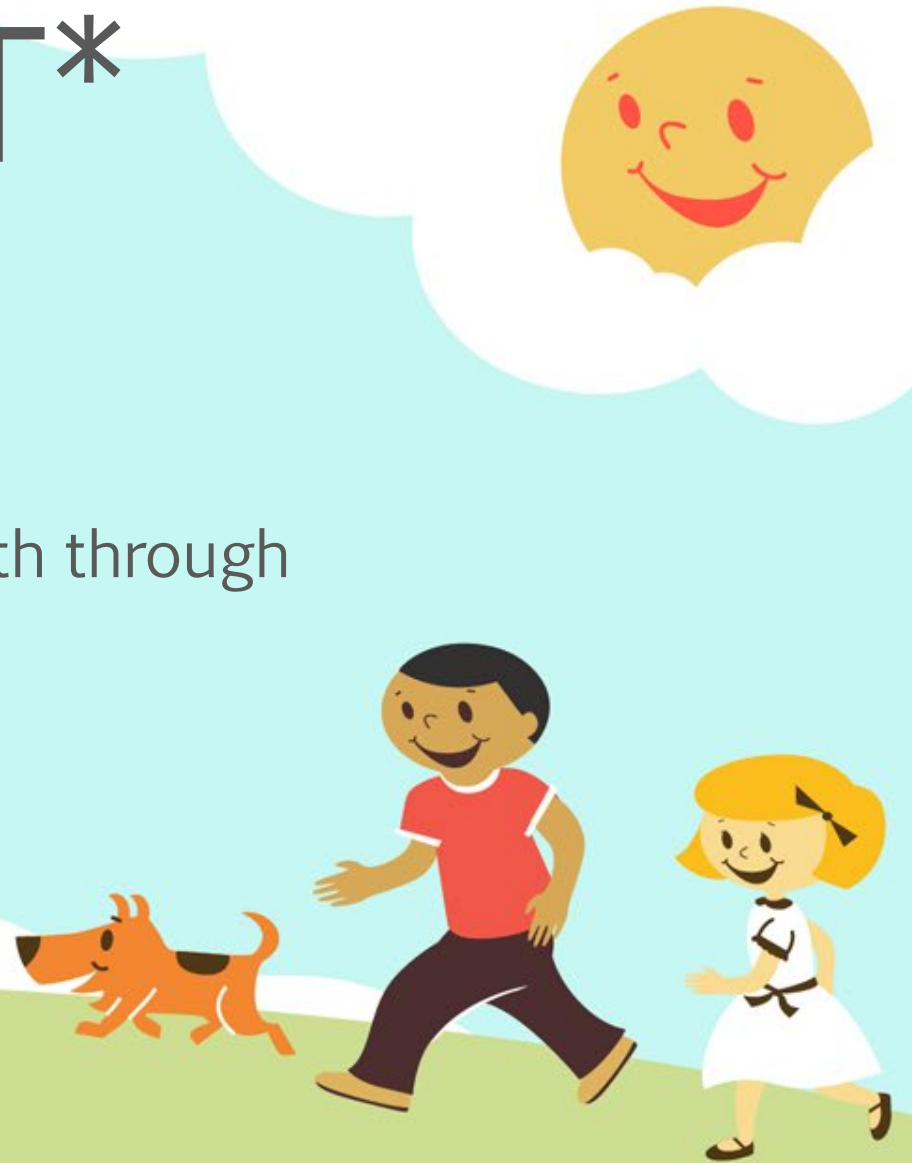
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SPOILER ALERT

Objectives

- Dispel 3 common myths about exercise
- Simplify the approach to improving health through daily, functional activity
- Catalyze change for healthier lifestyles



Disclaimer

- Material in this presentation is not intended to be:
 - Recommendations on what activities or exercises you should do
 - A contradiction to any existing medical considerations you may have



My Exercise Background



What is exercise?

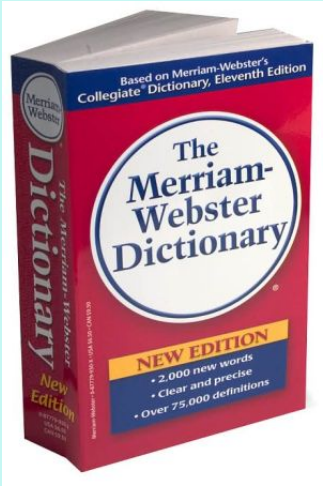


What is exercise?

noun;

Bodily exertion for the sake of developing and maintaining physical fitness

(Merriam-Webster)



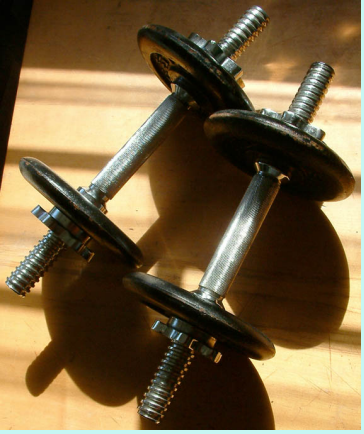
What is exercise?



What is exercise?



What is exercise?



- \$100B industry (Business Insider, 2019)
- 3 - 4% annual growth for the past 10 years
- 1 in 5 American adults have a fitness club membership
 - “a number that...could easily double in the next 10 – 15 years” (Forbes, 2018)



Recommendations

- 150-300 minutes of moderate-intensity aerobic activity or 75+ minutes of vigorous aerobic activity per week
- Resistance work or weight lifting at least 2x/week

(American Heart Association)



Exercise is Medicine ®



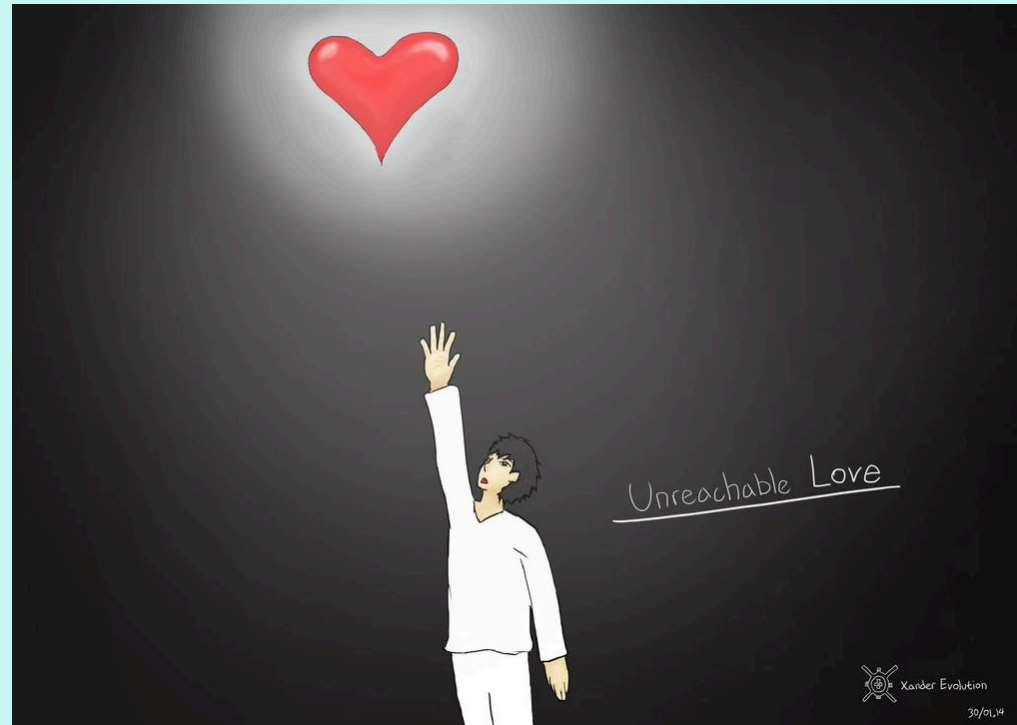
Exercise is Medicine ®



Exercise is Medicine ®



Exercise is Medicine ®



Myth #1

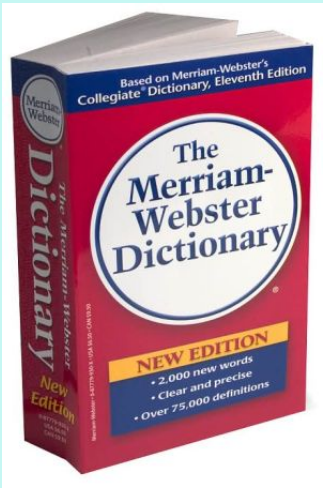
- You must do aerobics and lift weights to get the benefits of exercise.



What is exercise?

verb;

The act of bringing into play or realizing in action
(Merriam-Webster)



What is exercise?

- Bodily exertion for the sake of developing and maintaining physical fitness



- The act of bringing into play or realizing in action



What is exercise?

- Play or action resulting in the development or maintenance of physical fitness



Myth #2

- Exercise to improve fitness must be done in addition to normal, daily activities.



Is it exercise?



Is it exercise?



Is it exercise?



Is it exercise?



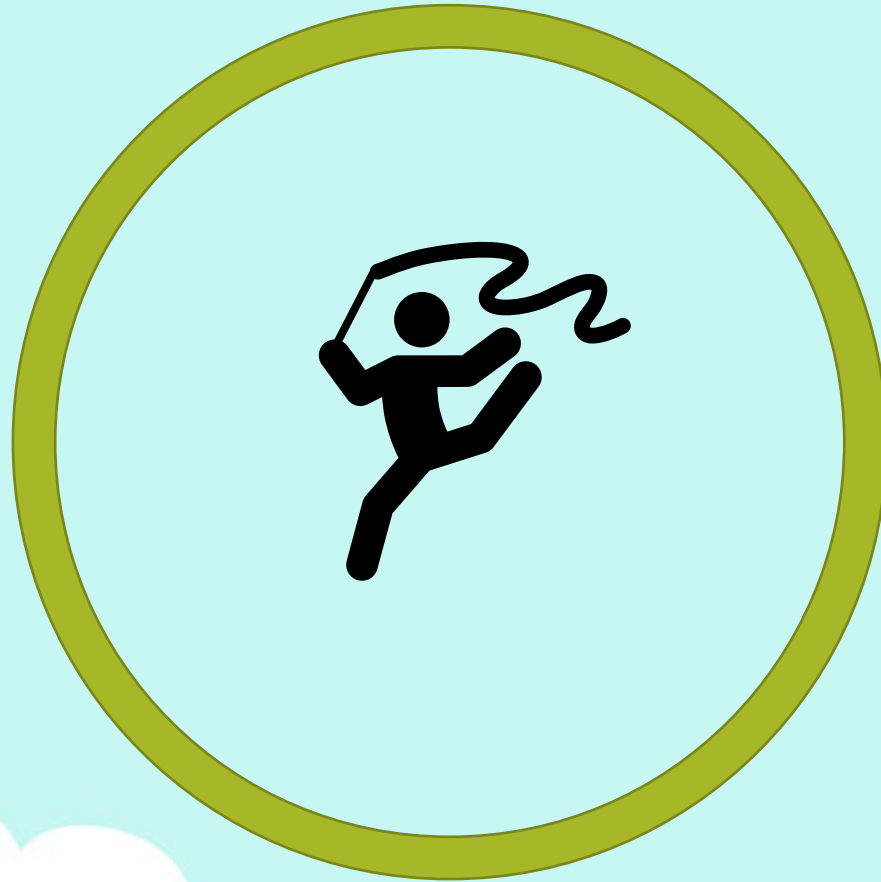
Is it exercise?



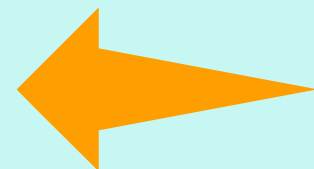
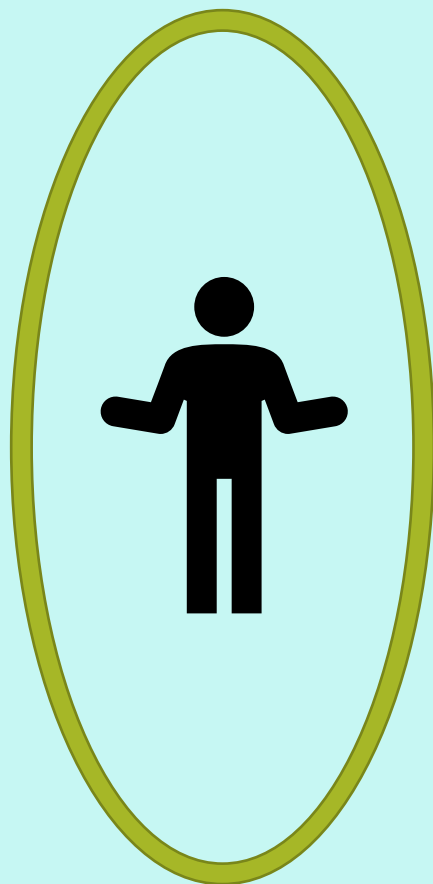
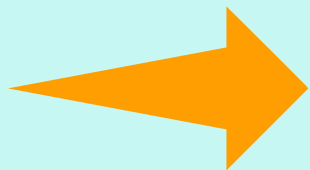
Is it exercise?



The Envelope of Function



Poor Health



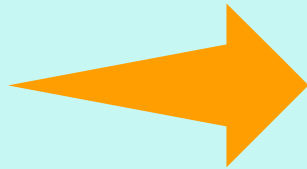
Sedentary Lifestyle



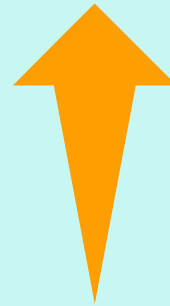
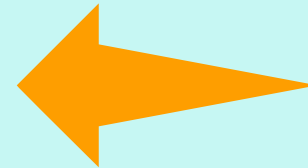
Accelerated Aging



Poor Health



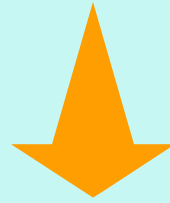
Sedentary Lifestyle



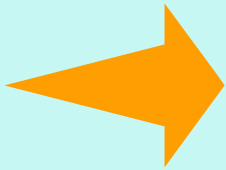
Acquired Disability



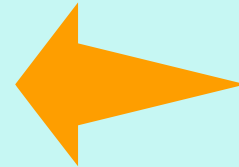
Accelerated Aging



Poor Health



Sedentary Lifestyle



Acquired Disability



“If you use, you cannot lose!”



The 5 Pillars of Mobility

- Range of Motion
- Balance
- Strength
- Power
- Endurance



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening					



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening	✓	✓	✓	✓	✓



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening	✓	✓	✓	✓	✓
Brisk Walk & Talk					



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening	✓	✓	✓	✓	✓
Brisk Walk & Talk	✓	✓	✓		✓



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening	✓	✓	✓	✓	✓
Brisk Walk & Talk	✓	✓	✓		✓
Sex					



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening	✓	✓	✓	✓	✓
Brisk Walk & Talk	✓	✓	✓		✓
Sex	✓	✓	✓	✓	✓



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening	✓	✓	✓	✓	✓
Brisk Walk & Talk	✓	✓	✓		✓
Sex	✓	✓	✓	✓	✓
Stationary Bike					



Activities and The 5 Pillars

	Range of Motion	Balance	Strength	Power	Endurance
Gardening	✓	✓	✓	✓	✓
Brisk Walk & Talk	✓	✓	✓		✓
Sex	✓	✓	✓	✓	✓
Stationary Bike	✓		✓		✓



Myth #3

- Fitness gains & health benefits require more effort to achieve the better you get.



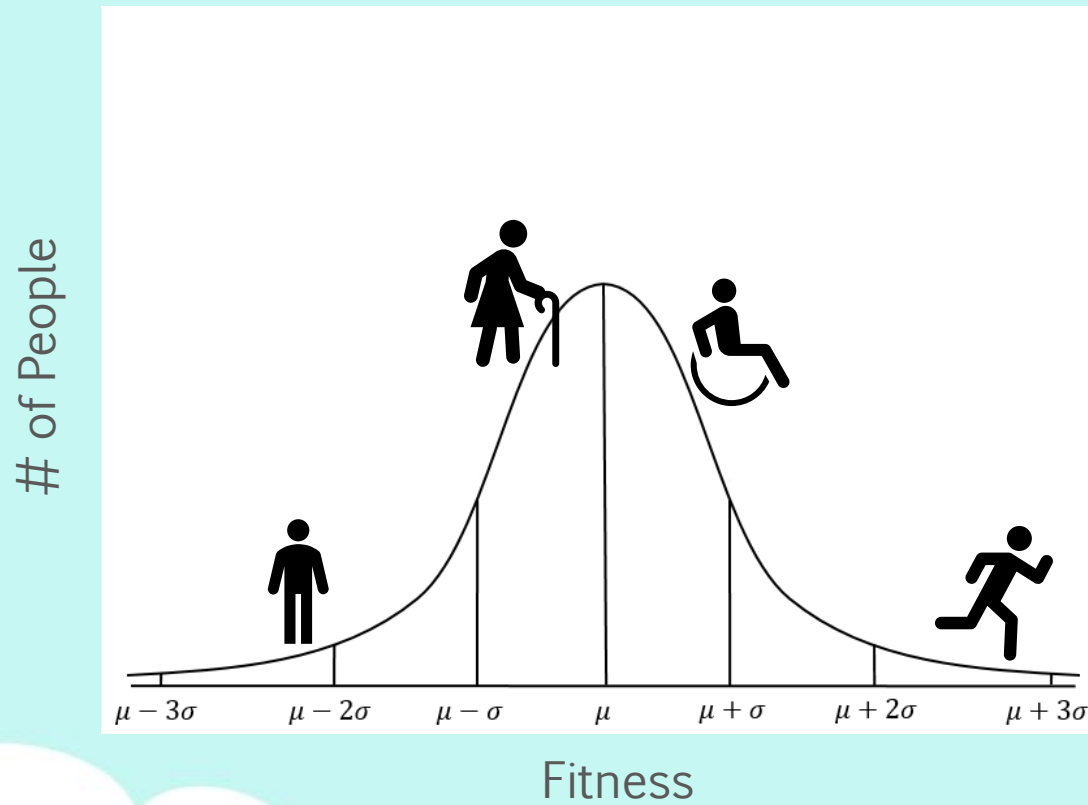
What takes more effort?



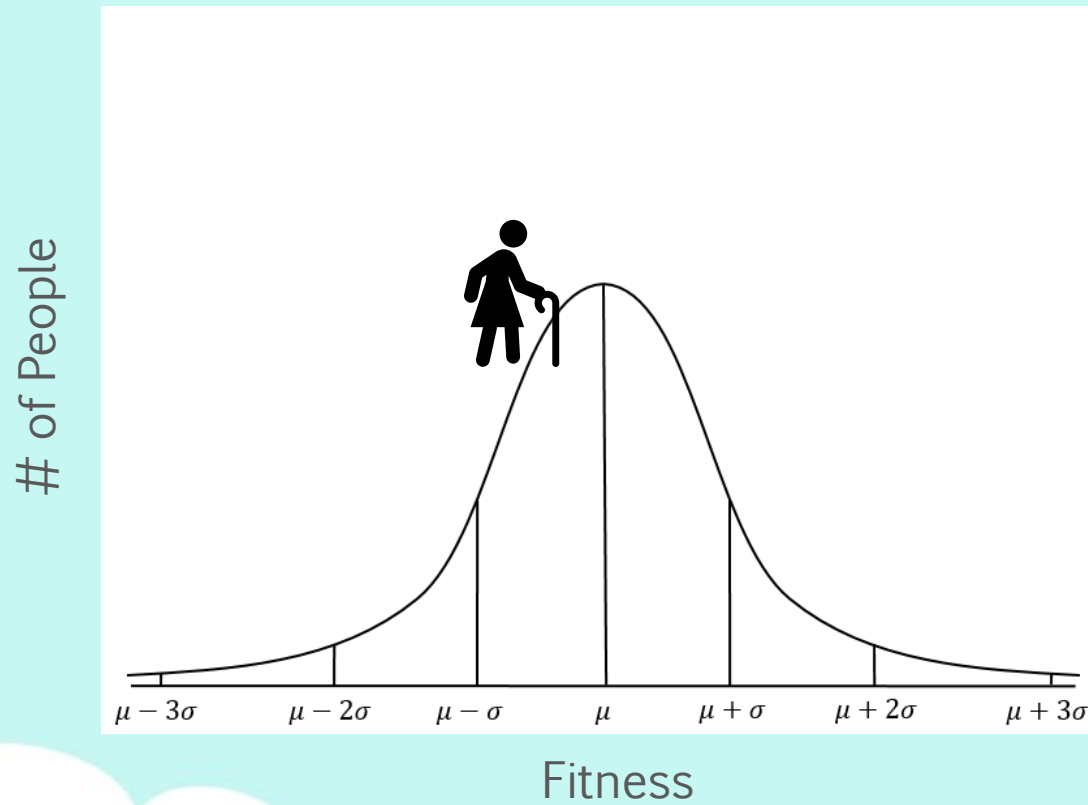
VS



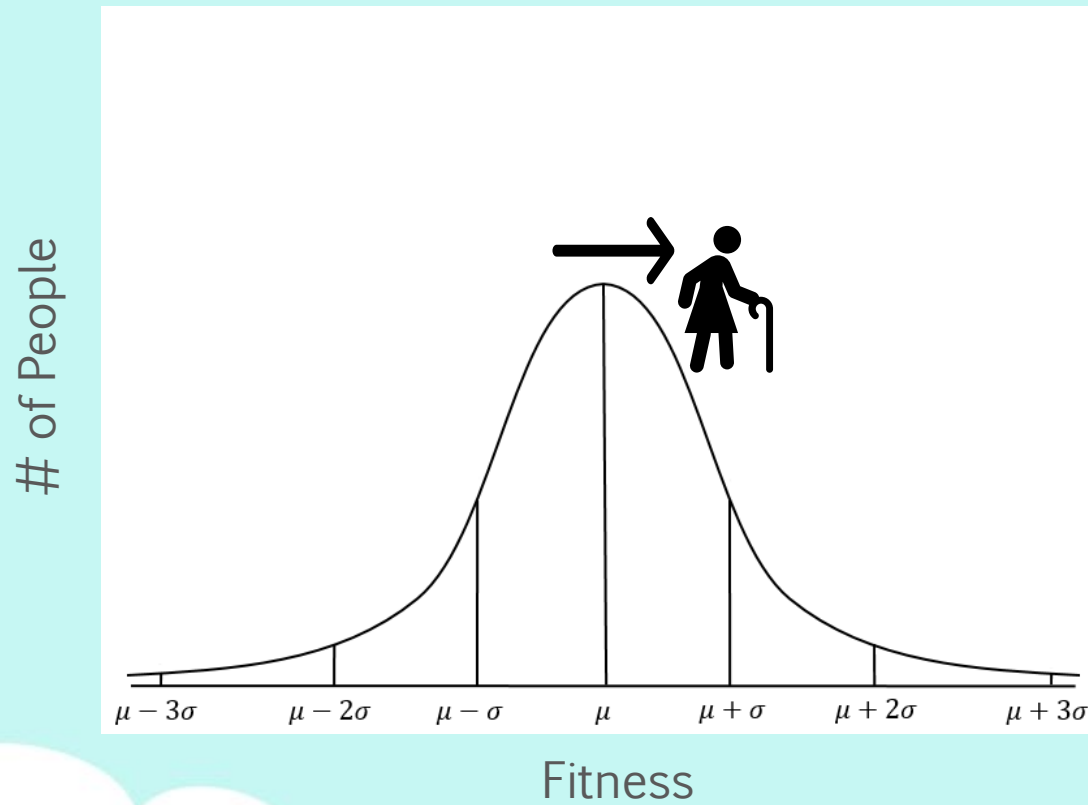
Fitness Continuum



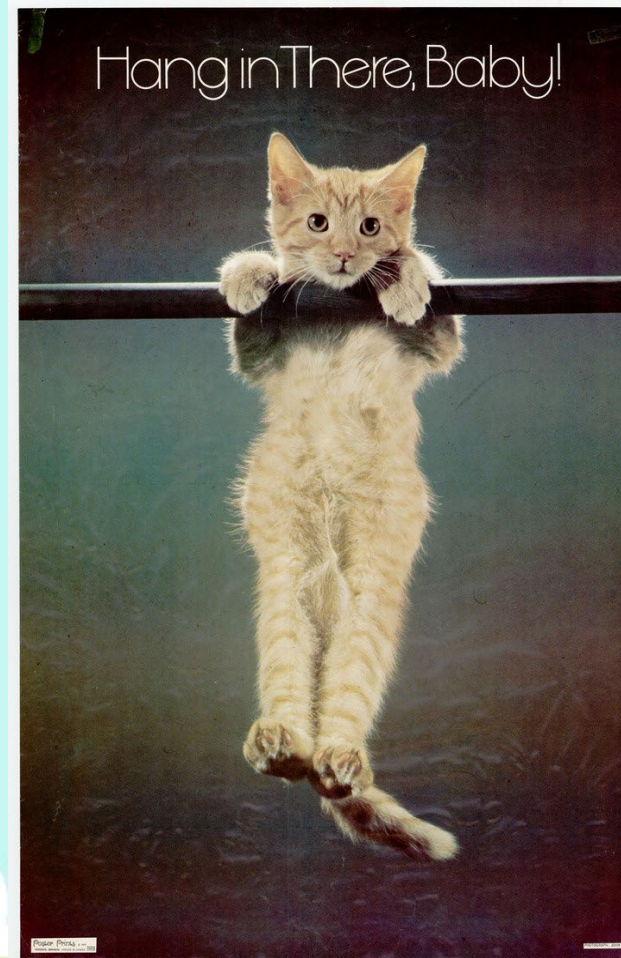
Fitness Continuum



Fitness Continuum



How to Improve



How to Improve

Be Active



Actively Recover



What do you enjoy?



- Write down 3 activities you enjoy
 - Being outdoors?
 - Laughing with friends?
 - Working/focusing on a challenge?



How to exercise without exercising

- Call 2 friends this week and invite them to share an activity that you enjoy
- Plan ahead and make that a weekly/monthly practice
- Ask friends what additional activities to do together within the next 4 weeks



Call to Action!





What about medical considerations?

- Seek guidelines/safe parameters from your doctor





What about medical considerations?

- Seek guidelines/safe parameters from your doctor
- Consider how I can help through:
 - Individualized wellness and therapy services that keep you fit, mobile, and independent

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Summary

- Health benefits and fitness can be side effects of living an active lifestyle
- Preserving the Envelope of Function by maintaining mobility is critical to present and future health
- Being consistent with active habits ensures sustainable success for the long term



Thank you!



References

- All photos contained in this presentation were sourced from search results within PowerPoint's creative commons media
- Business Insider. <https://www.businessinsider.com/fitness-has-exploded-into-a-nearly-100-billion-global-industry-2019-9>
- Forbes.
<https://www.forbes.com/sites/benmidgley/2018/09/26/the-six-reasons-the-fitness-industry-is-booming/#4a8f8c85506d>
- American Heart Association. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

