

Cardio Conditioning: How Much, How Often & How To Make Changes That Could Save Your Life

By Christina Vink, ATC

“...by modifying the intensity and duration of your cardio workout, you can actually help reduce high blood pressure, decrease conversion to frank diabetes, or finally decrease that excess “central abdominal” weight that is associated with a higher risk for cancer, stroke, and heart disease.”

Most of us have heard by now that we should be doing at least 30 minutes per day of moderate intensity cardio training five or more days a week, for a total of 150 minutes or more per week (ACSM Guidelines). What does this really mean though? Did you know that by modifying the intensity and duration of your cardio workout, you can actually help reduce high blood pressure, decrease conversion to frank diabetes, or finally decrease that excess “central abdominal” weight that is associated with a higher risk for cancer, stroke, heart disease, etc.

Sedentary? Something is better than nothing when you are getting started! Several studies have shown that there can be significant reductions in cardiovascular disease and premature death with levels of exercise that are below the recommended levels. So, starting with only half of the recommendations will still yield positive changes.

Already an exerciser? While being a routine exerciser is great, your body can also adapt to your routine and you may not be benefiting from all that time you are putting into your cardio workout. Depending on what you (or your physicians) are trying to achieve; adjusting the variables of your cardiovascular workout can help make huge life changes. You can begin to see a reduction in high blood pressure, reversing/managing diabetes, or decreasing abdominal weight/waist circumference often within only a few months if your exercise prescription is right.



Research tells us, for example, that continuous moderate intensity training is good for decreasing body fat, improving resting heart rate and decreasing cholesterol levels. But interval training is better for decreasing “stubborn” central abdominal weight, improving insulin uptake to manage/reverse diabetes, and improve oxygen consumption to keep our heart and skeletal muscles strong.

Cardiorespiratory training is not a one size fits all approach. Whether you are working on your own, with an outside trainer or with a team at BDI, your cardio training should match your desired outcomes. Keep in mind that with continuous moderate training, the goal is to

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increase the volume of your exercise while with interval training, the goal is to increase and vary the intensity.

Still curious about how specificity of exercise can change outcomes? Consider Client A, a pre-diabetic patient in his mid-50's who lost weight with continuous moderate exercise, but was not able to reduce his diabetic blood markers until he began high intensity interval training with one of our BDI trainers. Or Client B, who is a routine exerciser with excess central abdominal weight that refused to budge despite 60+ minutes of continuous moderate training 5 days per week. Client B was able to decrease her waist circumference (a significant predictor of risk for disease), when she decreased the number of minutes, but converted to interval training.

It's not always easy to know what you can be doing more efficiently and more effectively to manage your health. BDI can help you develop an individualized exercise prescription that is specific to **your** needs.

Come on in and our medical fitness specialists will be happy to assess your needs, analyze your workout, and prescribe the appropriate intensity and dose for you.

WINTER WEATHER

In case of inclement weather, every effort will be made to contact scheduled clients about office closings.

Be sure to check our website (www.bodydynamicsinc.com), Facebook, Twitter and office voice mail at (703) 527-9557 for any changes in hours and updates.

Why Does Your Hip Snap, Crack & Pop? Is That Okay?

Join local dance medicine experts for a Symposium on taking care of your dancer hips, with **Body Dynamics, Inc** and **Dr. Derek Ochiai**. Topics to be discussed:

- Anatomy of A Dancer's Hip
- The Pathways to Hip Injuries In Dancers
- Medical Management of Hip Injuries
- Movement Session*: Warming-Up Your Hips To Prepare For Dance
- Movement Session*: Restoring Hip Health After You Dance

* Please wear comfortable clothing so that you can participate in the movement sessions

When: Saturday, Feb 25th, 2:00PM – 5:00PM

Where: Ballet Nova Center for Dance, 3433 Carlin Springs Road, Falls Church, VA

Tuition: \$15.00. Registration is required and can be completed online at www.bodydynamicsinc.com.

Audience: All dancers 15 years of age and older

Dr. Derek Ochiai, of Nirschl Orthopaedic Center, is a frequent associate Master Instructor at the Orthopaedic Learning Center in Hip Arthroscopy, a member of the International Society for Hip Arthroscopy (ISHA), medical advisor to Inside Lacrosse Magazine and a principle of The Washington Ballet Medical Alliance.

Body Dynamics, Inc directs the Health and Wellness Program at The Washington Ballet; formerly directed the PT and Conditioning Program at the Kirov Academy; and are frequent contributors to the International Association for Dance Medicine and Science, the Dance USA Taskforce on Dancer's Health, and "The Principals of Dance Medicine" education track presented by the Harkness Center for Dance Injuries.