

**ab4. Optimal Exercise**

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There are four basic kinds of exercises.

- Strength exercises
- Stretch exercises                      Low force, long length of time
- Endurance exercises
- Aerobic exercises

Optimal exercises should encompass all of these. Some newer research shows that you can get benefits even from mild exercise if it is regular. Regular means three or four times a week. Working at your own pace is important. A fitness club may be a good start if you need motivation. Walking can be very good and it is free. Learn to measure your pulse and assess your breathing rate to judge the intensity of your exercise. The important thing is to get started. Once you get started, you will naturally branch out into more involved exercise routines.

When you go walking start out slowly and work up to a brisk walk. Keep the 10% rule in mind. Don't walk longer than 10% of what you did the last time out and don't work more than 10% of the intensity. That is to say, don't shorten the time by speeding up more than 10%. Stay at one level for a full week before you add another 10%.

If you are not working up a mild sweat then you are probably not exercising strenuously enough. Make sure your doctor okays your workouts.

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