Health Promotion Program: SHIP FIT

Exercise Is Medicine

- Active older athlete’s average at least 20% less body fat than nonathletic peers.
- Physical inactivity contributes to 300,000 preventable deaths a year in the United States.
- Even a 5 – 10% reduction in body weight can have significant health benefits!
- Higher success rate shown when weight loss is gradual and steady: healthy weight loss is 1-2 pounds per week, or a 500 – 1,000 calorie deficit a day.
- How much physical activity do adults need?
  - 150 minutes of moderate-intensity aerobic activity per week
  - OR 75 minutes of vigorous-intensity aerobic activity per week
  - OR an equivalent combination of the two
  - AND muscle strengthening exercises on 2 or more days per week
  - And balance exercises 3 days per week if at risk for falling

Breaking up the time into 10-minute segments is ok!

Try It!

10-minute cardio workout:
- 10 squats
- 20 plank to push ups*
- 30 jumping jacks
- 40 mountain climbers**
- 30 jumping jacks
- 20 plank to push ups
- 10 squats

10-minute full body strength workout:
- 2 minute wall sit
- 1 minute dips***
- 1 minute plank
- 2 minute lunges
- 1 minute push ups
- 2 minute squat to overhead press****
- 1 minute sit-ups

Exercise Descriptions:

*Plank to pushup: Start in a plank position. Place one hand on the floor at a time to lift up into a pushup position, then complete a push up, keeping your core tight and back flat. Move one arm at a time back into a plank position with your forearms on the ground.

**Mountain Climbers: Start in a push-up position. Bringing one foot forward, directly under your chest, while straightening the other leg. Keep your core tight and your hands planted on the floor. Continue to alternate legs.

***Bench Dips: Hold onto a bench (while looking away from it) with arms fully extended, separated shoulder-width apart. With your legs extended forward, slowly bend at the elbows to lower your body down. Use your triceps to bring your torso up again, lifting yourself back to the starting position.

****Squat to overhead press: Standing with your feet hip – width apart and holding a dumb bell in the middle of your chest, slowly lower down into a squat position as you lift the dumb bell overhead until your arms are fully extended. Return to standing position and repeat.

Contact your Health Promotions Coordinator Leighanne Gerstbrein for questions about this exercise program or for information about Health Promotion Services at MSC.
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