

How Much Should I Exercise?

Do I exercise too much?

- Do you feel guilty if a day goes by when you don't exercise?
- Do you feel depressed if you are unable to exercise?
- Do you feel tired, yet have trouble sleeping?
- Do you have injuries that don't seem to heal?
- Are you reluctant to take time off to let injuries heal?
- Are you putting exercise first, in front of social life, family life, or work?
- Do you feel compelled to work out even though you are tired?
- Do you increase or decrease your exercise based on what you have eaten?
- Do you have insomnia, undesired weight loss, fatigue, irritability, loss of menstruation, chronic injuries, or stress fractures?

Do I exercise too little?

- Do you find other things to do with your time so you don't have to exercise?
- Do you procrastinate a workout or the start of a new exercise program?
- Do you often skip a workout that you previously scheduled for yourself?
- Do you have trouble concentrating or falling asleep at night?
- Do you feel tired throughout the day?

I exercise the correct amount for me

- I can concentrate well and fall asleep easily.
- I don't have unwanted weight loss, irritability, or chronic injuries.
- I am okay when I don't exercise and it's easy for me to get back to my routine.
- I let my injuries heal when they need to.
- I know what my priorities are in life and a healthy body is one of them.
- My diet is consistent and doesn't change with the amount I exercise.
- I look forward to exercising when I can.
- I have energy to last throughout my workout and throughout the day.

American College of Sports Medicine Guidelines for Exercise

- **Frequency** - 3-5 days a week
 - **Intensity** - 50%-85% of estimated maximum heart rate
 - **Duration** - 20-60 minutes of aerobic exercise
 - **Resistance** - Moderate Intensity, 1 Set, 8-15 reps, > 2 non-consecutive days a week
- The best exercise is exercise that you enjoy and will do regularly. Find something that is fun whether it is running, playing basketball, swimming, or dancing. The most important thing is to stay active!**

If you would like to consider **Personal Counseling** please contact:

Annamaria Silveri, PhD (313) 993-1459
Rachel Bennett, LMSW (313) 993-1170

If you would like to make an appointment with the **Health Clinic** please contact:
Olga Parfenov, FNP-BC (313) 993-1185

In case of **Emergency** contact:
UDM Public Safety (313) 993-1123 or 911
or

Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202