

Train (maybe) for the Olympics:
Using government resources to
learn about appropriate exercise



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Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1424733/>

Public Health Reports

"Physical activity," "exercise," and "physical fitness" are terms that describe different concepts. However, they are often confused with one another, and the terms are sometimes used interchangeably.

Physical activity is defined as any bodily movement produced by skeletal muscles that results in energy expenditure.

Physical activity in daily life can be categorized into occupational, sports, conditioning, household, or other activities.

Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness.

<https://medlineplus.gov/benefitsofexercise.html>

What are the health benefits of exercise?

Help your body manage blood sugar and insulin levels

Help you control your weight

Reduce your risk of heart diseases

Reduce your risk of some cancers

Improve your sleep

Improve your sexual health

Increase your chances of living longer

Strengthen your bones and muscles

Help you quit smoking

Help keep your thinking, learning, and judgment skills sharp as you age

Reduce your risk of falls

Make everyday activities more active

Be active with friends and family

Keep track of your progress

Make exercise more fun

Find activities that you can do even when the weather is bad

How can I make exercise a part of my regular routine?





Exercise is an
important part of
preventive health care

Warm-up exercises for 5 to 10 minutes
gently get the blood circulating

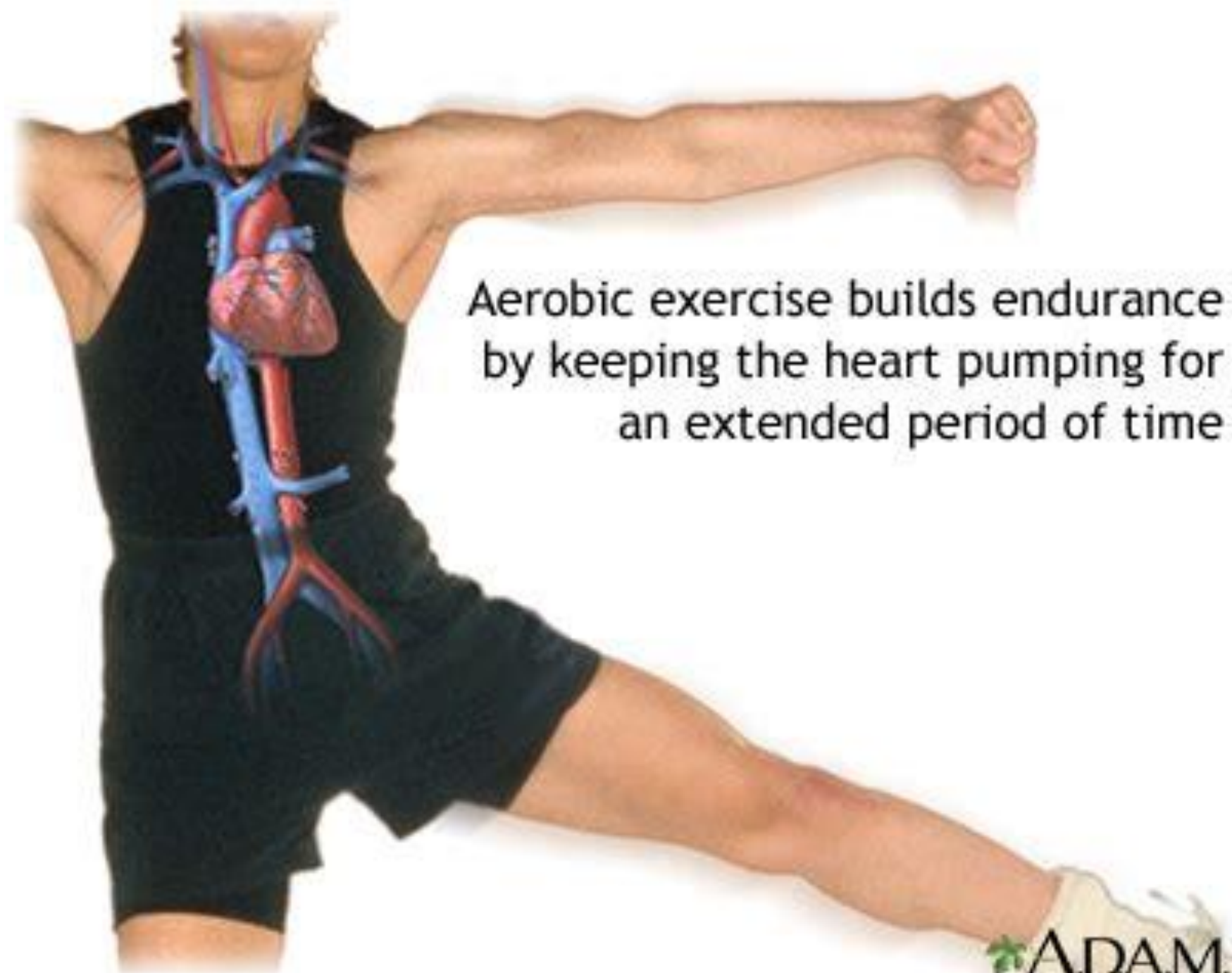


Cool-down exercises slow the heart
rate and stretch warm muscles





30 minutes
of brisk walking
benefits health



Aerobic exercise builds endurance by keeping the heart pumping for an extended period of time



Through exercise, you
have a powerful tool for
improving your health



Exercising 30 minutes a day can help you lose weight which can lower blood pressure



Whether you walk or jog, it is important to exercise at 60-85% of your maximum heart rate if your goal is aerobic fitness



Exercising for
2 hours and
30 minutes a
week is beneficial
to your health.

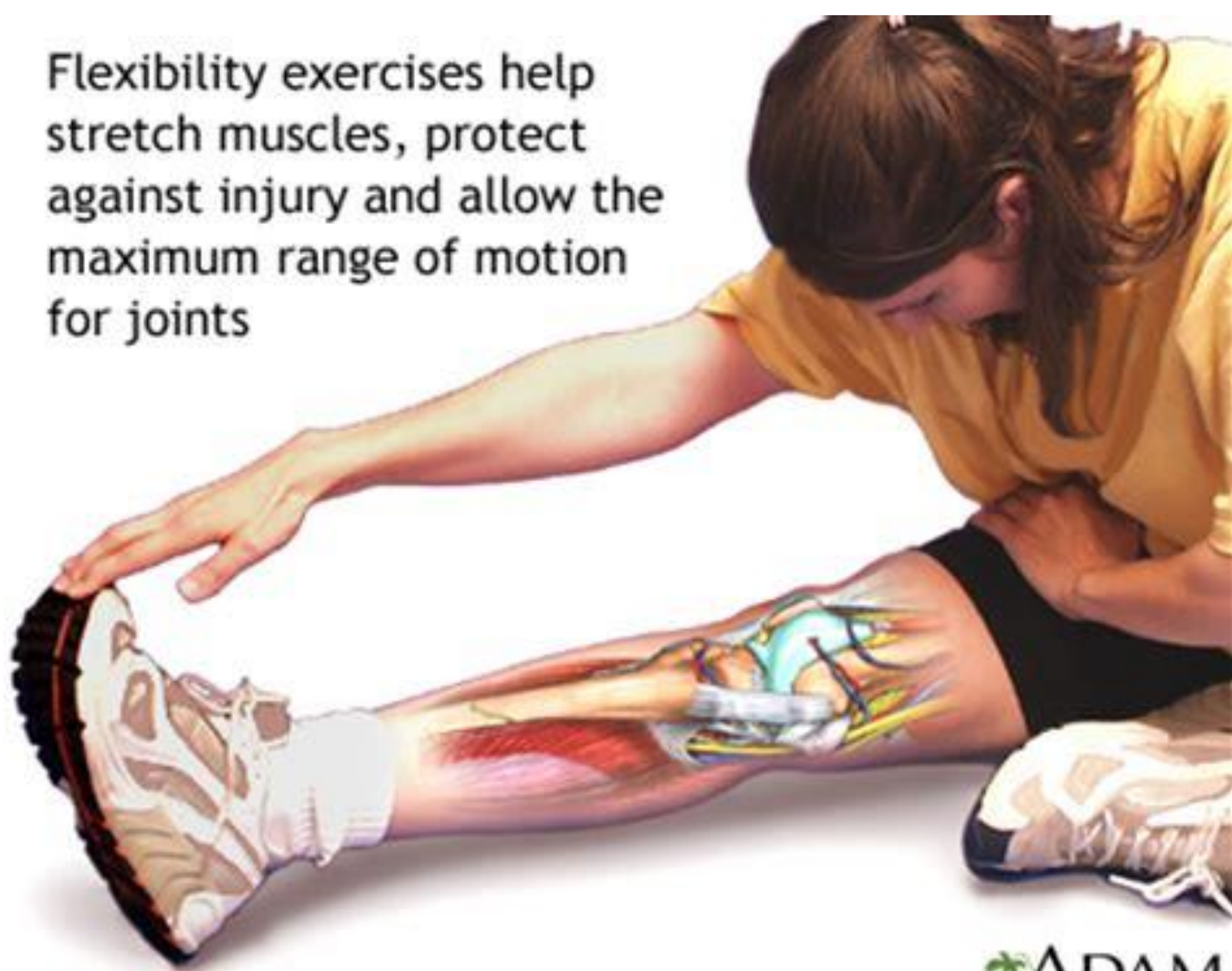


Exercise helps build muscle
and prevent osteoporosis



Resistance training builds strength of muscles, bones, and surrounding soft tissue; burns fat; and may lower cholesterol

Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints





Make exercise fun
by exercising with
a friend



Proper warm-up and cool-down may prevent or reduce the incidence of exercise-induced asthma



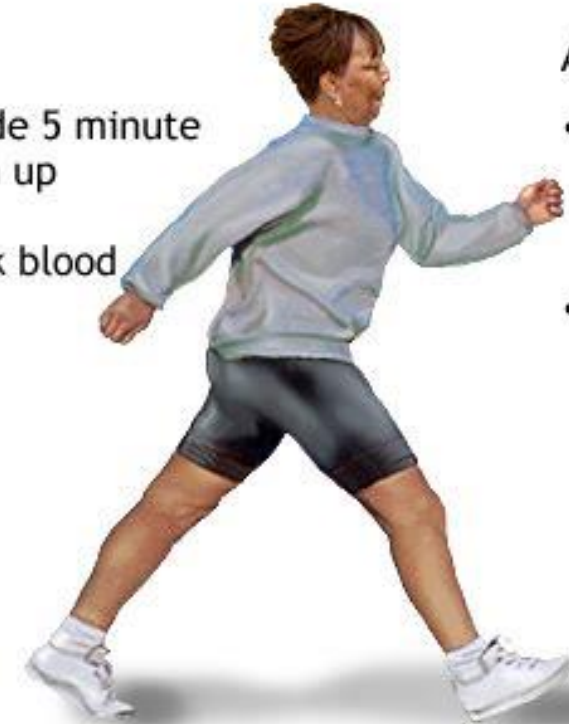
The A.D.A.M. Medical Encyclopedia

medlineplus.gov/encyclopedia.html



Before

- Include 5 minute warm up
- Check blood sugar



After

- Include 5 minute cool down
- Check blood sugar

 ADAM.

Above Images taken from the A. D. A. M. Medical Encyclopedia

Información de Ejercicio en Español

Ejercicios de resistencia, fortalecimiento, equilibrio y flexibilidad.





La práctica regular del ejercicio tiene un efecto positivo sobre la salud general de la gente con enfermedades o condiciones crónicas y puede disminuir la gravedad de los trastornos emocionales al brindar a quien los practica una mayor sensación de control



A través del ejercicio,
la persona tiene una
poderosa herramienta
para mejorar su salud

 ADAM.



El ejercicio aeróbico aumenta la resistencia, ya que mantiene al corazón bombeando por un período extenso



El entrenamiento de resistencia aumenta la fortaleza de músculos, huesos y tejidos blandos circundantes, al igual que quema la calorías y puede reducir el colesterol

Antes

- Incluye 5 minutos de calentamiento
- Verificar el azúcar en la sangre



Después

- Incluye 5 minutos de enfriamiento
- Verificar el azúcar en la sangre



Hacer ejercicio durante 2 horas y 30 minutos a la semana es beneficioso para su salud.



El ejercicio
10 minutos
a la vez,
3 veces al día,
5 días a la semana,
puede ayudar a
disminuir
presión arterial



Caminar ligero
por 30 minutos es
bueno para la salud



Sea que uno camine o trote,
si la meta es el desempeño
atlético y la buena forma,
es mejor hacer ejercicio
al 60-85% de su máximo
ritmo cardíaco si
su objetivo es la
aptitud aeróbica



Se recomienda hacer del ejercicio una actividad agradable, realizándolo con un amigo



El ejercicio puede ayudar a que las personas de edad se sientan mejor y disfruten más de la vida



Con calentamiento
y enfriamiento
adecuados se puede
prevenir o reducir
la incidencia del
asma inducida
por el ejercicio



¿Cuáles son los beneficios para la salud del ejercicio?

Controlar su peso

Controlar los niveles de azúcar en la sangre y de insulina de su cuerpo

Aumentar sus posibilidades de vivir más tiempo

Reducir el riesgo de caídas

Mejorar su salud mental y su estado de ánimo

Reducir el riesgo de enfermedades del corazón

Dejar de fumar

Mantener sus habilidades de pensamiento, aprendizaje y juicio a medida que envejece

Fortalecer sus huesos y músculos

Reducir el riesgo de algunos tipos de cáncer

Dormir mejor

Mejorar su salud sexual

¿Cómo puedo hacer que el ejercicio sea parte de mi rutina regular?

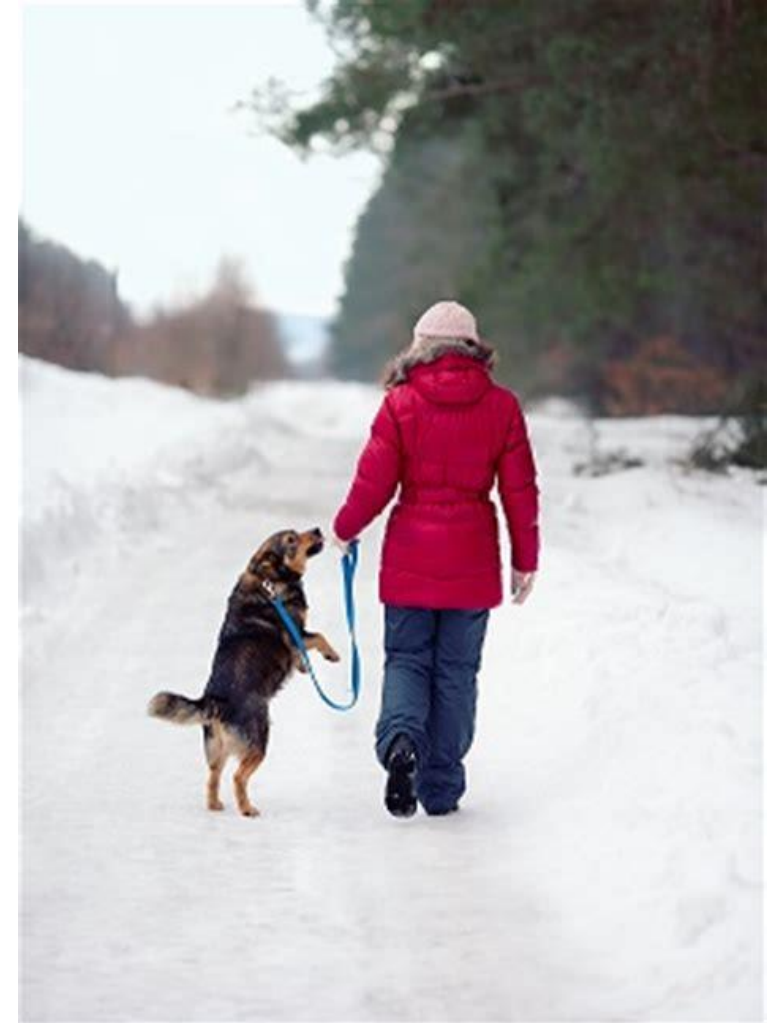
Haga más intensas sus actividades diarias

Estar activo con amigos y familiares

Entretenerse con el ejercicio

Mantenga un registro de su progreso

Encuentre actividades que puede hacer incluso con mal clima



https://medlineplus.gov/languages/benefitsofexercise.html



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Other topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W XYZ [List of All Topics](#)

Benefits of Exercise - Multiple Languages

[Amharic \(Amariñña / አማርኛ\)](#) [Hakha Chin \(Laiholh\)](#) [Portuguese \(português\)](#)

[Arabic \(العربية\)](#) [Hindi \(हिन्दी\)](#) [Russian \(Русский\)](#)

[Bosnian \(bosanski\)](#) [Japanese \(日本語\)](#) [Somali \(Af-Soomaali\)](#)

[Burmese \(myanma bhasa\)](#) [Karen \(S'gaw Karen\)](#) [Spanish \(español\)](#)

[Chinese, Simplified \(Mandarin dialect\) \(简体中文\)](#) [Kinyarwanda \(Rwanda\)](#) [Sudanese \(Arabic dialect\) \(سودانية عربية\)](#)

[Chinese, Traditional \(Cantonese dialect\) \(繁體中文\)](#) [Korean \(한국어\)](#) [Swahili \(Kiswahili\)](#)

[Dari \(دری\)](#) [Levantine \(Arabic dialect\) \(اللغة الشامية\)](#) [Tagalog \(Wikang Tagalog\)](#)

[Farsi \(فارسی\)](#) [Nepali \(नेपाली\)](#) [Tigrinya \(tigrinñña / ትግርኛ\)](#)

[French \(français\)](#) [Pashto \(پښتو / Paṣṭō\)](#) [Vietnamese \(Tiếng Việt\)](#)

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General Government Sites

<https://www.usa.gov/>



<https://catalog.gpo.gov/>



<https://www.science.gov/>



<https://worldwidescience.org/>

Search terms to try:

- Exercise
- Physical Activity
- Physical Fitness
- Health and Exercise
- Types of Exercise
- Children and exercise
- Aging and exercise

Specific information Sites

<https://medlineplus.gov/>



healthfinder.gov

<https://healthfinder.gov/>



Saving Lives.
Protecting People.™

<https://www.cdc.gov/>

With the CDC site, a search for exercise does not function. The best search term is physical activity.

[PubMed.gov](https://pubmed.ncbi.nlm.nih.gov/)

<https://www.ncbi.nlm.nih.gov/pubmed>

Let's GO Live



All images in this webinar are from usa.gov

A collection of fitness equipment including a water bottle, sneakers, and dumbbells. The water bottle is blue and clear, standing upright. The sneakers are white with colorful accents and are positioned to the right. The dumbbells are green and are lying on the surface in the foreground.

THANKS/GRACIAS

Now, get out there and move your body