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Exercise cleanses and nourishes the
soul

HIPPOCRATES (460 – 370 B.C.)

• BEST REASONS TO •

EXERCISE



FLEXIBILITY • **STRENGTH**

ENERGY

TO LOOK YOUNGER

MOVE *IT!*



POSTURE • *MEMORY*

Michelle Bridges
Body
TRANSFORMATION

FIT

MOOD

Components of Fitness

- Cardiorespiratory
- Muscular strength and endurance
 - i.e. muscular fitness
- Body composition
- Flexibility
- Neuromotor fitness

Walking can promote creativity



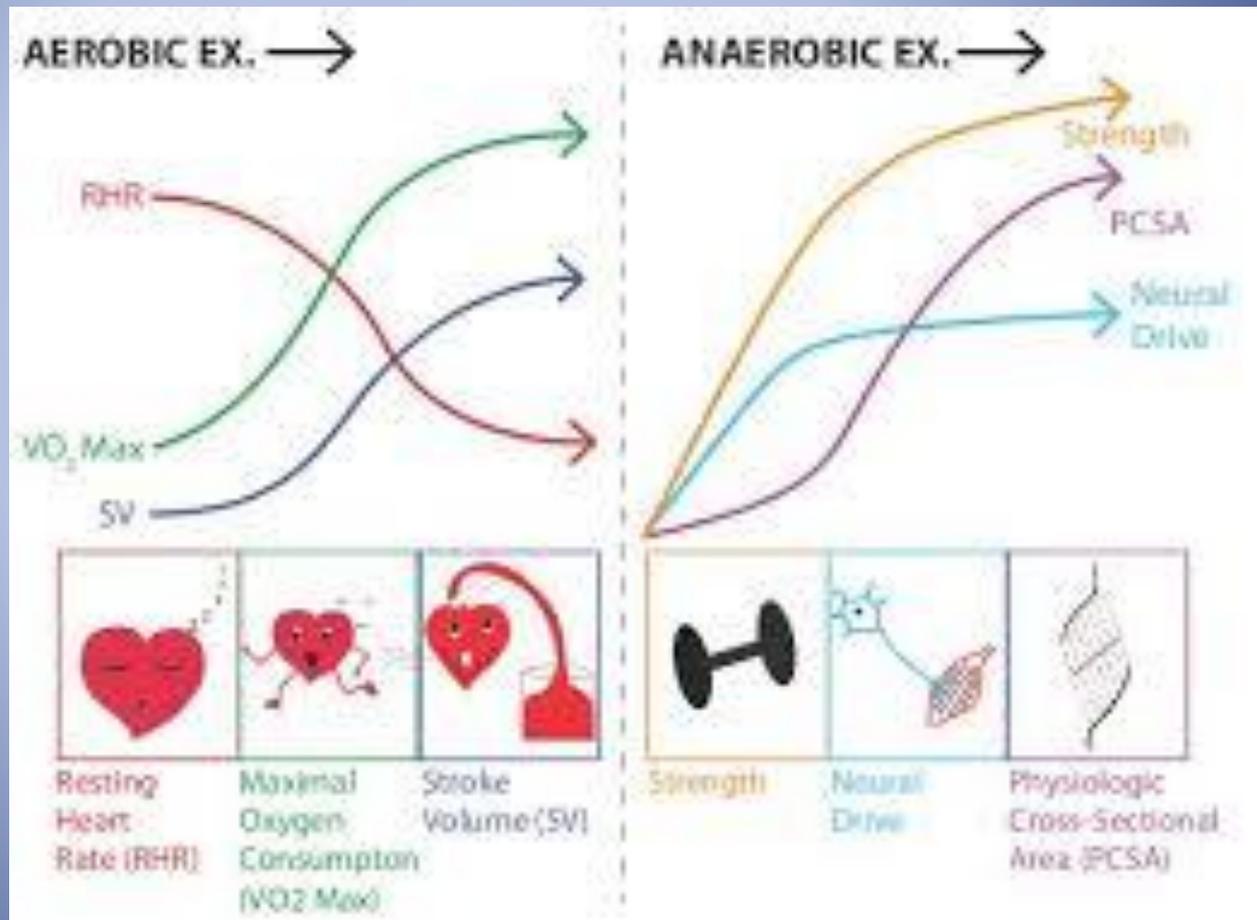
The Wright brothers taking a walk. It worked out well for them.

Positive Effects of Cardiorespiratory Fitness



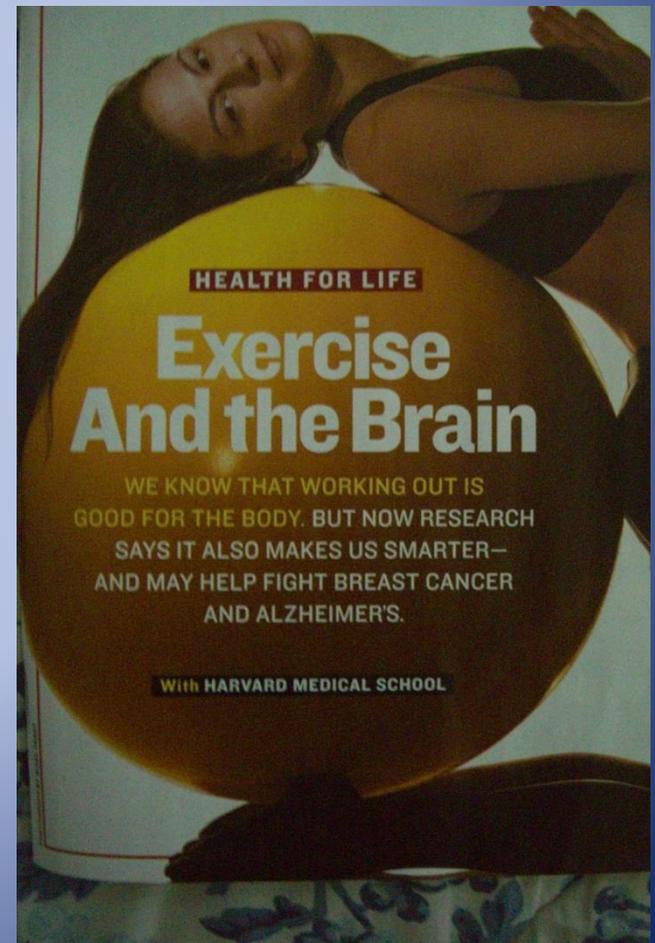
- ↓ CHD, stroke, type 2 DM, breast and colon CA
- Cardiac efficiency
- Blood pressure
- Glucose intolerance
- Insulin resistance
- Dyslipidemia
- Inflammation

How your body responds to exercise.



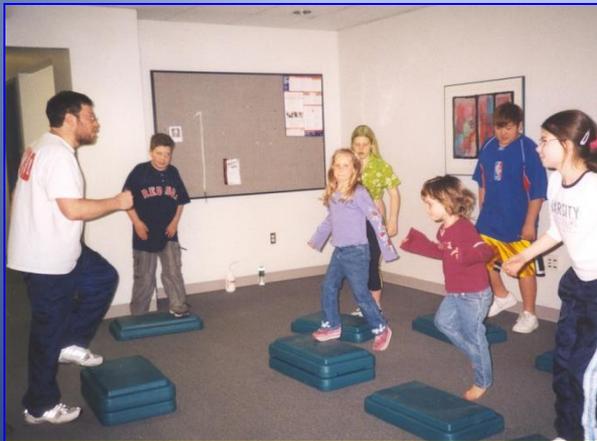
Positive Psychological Benefits of Exercise

- Release of mood lifting hormones
- Sense of well-being
- Reduced stress, anxiety
- Improved sleep
- Improved resilience
- Raised self esteem
- ? more



Cardiac Rehab - Pediatrics

- In patients with congenital heart disease, cardiac rehabilitation produces significant, sustained improvements in exercise function, behavior, self-esteem, and emotional state.



Rhodes et al. Pediatrics. 2006 Sep

Where do we start?

- Establish clear, realistic and concise goals
- Develop a new habit that you can stick with
- Start low and go slow



We have recommendations for safety of sports participation

- Comprehensive eval by ACHD provider
- ETT
 - ECG
 - BP
 - VO₂
- Holter

THE FITT PRINCIPLE

Frequency



Intensity



Time



Type



Aerobic exercise



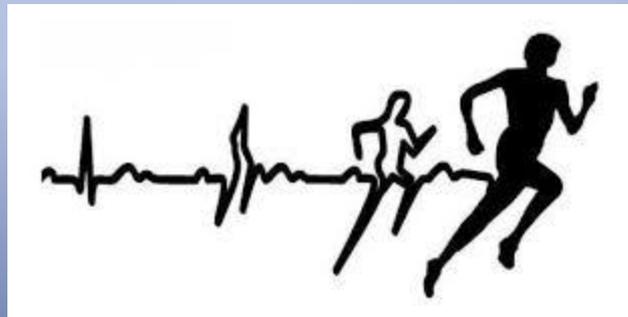
- This can be **ANYTHING** you enjoy
- Get your heart rate up and keep it up
- Gradually cool down

Promote exercise as a family event



Role of Exercise Physiologist

- **clinical exercise physiologist (CEP)** is a healthcare professional who is trained to work with patients with chronic diseases where **exercise** training has been shown to be of therapeutic benefit, including but not limited to cardiovascular disease, pulmonary disease, and metabolic disorders.



Registered Clinical Exercise Physiologist

- healthcare professionals that utilize scientific rationale to design, implement and supervise exercise programming for those with chronic diseases, conditions or physical limitations. In addition to performing clinical assessments, ACSM RCEPs may oversee programs and departments related to exercise testing, prescription, and training, such as exercise rehabilitation, weight management, and more.



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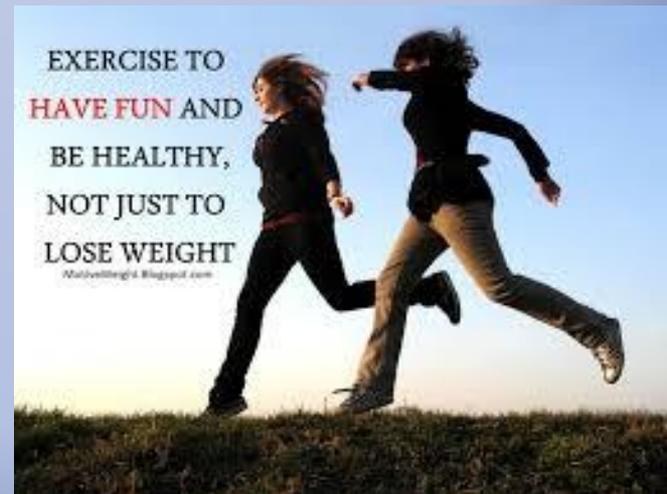
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Conclusions

- Increased interest in exercise universally
- Increasing information indicating “exercise” has benefit for all even the most fragile
 - Physical
 - Mental
 - Emotional



Remember Treadmills are not
just a place to hang your clothes

