



Exercise is Medicine!

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- *Boosts energy*
- *Controls weight*
- *Improves mood*
- *Lowers cholesterol*
- *Promotes better sleep patterns*
- *Prevents cognitive decline*
- *Stabilizes blood sugar levels*
- *Reduces stress*
- *Improves work, sport and recreation performance*
- *Enhances self-esteem*
- *Improves body image*
- *Improves cognitive performance*
- *Acts as an anti-inflammatory*
- *Combats various health conditions including stroke, type 2 diabetes, arthritis, depression and cardiovascular disease*



Have you taken your medication today?



What is the proper dosage?

- Adults should participate in 30 minutes of moderate intensity exercise, 5 days per week or 20 minutes of vigorous intensity exercise, 3 days per week.
- Resistance training should be performed 2 days per week targeting major muscle groups.

Measuring Dosage:

Talk test: When performing moderate intensity exercise, individuals are able to talk but not sing during the activity.

An individual performing vigorous intensity exercise may only be able to say a few words before having to stop for breath.

Where are we?

- Less than half of adults meet the Physical Activity Guidelines for aerobic physical activity
- 1 in 4 adults meet the Physical Activity Guidelines for resistance training

