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Neuroscience Network

KEEPING THE BODY in MIND program

Module 3.2 Physical Activity: Active Training

Keeping the Body in Mind – Resources

Consumer Learning Module

Module 3.2: Active Training

Content:

Active Training

Activity: Revision of 'Activity Basics'

Physical activity can be any movement the body does. There are two types of physical activity, they are:

1 - _____

an example of this is _____

2 - _____

an example of this is _____

Some of the benefits of physical activity include improvements in mood, reducing stress, meeting new people, and improving fitness.

What are 2 more benefits of physical activity?

1 - _____

2 - _____

It was mentioned in *Module 3.1 Activity Basics* that a healthy level of physical activity is at least 30 minutes of aerobic activity each day and 2 strength sessions per week. But if these are not achievable, how much activity should you aim to do?

_____

_____

_____

You created SMART goals about physical activity

List these goals below:

1 - _____

_____

2 - _____

_____

In the previous module we looked at **planned** and **unplanned** physical activity.

This module will focus on the different types of physical activity (exercise) and how our bodies respond.

Cardio-Respiratory (Aerobic) Exercise

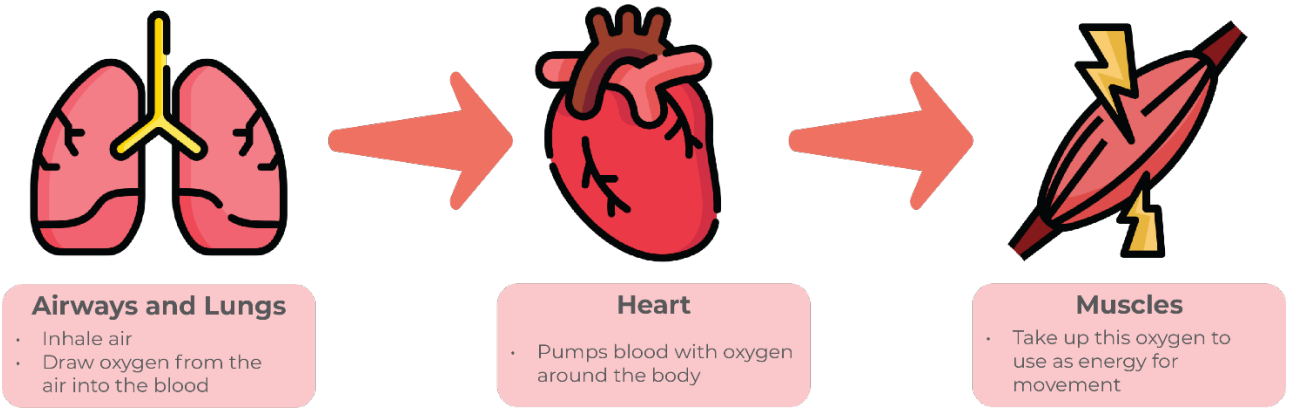
What is it?

Cardio-respiratory exercise (commonly known as '**cardio**') involves the activity of the heart (cardio) and lungs (respiratory). It uses the large muscle groups of the body.

This type of exercise is completed for continuous periods (e.g., a 10-minute jog).

Oxygen plays a key role in this type of exercise.

How does this system work?



Activity: What changes when you do cardio?

What changes do you feel in your body (physically and mentally) when you do cardio?

_____

_____

_____

_____

_____

_____

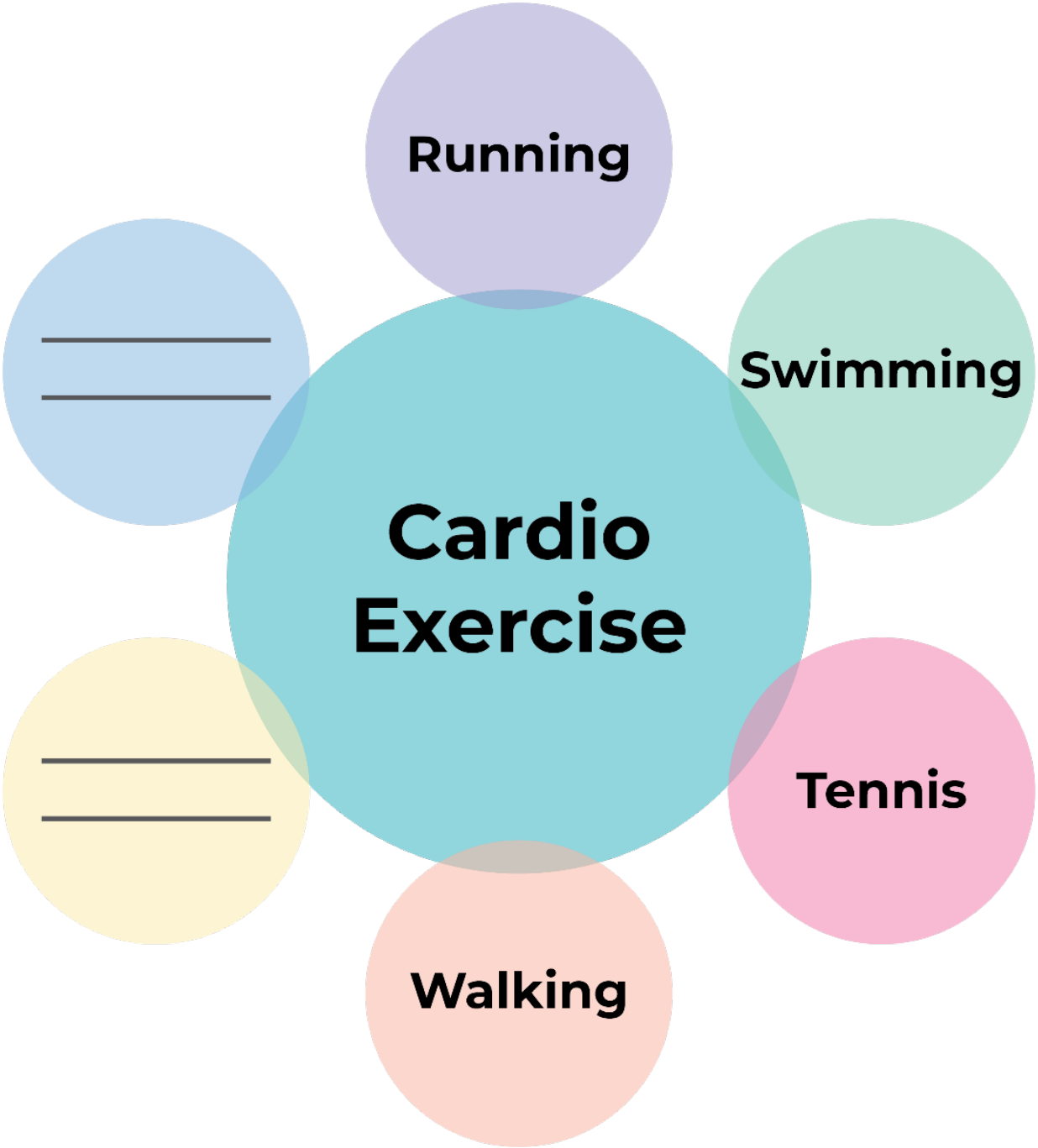
What are the benefits of cardio?

Benefit	How?
Improved Fitness	✓ The heart, lungs and muscles become better at using oxygen. ✓ This allows the body to exercise for longer without getting tired. ✓ A stronger heart and lungs help reduce your risk of health conditions like diabetes and heart disease.

Benefit	How?
Weight loss	✓ Cardio exercise uses fats and sugars that are stored in our body as a fuel. ✓ The more physically active we are and the harder we exercise, the more we burn. ✓ For weight loss it is also important to consider the amount and quality of food in our diet.
Improved mental health	✓ Cardio exercise can reduce stress and anxiety, improve the quality of sleep, and increase concentration, memory, and self-esteem.
Better at performing skills	✓ The more we practice an exercise or skill, the better we become at that skill. This is because our muscles get stronger and adapt, improving our performance.

Activity: Examples of cardio exercise

Try to fill in some ideas for the blank ones!



Activity: What Cardio do you do now?

What types of cardio-respiratory (cardio) exercise do you currently do?

Fill in the table as shown in the example below.

Activity	How often? When?	How long	What are the benefits?
e.g., Sports group (indoor soccer)	Once a week Wednesday (2pm)	1 hour	It's fun! Get to talk to others Helps improve my fitness

Activity: Ideal amount of cardio:

Ideally, how much cardio exercise would you like to do?

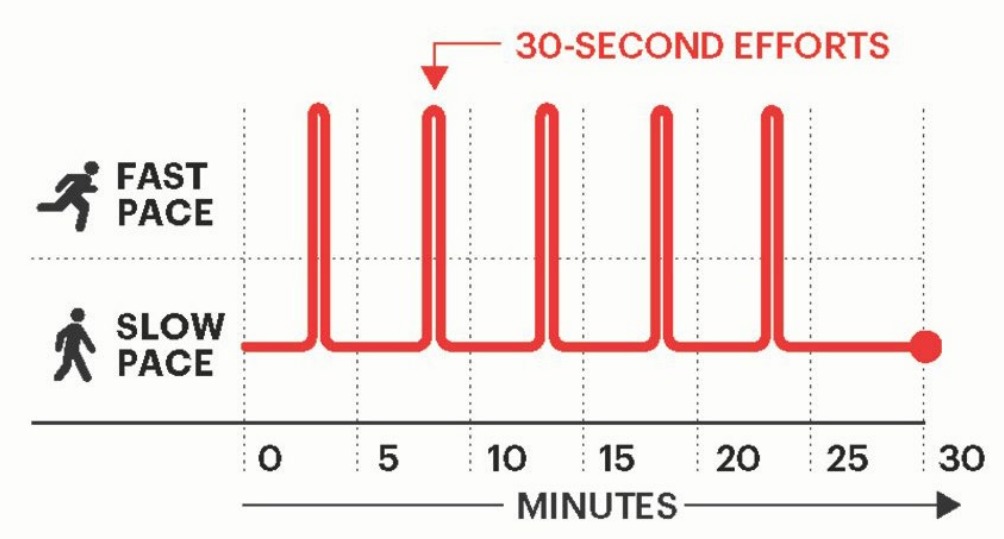
Activity	How often? When?	How long	Is it achievable? Think SMART!

What is Interval Training?

Interval training is a great way to build cardio (aerobic) fitness. It usually involves repeated short bouts of high intensity exercise followed by recovery periods at lower intensities.

Interval training can be used for all different types of aerobic exercise, whether it be walking (slowly or fast), jogging or sprinting. See example below.

This is **an example** of an interval running session. It goes for 30 minutes in total with short bouts of 30 second, high intensity running.



Strength (or Resistance) Training

What is it?

Strength (also known as resistance) exercises involve muscles contracting (working) against a force. This could be achieved by holding/ pushing or pulling something, whether that be a weight or even your own body.

Some strength exercises target small muscle groups, for example **bicep curls**.

Other exercises target large muscle groups, for example **push-ups**.

Activity: Have you done any strength exercises? If so, what was it?

Activity: What could you use at home to include some strength exercise e.g., backpacks, books? List them below!

_____

_____

_____

_____

_____

What are the benefits of strength training?

Benefit	How?
Improved muscle strength	✓ After working out your muscles undergo a building and repairing process. This results in muscles getting stronger.
Improved muscle endurance	✓ You are able to work out for longer before muscles become fatigued.
Helps manage diabetes	✓ Strength training helps to control blood sugar levels.
Support in weight management	✓ Training your muscles makes your muscles become better at burning energy while you are resting.

Benefit	How?
Improved posture	✓ Strength training can help strengthen the muscles that are required for good posture.
Better at performing skills	✓ The stronger we are the easier it is to perform activities e.g., sport, hiking, climbing stairs or getting up out of a chair. ✓ The more we practise an exercise or skill, the better we become at that exercise/skill. This is because our muscles get stronger and adapt, improving our performance.

Other Types of Exercise

1. Balance

These exercises test your ability to keep your balance e.g., standing on one foot. Balance exercises are important to help reduce our risk of falls, reduce risk of getting injured and can lead to improvements in our ability to perform activities that require good balance.

Activity: Can you list some activities that require good balance?

Examples of some balance exercises can be seen below:

Walking with one foot directly in front of the other

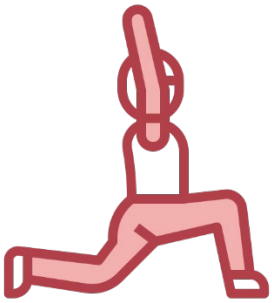
Standing on one leg

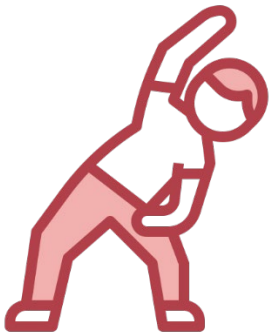
2. Stretching and Mobility

- Stretching is important to help muscles become more flexible and allow us to move our bodies freely.
- Stretching is important before and after exercise to prevent injury and improve performance.
- Stretches should be held for at least 15-20 seconds.
- The great thing about mobility exercises is that they can be done with AND without equipment. Yoga and Pilates are forms of exercise that focus on mobility.

Activity: Trying out stretches

Have a go at some of the stretches below and take note of where you can feel the stretch? If you need to, gently touch, or hold a wall/table/chair for balance.





Kim's Story

Kim is a 55-year-old woman who lives with borderline personality disorder. She wants to do more cardio-respiratory (aerobic) exercise and improve her health. She decides to try some cardio-respiratory basics and see how they work for her. Here is her journey:

- She discovers the benefits of cardio-respiratory exercise. She feels better physically and mentally after doing some cardio-respiratory exercise. She notices that her heart, lungs, blood, and muscles get stronger and healthier. She also notices that her mood, energy, sleep, memory, and concentration improve. She also learns that cardio-respiratory exercise can prevent or manage diseases, such as high blood pressure, high cholesterol, diabetes, or obesity.

- She explores the types of cardio-respiratory exercise. She tries different types of cardio-respiratory exercise that she can do, such as walking, jogging, cycling, swimming, dancing, or skipping. She enjoys moving her body and getting her heart rate up. She finds out what each type does for her body and mind.
- She follows the guidelines of cardio-respiratory exercise. She aims to do at least 150 minutes of moderate to vigorous cardio-respiratory exercise per week. She also does some interval training at least once a week. She also does some warm-up and cool-down exercises before and after each session. She makes a schedule and sticks to it.
- She starts and maintains cardio-respiratory exercise. She starts slowly and gradually increases her intensity and duration. She chooses activities that she enjoys and that suit her abilities and preferences. She sets realistic and specific goals and tracks her progress. She rewards herself and celebrates her achievements.

Kim feels happier and healthier after trying these tips. She becomes more physically active and improves her health. She enjoys the cardio-respiratory exercise and feels more confident and motivated. She decides to continue cardio-respiratory basics and enjoy the benefits.

Congratulations! You've now completed Module 3.2 Physical Activity – Active Training

Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:

mindgardens.org.au/KBIMResources

Developed by the Mindgardens Neuroscience Network and the Keeping the Body in Mind Team 2023.

Funded by the Mental Health Commission of New South Wales