

Exercise Protocol

The objective is to exercise efficiently. This depends upon the following.

1. Muscle strength
2. Heart and lung capacity
3. Intensity of exercise
4. Duration of exercise
5. Oxygen demands for exercise
6. Ratio of rest or slowdowns to activity periods. Interval training is always more energy efficient than continuous exercise.
7. Blood sugar levels
8. Sufficient sleep the previous night
9. Rested- have not done too much mental or physical work prior to exercising
10. Feeling healthy – not influenced by a virus or infection, etc.

Types of Exercise (easy to more difficult)

***All exercises should be performed as interval training. This means frequent breaks or slowdowns for rest, to restore oxygen balance, and to check your energy levels.**

1. Stretching
2. Yoga
3. Isometric exercises (muscle contractions 2 seconds or less)
4. Walking in place
5. Indian dance (bounce lightly on one foot twice, switch to the other foot, and repeat)
6. Knee bobs (Like a knee bend, but only go down $\frac{1}{4}$ of the way)
7. Exercise machines
8. Walking outside- intersperse slow and fast walking
9. Swimming
10. Walk/jogging- intersperse walking and jogging

General Guidelines

1. Never exercise beyond the point of gentle fatigue
2. Slow down if you begin to feel out of breath
3. Stop exercising if your muscles begin to feel overly tired
4. Always use interval training with rests or slowdowns versus continuous exercise.

5. The goal is to slowly become more conditioned, that is, build muscle strength and heart and lung capacity.
6. A well-conditioned body performs exercise more efficiently (takes less energy to do the same task)
7. We have a core base of energy that supplements the energy created each day from metabolism by the mitochondria.
8. The body allots a certain amount of core energy to supplement the day's activities. If we exceed the allotment, we decrease our overall energy store. If we work within our limits, we can add to our core energy base.
9. More energy is created as we work or exercise at a higher rate of oxygen intake, as long as we are not exceeding our energy allotment.
10. We can stay aware of our core energy levels, energy allotment, and work limits by listening to our body. The body signals to us via feelings of fatigue or high energy.