Exercise

■ Exercise is Good for the Body and Mind

People exercise for many reasons. Maybe your health check-up results showed that you are overweight or have symptoms of high lipid levels. Perhaps you want to improve your physique and overall health, find a way to relieve stress, or simply feel like you should be exercising more.

Whatever your reason may be, starting an exercise plan that suits your lifestyle is highly recommended! If you already get enough exercise while training for club activities or feel like you have an active lifestyle, there is no need to push your body beyond what it can handle. The same goes for anybody feeling tired or sick. Try making a plan to use your free time for effective and enjoyable exercise.

■ When to Exercise – Before or After Eating? The Relationship between Eating and Exercise

Exercise before eating:

Burns energy stored in your body.

Exercise after eating:

Fats and sugars from food are easily broken down into energy. This is also good for building muscle.

Metabolism increases and fat is burned.

■ The 2 Types of Exercise

Aerobic exercise:

Exercise that uses oxygen to generate energy.

Doing at a moderate intensity can increase the amount of fat burned.

Examples: Walking, jogging, cycling, aerobic dancing, yoga, etc.

Anaerobic exercise:

Exercise with sudden bursts of strength that do not use much oxygen to perform.

This type of exercise builds more muscle, which in turn increases your basal metabolism.

Examples: All-out sprinting, strength training, weightlifting, etc.

■ Tips to Remember Before and During Exercise

Wait 1 hour to exercise after eating.

Take time off from exercising if you do not feel well (e.g. fever, headache, diarrhea, nausea, fatigue, lack of sleep).

Remember to stretch before and after exercise. This helps prevent injuries and also speeds up recovery after exercise.

Drink enough fluids before and after exercise. Especially on hot days, make sure to frequently drink fluids to avoid getting dehydrated.

Use shoes that fit your feet to avoid knee or other leg injuries.

■ How to Stay Motivated to Exercise

Go at your own pace and have fun. There is no need to rush.

When beginning a new exercise plan, going too hard at first can make it feel really tough.

This is why some people give up exercising after a while. But going at your own pace and gradually increasing how much you exercise will help you gain stamina without wearing yourself out. If you are going to make goals, try to keep them realistic – maybe you can even begin with going on walks with a friend to chat and catch up. At APU you can enjoy beautiful views of the ocean and mountains every season of the year!

Make balanced 1-week exercise plans to avoid wearing yourself out.

Try to exercise 2-3 times per week at an intensity that does not leave you tired the next day.

To make exercise part of your everyday life, it is better to do a little bit a few days a week than to do a lot all at once.

(Example of a weekly plan)

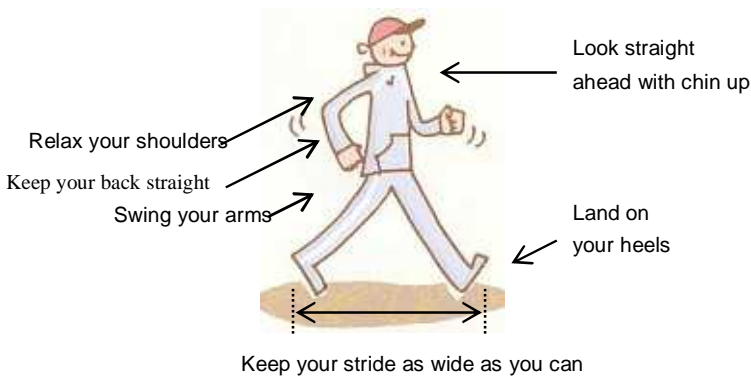| Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
○	×	×	○	×	○	×

○　Exercise

×　Rest day

Be careful about high-impact exercise.

Think about your exercise options and choose to start with something appropriate for your physical shape. For example, jogging can be hard on the knees and joints of somebody who is overweight, so it would be better for them to begin with light walking and work their way up from there.
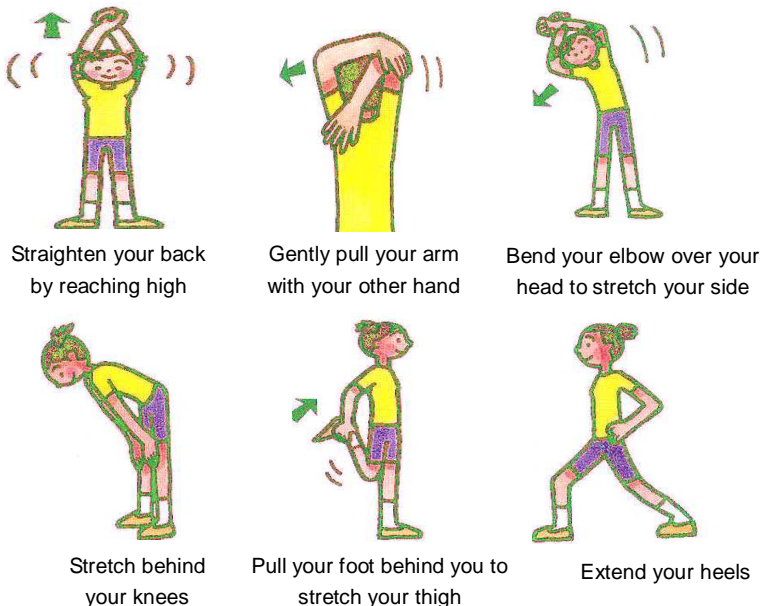
(Example) Walking – Recommended for Anybody Starting Exercise for the First Time

Look straight ahead with chin up

Relax your shoulders

Keep your back straight

Swing your arms

Land on your heels

Keep your stride as wide as you can

A good pace will make you break a light sweat. Do not push too hard – go at a speed you are comfortable with.

Walking for longer than 20 minutes helps your body burn fat effectively.

Walk for a length of time that will not leave you too tired.

Your body will return to normal 48 hours after exercising. Aim to exercise once every 2-3 days.

(Example) Stretching – Recommended Before Exercise and as Easy Movement to Increase Amount of Exercise

Stretching before exercise prepares your body for movement. Stretching after exercise speeds up recovery and helps burn body fat.

It can also make you feel mentally refreshed.

Straighten your back by reaching high

Gently pull your arm with your other hand

Bend your elbow over your head to stretch your side

Slowly stretch your muscles – but do not overstretch

Stretch to the point of feeling mild tension

Hold each stretch for 15-30 seconds

Breath naturally and normal

Pay attention to what muscles you are stretching

Stretch behind your knees

Pull your foot behind you to stretch your thigh

Extend your heels

If you have any questions about exercise, please feel free to come to the Health Clinic anytime.

APU Health Clinic

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