

Why is it *so hard* to exercise?

Make a list of your personal
barriers to exercise:

I don't have time

I'm too tired

I'm afraid

I have pain

My thighs are too fat

Its too expensive

I'm no good at sports

Etc....

Change is *hard!*

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Exercise:

*How Much
and What Kind?*



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How much and what kind of exercise do I need?

Aerobic exercise – for all ages – moderate intensity aerobic exercise for a minimum of 30 minutes 5 days per week or vigorous intensity aerobic exercise for at least 20 minutes 3 days per week.



What intensity is my exercise on a scale of 1 - 10?

Moderate intensity = perceived exertion of 5-6
Vigorous intensity = perceived exertion of 6-7
Different for different people

What are the benefits of exercise?

Performing regular physical exercise reduces your risk of developing many health problems and/or reduces the severity of these health problems.

Following the current recommendations from the American College of Sports Medicine reduces your risk of death by approximately 20%.

The first 30 minutes provide the greatest benefit.

Medical Conditions that benefit from exercise:

Diabetes
Heart Disease
High Blood Pressure
Peripheral Vascular Disease
High Cholesterol Stroke
Back pain Sleep Disorders
Anxiety
Certain Cancers
Depression Dementia
Osteoporosis
Osteoarthritis
Etc...

Exercise is a DO

A PT can help you figure out something you CAN do, instead of focusing on all the things you CAN'T do.

Where do I start? How do I progress? Is there another way?

Make an appointment for an office visit or phone consultation or email your questions to us!

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