Rexercism
MOVEMENT FOR MENTAL HEALTH
Exercise and Mental Wellness:

Did you know that exercise can help improve your mental health? Exercising for 150 minutes per week has been shown to improve memory & concentration, decrease irritability & anxiety, improve self-esteem, increase resilience & energy levels, and create more restful sleep patterns. The ACSM recommends that you exercise for 30 minutes a day at least 5 days a week. Exercise can be done all together or broken up into 10-15 minute increments, 2 – 3 times per day.

Decisional Balance:

Your Plan For Success: When embarking on a behavior change, it is important to create a plan for success. You will utilize a decisional balance worksheet and motivation challenge quiz to help develop your S.M.A.R.T. goals.

College students balance their studies with work, community service, and other activities. A great way to ensure daily physical activity is to create a schedule with set exercise times. Planning in advance may help you see places in your schedule where you could fit exercise in that you did not think of before. Remember to keep in mind the time of day you decide to exercise. Exercising late in the evening may negatively impact your sleep patterns.

Scheduling Using the WELLGO Calendar:

Go to well.wvu.edu. Locate where it says “Well News” towards the bottom of the home page. Click on learn more where it says “try WELLWVU’s WELLGO calendar.”
The WELLGO calendar allows you to plan your schedule each week. Click on a category (eating, sleeping, etc.) and select the appropriate amount of time for each category and drag the block to the appropriate time on your schedule. Each time block allows you to enter up to three different activities. This allows flexibility as you might eat while you are working.

Fill up the entire schedule for the week. If you drag your mouse to the top of the column where the day of the week is listed, you can copy and paste repeating time slots. For example, if you normally sleep from 12am-8am each day, just fill in the sleeping blocks for Sunday and copy and paste it into the column for the Monday section.

When you fill up the time slots for every space on the calendar, click analyze. Feedback will be given to help you maximize your energy level. Once you identify behaviors that aren’t serving you, you can opt to change them. Pick 1 or 2; make the changes on your calendar, then export it into Google Calendar so that you can print it off to look at each week.
EXERCISE INTENSITY

One of the best ways to make sure you are getting the optimal benefit from your physical activity is to monitor your exercise intensity. The type of activity and how hard you work will directly impact the intensity. There are multiple ways to determine your intensity here is a few.

- Talk test
- Borg Scale (Rate of Perceived Exertion)
- Maximum Heart Rate

Talk Test
The easiest method to determine the intensity of your physical activity is to use the Talk Test. In this method you can gauge your intensity level by how well you are able to speak during the activity. When your speech is un-bothered, meaning you can speak and sing the activity is of low-intensity. Moderate-intensity activities are characterized by the ability to speak but not sing during the activity. If you are only able to speak only a few words at a time before having to pause for a breath then the activity is considered to be vigorous in intensity.

Rate of Perceived Exertion
In this method you listen to your body’s feedback and describe based on a scale how hard you feel it is working during the physical activity. The scale is based on the physical sensation you feel while exercising including increased breathing and respiration, muscle fatigue, and sweating. In this scale (0= Nothing at all, 10 = Extremely Strong). This type of scale should be used while performing exercise as trying to determine the intensity after you have completed the activity may lead to incorrect classification.

Maximum Heart Rate
Using your heart rate is an excellent way to determine your exercise intensity. The intensity is based off a percentage of your calculated maximum heart rate (MHR). To calculate your maximum heart rate you use the equation (220 – age in years= maximum heart rate). This result is used to calculate your heart rate zone to hit specific exercise intensity levels. Light-intensity exercise falls between 60-70% of your maximum heart rate. For moderate-intensity exercise your heart rate should be 70-85% of your maximum heart rate. Vigorous-intensity exercise heart rate zone is above 85% of your maximum heart rate. In the resources section there is a chart that explains the benefits of training in your heart rate zones.
Pulse Rate

There are a couple ways you can determine your heart rate while you are exercising. First you can manually take your radial pulse, which is taken at your wrist. To check your radial pulse place your index and middle finger lightly on the thumb side of your wrist as depicted in the picture here. Count the number pulses felt for 15 seconds and multiply by 4 to determine your heart rate. You can also use an electronic heart rate monitor that you will display your heart rate instantaneously on a device. These devices you can be worn on your wrist such as a watch or on equipment you are performing your cardiovascular exercise.

CAUTION: We do suggest that you take your pulse at the wrist (Radial pulse) instead of the neck (carotid pulse). There is the potential to cause yourself to become dizzy if you put excessive pressure on the carotid artery and cut off blood flow to your brain.

<table>
<thead>
<tr>
<th>Heart Rate Zones</th>
<th>Heart Rate Percentage</th>
<th>Enter your MHR to calculate the upper and lower end of your heart rate zone.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximal</td>
<td>90-100%</td>
<td>0.9 x MHR= MHR=</td>
</tr>
<tr>
<td>High Intensity</td>
<td>80-90%</td>
<td>0.8 x MHR= 0.9 x MHR=</td>
</tr>
<tr>
<td>Moderate</td>
<td>70-80%</td>
<td>0.7 x MHR= 0.6 x MHR=</td>
</tr>
<tr>
<td>Light</td>
<td>60-70%</td>
<td>0.6 x MHR= 0.7 x MHR=</td>
</tr>
<tr>
<td>Very Light</td>
<td>50-60%</td>
<td>0.5 x MHR= 0.6 x MHR=</td>
</tr>
</tbody>
</table>
Benefits of training in Your Heart Rate Zones

This is an example for someone that is 30 years of age. You can calculate your own heart rate zones and the same benefits will apply for you.

<table>
<thead>
<tr>
<th>Target Zone Heart Rate</th>
<th>Example Duration</th>
<th>Benefits</th>
<th>Intensity Based on Mood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Hard 90-100%</td>
<td>Less than 3 min</td>
<td>Feels like very exhausting, breathing and muscles recommended for fit persons and for athletic training.</td>
<td></td>
</tr>
<tr>
<td>Hard 80-90%</td>
<td>2-10 min</td>
<td>Increases maximum performance capacity. Feels like muscular fatigue and heavy breathing. Recommended for everybody for shorter exercises.</td>
<td></td>
</tr>
<tr>
<td>Moderate 70-80%</td>
<td>10-40 min</td>
<td>Improves aerobic fitness. Feels like light muscular strain, easy breathing, moderate sweating. Recommended for everybody for moderately long exercises.</td>
<td></td>
</tr>
<tr>
<td>Light 60-70%</td>
<td>40-90 min</td>
<td>Improves basic endurance and fat burning. Feels like comfortable, easy breathing, low muscle load, light sweating. Recommended for everybody for longer and frequently repeated shorter exercises.</td>
<td></td>
</tr>
<tr>
<td>Very Light 50-60%</td>
<td>20-40 min</td>
<td>Improves overall health and helps recovery. Feels like very easy for breathing and muscles. Recommended for weight management and active recovery.</td>
<td></td>
</tr>
</tbody>
</table>

Intensity Based on Mood

How hard you should exercise is based on your daily mood assessment. During low intensity exercise, you should be able to carry on a conversation. During moderate exercise, your breathing should be slightly increased, but you still should be able to have a short conversation. During vigorous exercise, you will be breathing rapidly and will only be able to speak in short phrases.

**How Hard Should I Exercise?**

Your exercise intensity greatly depends on your daily mood assessment. During moderate exercise your breathing is slightly increased, but you can carry on a short conversation. During vigorous exercise, you are breathing rapidly and able to speak in short phrases.

- **Frazzled?** Low intensity or moderate exercise may work well on these days. Try gentle yoga, a slow jog or brisk walk. Be aware vigorous exercise may increase your anxiety levels.
- **Bored?** Try a more vigorous exercise session that includes interval or circuit training. Both forms use a variety of exercises performed in rotation with little rest between.
- **Sluggish?** On your slow days, you may want to increase intensity with a vigorous workout (strength training, jog/run, or fast paced group class.) Also aim for a longer workout of 45-50 minutes.
- **Energized?** Take the day to maintain your existing program or try something new! Don’t over do it on a high energy day. This may put you at risk for injury and fatigue.
Exercise Descriptions:

ACSM Recommendations:

Warm up/Cool down:

A warm up should be performed prior to exercise to get blood flowing to your muscles to prepare them for increased physical activity. A cool down prevents blood from pooling when exercise ends abruptly. The duration of the warm up/cool down phase can last anywhere from 5 to 15 minutes depending on the type of exercise being performed and your fitness level. Dynamic stretches are recommended prior to exercise. A dynamic exercise is one that moves a joint through a full range of motion. Static stretches are recommended in the cool down phase after exercise. Static stretches involve holding the stretch for 10-30 seconds.

Strength Training:

Strength training should be performed at least 2 days a week. You should do a specific warm up that uses about half of the weight that you would use during your workout. A minimum of 8 to 10 exercises should be used per session involving major muscle groups. You should wait 48-72 hours between strength exercises involving the same muscle group. During the exercise session, you should perform at least 1 set of 8-12 repetitions per exercise to the point where you could not lift the weight for another rep. If you are able to do 15-18 repetitions easily, it might be time to add more weight. In general, perform higher reps for endurance training and use heavier weight with fewer repetitions for muscular strength.

Cardiovascular Training:

Moderate intensity cardiorespiratory exercise should be performed for 30 minutes or more 3-5 days a week. Vigorous exercise should not exceed 15-20 minutes per session 3 days a week. You should focus on increasing the exercise duration first, and then increase the intensity. If you can exercise at an upper level intensity for 2 weeks, then you should consider progressing to the next level.

Flexibility Training:

Flexibility exercises should be performed 2 to 3 days a week to improve range of motion. Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort. Repeat each stretch several times to accumulate 60 seconds per stretch. Make sure muscles are properly warmed up prior to stretching.
Resource: Campus Links to Exercise

**WELLWVU Fitness:**
[http://well.wvu.edu/fitness](http://well.wvu.edu/fitness)

WELLWVU has videos and articles posted on their webpage to help you improve your fitness. The videos will help you visualize some of the strength exercises so that you can learn proper weightlifting techniques.

**WVU Recreation Center:**
The Student Rec Center is WVU’s student fitness center. If you visit the Rec Center you will find free weights, strength training machines, cardio equipment including treadmills and ellipticals, 7 basketball courts, and much much more! The Rec Center is also home to the Adventure West Virginia, the Outdoor Rec Center, and our massive 50-foot climbing wall. Visit their website for more information!

[http://studentreccenter.wvu.edu](http://studentreccenter.wvu.edu)
**WVU Recreation Center: Personal Training:**

The Student Rec Center offers personal training services to any student that has a current Rec Center membership. Personal training offers you the chance to work toward your individual fitness goals with a certified trainer. Please visit their website for package and pricing options.

[http://studentreccenter.wvu.edu/fitness/personal_training](http://studentreccenter.wvu.edu/fitness/personal_training)

**WVU Recreation Center: Small Group Training:**

If you are looking for the support of group exercise classes but want more individual attention, small group training is perfect for you! All sessions are free and are first come, first serve. For more information and a schedule please visit the link below.

[http://studentreccenter.wvu.edu/fitness/small-group-training](http://studentreccenter.wvu.edu/fitness/small-group-training)

**WVU Recreation Center: Group Exercise Classes:**

The student recreation center offers over 50 group fitness classes a week! Group exercise classes are free and are on a first come, first serve basis.

[http://studentreccenter.wvu.edu/fitness/group_exercise/class_schedule](http://studentreccenter.wvu.edu/fitness/group_exercise/class_schedule)

**Class Descriptions:**

**Barre (45 minutes):** This class focuses on small isometric movements to sculpt your body from head to toe. Using the barre for stabilization, this workout pairs light dumbbells with your own body weight. Pilates and ballet inspired movements plus traditional strength training exercises will leave your muscles long, lean, and toned.

**BODYATTACK® (1 hour):** Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor!

**BODYFLOW® (1 hour):** Ideal for anyone and everyone, BODYFLOW is the yoga-based class that will improve your mind, your body and your life. For 55 minutes an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You’ll strengthen your entire body and leave the class feeling calm and centered. Happy.

**BODYPUMP® (1 hour):** The most successful group fitness program in history, BODYPUMP® is a 60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch. BODYPUMP® is proven to be “the world’s fastest way to get in shape” by research
which has confirmed higher than expected fat-burning effects alongside endurance, strength and ‘wellness’ benefits. Please arrive to this class at least 10 minutes early to set up your equipment.

**BODYPUMP® Express/BODYATTACK® Express (45 minutes):** The same classes you know and love, only a bit shorter in length.

**Boot Camp (1 hour):** An intense total body workout that combines strength exercises and cardio drills, and uses HIIT (high intensity interval training) helping you burn fat and lean out. A challenging workout for the upper and lower body.

**CIZE® Live (1 hour):** Cize Live is a professional dance for everyday people! Learn the hottest professionally-choreographed dance routines, step by step. From your first class, you’ll be bustin’ out moves you can take anywhere! It’s so fun, so exciting, you’ll forget you’re actually working out! Ready to Cize It Up?

**HIIT (1 hour):** Get fit and burn fat with HIIT! Condition your entire body by combining body weight exercises, plyometrics, sprinting, and timed interval training. 30 minutes of HIIT followed by core work and total body stretching.

**Insanity® Live (1 hour):** You’ll be dripping in sweat. You’ll be gasping for breath. Your heart will be pumping out of your chest. And you’ll wonder if you can keep going. You will. And your body will lean out so fast you’ll be begging for more. Each week you’ll get better—and do more. Get ready to get in the best shape of your life. Are you up for the challenge?

**P90X® Live (1 hour):** * P90X LIVE is a total-body, cardio, and strength-training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities—while creating a community of friendly competition, encouragement, and personal fitness breakthroughs.

**PiYo™ (1 hour):** A dynamic, faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by Pilates, Yoga, Athletic Conditioning, and Functional Training. This is not your regular Mind/Body class; PiYo™ pushes the limits of agility, balance and strength. This format is a highly main-stream and contemporary approach to the traditional Pilates and Yoga formats. If you’re looking for a new direction and challenge for your Mind/Body classes, this is it!

**Spinning (45 min-1 hour):** This class is guaranteed to leave you spinning! Classes incorporate hills, jumps, and flats to music to give you an intense cardiovascular workout. Make sure you bring a towel and water!

**Yoga (1 hour):** This class is taught in a Vinyasa Flow style of yoga, meaning that students will be constantly in motion, moving from one pose to the next with their breath. There is a balanced combination of physically challenging poses and stretching and opening poses. Class begins with a warm up, moving into an invigorating flowing sequence including standing poses, twists, and balancing, and then will wind down and close with deep relaxation. Arm balances and inversions will periodically be taught in class, and these poses will always be optional.

**Zumba (1 hour):** Combines high energy music from all over the world with easy to do dance moves in an effective workout that not only burns calories, but is also tons of fun! For ALL fitness levels. Participants are invited to make up their own moves, to laugh and to have fun! Come and ZUMBA!
Stansbury Fitness Center:

http://cpass.wvu.edu/lap/stansbury_fitness_center

The Stansbury Fitness and Wellness Center is located on the downtown campus in Stansbury Hall. The physical address is 83 Beechurst Ave., Room 19C Stansbury Hall. (The Center is situated in the loft area which overlooks the gymnasium.) There is a membership fee for this facility.

CPASS:

http://cpass.wvu.edu/basic_instruction

PE Classes:

“Play to be Fit and be Fit to Play” is the motto of the Basic Instruction Program at West Virginia University. The Basic Instruction Program provides a variety of team, individual and leisure sports and recreational activity classes for students to take for academic credit (1-2 credit hours). Classes are offered in two different formats: 8-weeks (first half or last half of the semester) or for 5-weeks (last 5-weeks of semester). It is important for students to check their schedules carefully to know the exact starting and ending dates of the class. Instructors must follow the University Registrar’s schedule for adding, dropping, and withdrawing from classes.

DIY Morgantown:

http://diyoutdoors.wvu.edu/

Morgantown DIY Outdoors is a web-based resource created for the WVU community as well as the people of Morgantown and surrounding communities. The purpose of this site is to provide information about outdoor recreation resources that are located in close proximity to the Morgantown area.

Fitness Apps:

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<th>Nike Training Club</th>
<th>Fitness Buddy</th>
<th>RunKeeper</th>
<th>Workout Trainer</th>
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<tr>
<td>Nike Running</td>
<td>Charity Miles</td>
<td>JetFit Workout</td>
<td>MyFitnessPal</td>
</tr>
<tr>
<td>Pact</td>
<td>Zombies, Run!</td>
<td>The Walk</td>
<td>Map My Fitness</td>
</tr>
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