



DR.
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Getting started:
A beginners guide to fitness





How much activity do I need?

More exercise is good for you, but it can be difficult to regularly make time for it. Being more active has been proven to lower your risk of early death by up to 30%, as well as lower your risk of specific diseases including dementia, heart disease and diabetes.

**150 min a week
in Zone 2**

**And if possible also add...
2 sessions x 30min a week
in Zone 4-5 eg. intervals**

**And at least...
2 sessions a week
Muscle Strength Training**

Monitoring heart rate with device:

Heart rate monitor chest strap Fitbit watch
(Whoop, Garmin, Apple watch)

Checking your heart rate manually:

Use either locations

1. Radial pulse on the wrist.
2. Carotid pulse on the neck.

Apply gentle pressure with your index and middle fingers on pulse.

Count the beats for 15 seconds using a watch. Multiply the number of beats you counted by 4 to get your heart rate in beats per minute (bpm).



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Tracking Your Heart Rate and Exercise Intensity

HR Zone Training Ranges by Age										
AGE	Zone 1		Zone 2		Zone 3		Zone 4		Zone 5	
	50%	60%	60%	70%	70%	80%	80%	90%	90%	100%
10	105	126	126	147	147	168	168	189	189	210
12	104	125	125	146	146	166	166	187	187	208
14	103	124	124	144	144	165	165	185	185	206
16	103	122	122	143	143	163	163	184	184	204
18	101	121	121	141	141	162	162	182	182	202
20	100	120	120	140	140	160	160	180	180	200
22	99	119	119	139	139	158	158	178	178	198
24	98	118	118	137	137	157	157	176	176	196
26	97	116	116	136	136	155	155	175	175	194
28	96	115	115	134	134	154	154	175	173	192
30	95	114	114	133	133	152	152	171	171	190
32	94	113	113	132	132	150	150	169	169	188
34	93	112	112	130	130	149	149	167	167	186
36	92	110	110	129	129	147	147	166	166	184
38	91	109	109	127	127	146	146	164	164	182
40	90	108	108	126	126	144	144	162	162	180
42	89	107	107	125	125	142	142	160	160	178
44	88	106	106	123	123	141	141	158	158	176
46	87	104	104	122	122	139	139	157	157	174
48	86	103	103	120	120	138	138	155	155	172
50	85	102	102	119	119	136	136	153	153	170
52	84	101	101	118	118	134	134	151	151	168
54	83	100	100	116	116	133	133	149	149	166
56	82	98	98	115	115	131	133	148	148	164
58	81	97	97	113	113	130	130	146	146	162
60	80	96	96	112	112	128	128	144	144	160
62	79	95	95	111	111	126	126	142	142	158
64	78	94	94	109	109	125	125	140	140	156
66	77	92	92	108	108	123	123	139	139	154
68	76	91	91	106	106	122	122	137	137	152
70	75	90	90	105	105	120	120	135	135	150

Or you can use the **Perceived Rate of Exertion** method by using a numerical scale to assess the intensity of exercise. Using a scale from 1-10, how hard do you feel your body is working.

9-10 / MAX EFFORT Feels almost impossible to keep. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

7-8 / VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.

5-7 / VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence.

3-4 / MODERATE ACTIVITY Can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

1-2 / VERY LIGHT ACTIVITY Between hardly any exertion to feeling like you can maintain an activity for hours.



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1

Cardiovascular Endurance:

Cardiovascular endurance is about how well your heart, lungs, and blood vessels can deliver oxygen to your body during physical activity. The benefits of improving cardiovascular endurance include a stronger heart, lower blood pressure, weight management, improved metabolism, and better mental health. All of this can lead to a longer life.

2

Muscle strength:

Muscle strength is all about how much force your muscles can produce, usually by lifting heavier weights with fewer repetitions. This type of exercise can help you build more muscle and make your bones stronger. It also helps your body burn more calories, which can help you manage your weight.

3

Muscular endurance:

Muscle endurance is about how long your muscles can keep working without getting tired. This involves using lighter weights and doing more repetitions. This type of exercise helps you perform physical activities for longer periods. It also improves your cardiovascular efficiency and reduces fatigue during daily activities and sports.

4

Body composition:

Body composition is the balance of fat and non-fat mass in your body and is important for overall health. A healthy body composition means having more muscle and less fat, which can reduce the risk of diseases like heart disease and diabetes and improve your metabolism and physical performance. Additionally, maintaining a healthy body composition positively affects bone density, which is crucial for strong bones and preventing conditions like osteoporosis. To improve your body composition, combine regular exercise with a balanced diet. Consistency and proper rest are also key to achieving and maintaining a healthy body composition.

5

Flexibility:

Flexibility is the ability of your joints and muscles to move comfortably through their full range of motion. It improves mobility, reduces the risk of injuries and enhances posture and balance. To improve flexibility, incorporate stretching exercises into your daily routine.