

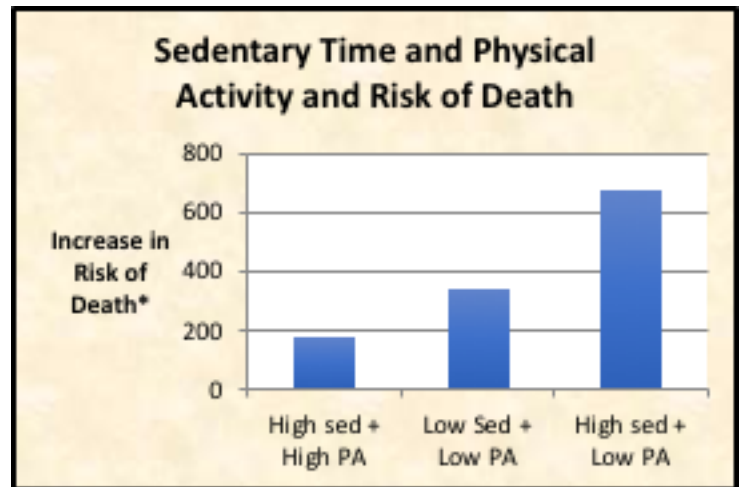
Move and Achieve

Moving for the Master

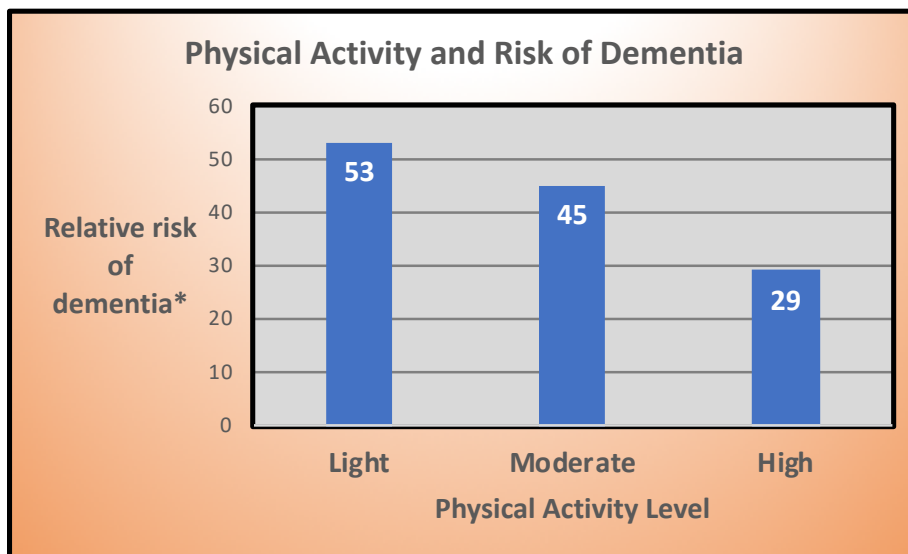
Exercise for a Lifetime of Productivity and Service

Four Phases of Training

- Function
- Health
- Fitness
- Performance



*Compared to Low sedentary and High PA



*Compared to sedentary

Dose Response for Physical Activity and Health

- Reduce risk of CVD
- Reduce risk of death from any cause

Inactive = 0 min/week
Insufficient = <150 min/week
Active = 150-300 min/week
Highly active = >300 min/week

- 150 min/week is recommendation of CDC
- This level will not stop weight gain

I Want to Exercise and Get These Benefits!

- Resistance to CVD
- Resistance to dementia
- Longer life

What do you want to achieve?

Answer -