

Move More, Feel Better

Ben Rocher

Premise Health.

Wellbeing 360°



Ben Rocher

Assistant Fitness Manager

Ben studied professional fitness training in order to help himself and others find joy through movement and play. He's certified through the National Academy of Sports Medicine in personal training, with specializations in behavior change, virtual coaching, fitness nutrition, and weight loss. He's also a Yoga Alliance registered yoga instructor, a meditation instructor, and currently pursuing a master's degree in health and human performance.





Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.







Move More, Feel Better

Starting the conversation is easy. Getting started can be, too.

- What does it mean to move more?
 - Conventional exercise
 - Sport
 - Discipline or skill
- What does it mean to feel better?
 - Manage or improve current discomfort
 - Prevent future discomfort







A virtual mind and body expo

Move More, Feel Better



Steady State Cardio

• Exercise performed at a constant pace or intensity, approximately 50-65% of one's maximum heart rate.



High Intensity Interval Training

• An advanced form of interval training alternating periods of short, intense anaerobic exercise with less intense recovery periods.



Resistance Training

 Activity designed to improve muscular strength using body weight or external resistance.



Hatha Yoga

• Movement and breath based-practice.

Premise Health



Steady-State Cardio

Continuous exercise performed for an extended period of time







Move More, Feel Better

Steady-State Cardio makes you feel better.

- Reducing levels of the body's stress hormones and stimulating the production of endorphins
 - Reducing stress and anxiety
 - Improving mood and sleep
- Enhancing memory and thinking skills
- Reducing insulin resistance and inflammation
- Facilitating a variety of physiological benefits







High Intensity Interval Training

Repeated bouts of exercise





Move More, Feel Better

High Intensity Interval Training makes you feel better.

- Releasing "feel good chemicals"
- Improving cardiovascular health markers
- Increasing metabolic strength and endurance
- Challenging to do and fully engage





Resistance Training

Exercise focused on weight-bearing movements







Move More, Feel Better

Resistance Training makes you feel better.

- Increasing muscular strength, endurance, stabilization and power: the SAID principle
- Helping manage chronic conditions like arthritis
- Increasing bone mineral density
- Improving metabolism by supporting lean muscle mass, especially as we age
- Increasing cognitive awareness contributing to better balance
- Improving self-image and self-concept







Hatha Yoga

Mindful, integrative movement practice







Move More, Feel Better

Yoga makes you feel better.

- Providing pain relief, like for chronic or recurring low back pain or for knee arthritis symptoms
- Easing physical and mental symptoms associated with breast cancer during and after treatment
- As adjunctive treatment for depression and PTSD
- Improving quality of life and decrease cardiovascular risk factors for those with coronary heart disease
- Offering peace of mind, like in fall prevention or preventing cognitive decline







Move More, Feel Better

Key Takeaways

- There are many ways to feel better through moving more
 - You can (and should) use multiple modalities
 - Consistency is key!
- Getting started
 - Speak with your onsite Premise Health professional
- Attend "Returning to Movement After the COVID-19 Pandemic" (2:00pm CST)





Thank you for attending!



Premise Health presents:

Wellbeing 360° A virtual mind and body expo



Appendix







Move More, Feel Better

Cardiovascular Recommendations





Move More, Feel Better

Resistance Recommendations



Premise Health



References







Move More, Feel Better

Steady State Cardio References

Bosch B, M., A, B., & MG, L. (2021, July 13). Europe PMC. Europepmc.org. http://europepmc.org/article/MED/34257382#CR24

- Chomistek, A. K., Henschel, B., Eliassen, A. H., Mukamal, K. J., & Rimm, E. B. (2016). Frequency, Type, and Volume of Leisure-Time Physical Activity and Risk of Coronary Heart Disease in Young Women. Circulation, 134(4), 290–299. <u>https://doi.org/10.1161/circulationaha.116.021516</u>
- Harvard Health Publishing. (2018, July 13). Exercising to relax Harvard Health. Harvard Health; Harvard Health. https://www.health.harvard.edu/staying-healthy/exercising-to-relax
- Harvard Health Publishing. (2019). Exercise can boost your memory and thinking skills Harvard Health. Harvard Health; Harvard Health. <u>https://www.health.harvard.edu/mind-and-mood/exercise-can-boost-your-memory-and-thinking-skills</u>
- Hill, E. E., Zack, E., Battaglini, C., Viru, M., Viru, A., & Hackney, A. C. (2008). Exercise and circulating cortisol levels: the intensity threshold effect. *Journal of Endocrinological Investigation*, *31*(7), 587–591. <u>https://doi.org/10.1007/BF03345606</u>
- Karacabey, K., Saygin, O., Ozmerdivenli, R., Zorba, E., Godekmerdan, A., & Bulut, V. (2005, April 15). The effects of exercise on the immune system and stress hormones in sportswomen. Citeseerx.ist.psu.edu. http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.567.3215&rep=rep1&type=pdf





Move More, Feel Better

HIIT References

12 Minute Athlete. (2013, May 9). *10 Reasons to Love High Intensity Interval Training (HIIT)*. 12 Minute Athlete. <u>https://www.12minuteathlete.com/high-intensity-interval-training/</u>

Batacan, R. B., Duncan, M. J., Dalbo, V. J., Tucker, P. S., & Fenning, A. S. (2016). Effects of high-intensity interval training on cardiometabolic health: a systematic review and meta-analysis of intervention studies. *British Journal of Sports Medicine*, *51*(6), 494–503. <u>https://doi.org/10.1136/bjsports-2015-095841</u>

Gibala, M. J., Little, J. P., Van Essen, M., Wilkin, G. P., Burgomaster, K. A., Safdar, A., Raha, S., & Tarnopolsky, M. A. (2006). Short-term sprint intervalversustraditional endurance training: similar initial adaptations in human skeletal muscle and exercise performance. *The Journal of Physiology*, *575*(3), 901–911. <u>https://doi.org/10.1113/jphysiol.2006.112094</u>

Saanijoki, T., Tuominen, L., Tuulari, J. J., Nummenmaa, L., Arponen, E., Kalliokoski, K., & Hirvonen, J. (2017). Opioid Release after High-Intensity Interval Training in Healthy Human Subjects. *Neuropsychopharmacology*, *43*(2), 246–254. <u>https://doi.org/10.1038/npp.2017.148</u>

Stokes, K. A., Nevill, M. E., Hall, G. M., & Lakomy, H. K. A. (2002). The time course of the human growth hormone response to a 6 s and a 30 s cycle ergometer sprint. *Journal of Sports Sciences*, 20(6), 487–494. <u>https://doi.org/10.1080/02640410252925152</u>

Tinsley, G. (2017, June 2). 7 Benefits of High-Intensity Interval Training (HIIT). Healthline. <u>https://www.healthline.com/nutrition/benefits-of-hiit#TOC_TITLE_HDR_7</u> Premise Health.



Move More, Feel Better

Resistance References

Harvard Health Publishing. (2018, October). *Strengthen your mood with weight training - Harvard Health*. Harvard Health; Harvard Health. <u>https://www.health.harvard.edu/mind-and-mood/strengthen-your-mood-with-weight-training</u>

Strength training: Get stronger, leaner, healthier. (2019). Mayo Clinic; <u>https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670</u>

Ramirez, A. (2010). Resistance Training Improves Mental Health. Unm.edu. https://www.unm.edu/~lkravitz/Article%20folder/RTandMentalHealth.html

Mayo Clinic Staff. (2019). 7 great reasons why exercise matters. Mayo Clinic; <u>https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389</u>

Coburn, J. W., Malek, M. H., & National Strength & Conditioning Association (U.S. (2012). NSCA's essentials of personal training. Human Kinetics.





Move More, Feel Better

Yoga References

- Hoy, S., Östh, J., Pascoe, M., Kandola, A., & Hallgren, M. (2021). Effects of yoga-based interventions on cognitive function in healthy older adults: A systematic review of randomized controlled trials. *Complementary Therapies in Medicine*, 58, 102690. <u>https://doi.org/10.1016/j.ctim.2021.102690</u>
- Keay, L., Praveen, D., Salam, A., Rajasekhar, K. V., Tiedemann, A., Thomas, V., Jagnoor, J., Sherrington, C., & Ivers, R. Q. (2018). A mixed methods evaluation of yoga as a fall prevention strategy for older people in India. *Pilot and Feasibility Studies*, *4*. <u>https://doi.org/10.1186/s40814-018-0264-X</u>
- Li, J., Gao, X., Hao, X., Kantas, D., Mohamed, E. A., Zheng, X., Xu, H., & Zhang, L. (2021). Yoga for secondary prevention of coronary heart disease: A systematic review and meta-analysis. *Complementary Therapies in Medicine*, 57, 102643. <u>https://doi.org/10.1016/j.ctim.2020.102643</u>
- Patel, S. R., Zayas, J., Medina-Inojosa, J. R., Loprinzi, C., Cathcart-Rake, E. J., Bhagra, A., Olson, J. E., Couch, F. J., & Ruddy, K. J. (2021). Real-World experiences with yoga on cancer-related symptoms in women with breast cancer. *Global Advances in Health and Medicine*, 10, 216495612098414. https://doi.org/10.1177/2164956120984140
- Saeed, A., Cunningham, K., & Bloch, R. M. (2019). Depression and anxiety disorders: Benefits of exercise, yoga, and meditation. *American Family Physician*, 99(10), 620–627.
- Wang, Y., Lu, S., Wang, R., Jiang, P., Rao, F., Wang, B., Zhu, Y., Hu, Y., & Zhu, J. (2018). Integrative effect of yoga practice in patients with knee arthritis. *Medicine*, 97(31), e11742. https://doi.org/10.1097/md.000000000011742

Premise Health