

### PERFORMANCE HEALTH

## Exercise Can Improve Your Performance

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's essential to get all four types of training: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and the risk of injury. No matter your age, you can find activities that meet your fitness level and needs! The four types of exercise/activity that you should include in your weekly routines are:

1. Endurance
2. Strength
3. Balance
4. Flexibility



These four types of exercise can improve your health and physical ability. Endurance activities, often called aerobic exercise, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system.

Exercises that increase your strength should be included in your weekly routine and certainly improve daily performance. Some people choose to use weights to help improve their strength. If you do, start using light weights first, then gradually add more. Other people use resistance bands and stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can easily do two sets of 10 to 15 repetitions. Try to do strength exercises for all of your major muscle groups at least twice a week, but don't exercise the same muscle group for two days in a row.

Flexibility is the third element that should not be overlooked. It is the easiest element of all the activities, but it and balance are the two that seem to need to be remembered. Stretching can improve your flexibility and assist in maintaining the range of motion of your joints. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway. Balance and flexibility go hand in hand. While stretching, be mindful of your positioning. The ability to maintain balance helps to prevent injuries in the long run.

**If exercise is new to you or you have experienced injury, consult your physician before you embarking on your new physical journey.**

### Exercises to Improve Performance

**Endurance - Remember to hydrate. Listen to your body! Endurance activities should not cause dizziness, chest pain, pressure, or a feeling like heartburn.**

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

**Strength - Don't hold your breath during strength exercises. Breathe regularly. Breathe out as you lift or push, and breathe in as you relax.**

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Overhead arm curl
- Arm curls
- Wall push-ups
- Lifting your body weight
- Using a resistance band

**Balance - Use a solid object to help remain balanced if you feel unsteady.**

- Tai Chi, a "moving meditation" that involves shifting the body slowly, gently, and precisely, while breathing deeply.
- Standing on one foot.
- The heel-to-toe walk.
- The balance walk.
- Standing from a seated position.

**Flexibility - stretch after endurance or strength exercises.**

- The back stretch exercise
- The inner thigh stretch
- The ankle stretch
- The back of leg stretch

**Safety Tips: Talk with your doctor if you are unsure about a particular exercise.**

<https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

NIH (n.d.). Four types of exercise can improve your health and physical ability. <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>



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Check out the calendar on the other side to see what is going on this week.

## HeRO Spotlight:

### PATRICK SFB

#### T-Minus 10-Miler

Health Promotion cheered on participants at the Inaugural T-Minus 10-Miler and provided nutrition education and fun promotional items.



### KEESLER AFB

#### 5K Jingle Bell Run/Walk

Thanks to our Health Promotion team for keeping physical fitness and nutrition a priority during the holidays.



### SHAW AFB

#### SFS Cocoa 5K

Huge shout out to our team for supporting fitness and rewarding participants with cocoa!



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday