



Staying Fit and Healthy

Although exercise doesn't fight HIV, it can have important benefits for people with HIV. Exercise may:

- **Increase muscle mass**
- **Improve self-image**
- **Reduce the risk of developing heart disease, stroke, diabetes, certain cancers and high blood pressure**
- **Boost the immune system**
- **Increase appetite and energy levels**
- **Increase libido**
- **Reduce stress**
- **Regulate sleep patterns**
- **Reduce feelings of depression and anxiety**

Some anti-HIV drugs can cause changes in body fat called 'lipodystrophy'. These changes include the accumulation of fat around the waist, which can increase the risk of developing other long-term health problems such as heart disease, stroke and diabetes.

Endorphins are the body's natural 'feel good' chemicals. During exercise, these endorphins are released which can produce feelings of euphoria and a general state of well-being. The best type of exercise for improving your mood is cardiovascular exercise. Yoga is also great as it reduces tension and stress, while improving the mood by focusing on stretching and relaxed breathing.





Types of Exercises

- Resistance training (also called weight training) is a form of training in which each effort is performed against a resistance. The goal of resistance training is to gradually and progressively overload a muscle so it gets stronger; and includes training with free weights, machines, body weight and rubber resistance.
- Cardiovascular training (sometimes called cardio or aerobic training) is any repetitive activity that you do for long enough and hard enough to work your heart and lungs. This type of training can include activities such as brisk walking, cycling, swimming, running, rowing and dancing. A total of 30 minutes of any of these activities per day is recommended for general good health. The 30 minutes can be made up of three 10 minute sessions if 30 minutes in one go cannot be achieved.

Warm Up

Warming up is simply getting your body ready for exercising. It gradually increases your heart rate, increases blood flow to your muscles and raises your body temperature. A proper warm up can result in decreased muscle stiffness, less risk of injury and improved performance.

Choose a warm-up activity that uses the same muscles you will use during your workout. For example, if you're going for a run, walk briskly for 5 to 10 minutes to warm up.

Resistance Training

Resistance training can help you add muscle mass or enhance the muscle mass you already have. This is important for anyone living with HIV because of the role both muscles and the proteins in muscle play in your body's immune system. Muscle wasting has been implicated with HIV, but resistance training can help slow down this wasting, as well as improve muscle function.



Resistance training programs will vary according to specific requirements. These programs can be used to:

- Increase muscle mass or bulk up
- Increase strength
- Improve power
- Improve muscle endurance

Cardiovascular Training

If you are new to exercise, a heart rate monitor is an inexpensive tool that can help you gauge how hard you are training by looking at how fast your heart is beating while you are exercising. Your Target Heart Rate is the range of heartbeats per minute at which you should work at in order to best achieve cardio fitness. This range is usually between 65% and 85% of your maximum heart rate (MHR). Your MHR is approximately 220 minus your age.

The Light to Moderate Intensity Zone (65% to 75% of your MHR) best suits a beginner, sedentary or overweight exerciser.

The Moderate to Heavy Intensity Zone (75% to 85% of your MHR) is for someone who is looking to improve their fitness level and may even want to start training for competitive reasons.

For example, if you are 30 years old:

- Your MHR is 190 (220 minus 30)
- Your Light to Moderate Intensity Zone is the intensity level at which your heart is beating between 124 (65% of 190, your MHR) and 143 (75% of 190) beats per minute
- Your Moderate to Heavy Intensity Zone is the intensity level at which your heart is beating between 143 (75% of 190) and 162 (85% of 190) beats per minute

Target Heart Rate Chart

If you don't have a heart rate monitor, the Perceived Rate of Exertion ('PRE') scale can be used to find out the level of intensity you are exercising at. It uses a numerical scale (from 1 to 10) that corresponds to how you feel while you are exercising - the rate at which you perceive that you are exerting yourself. This scale is roughly equivalent to the Target Heart Rates, i.e. a PRE of 7 is equivalent to approximately 70% of your MHR.

PRE	How It Feels	Activity Example
1	No effort	Sleeping
2	Very weak	Watching TV, reading a book
3	Weak	Browsing in the shops, chatting with friends, typing on the computer
4	Moderate	Walking the dog
5	Quite strong	Climbing up stairs, cycling for pleasure
6	Strong: you are physically challenged	Walking briskly, pushing a pram up a hill, digging in the garden, light jogging
7	Tough: you feel like you can only carry on for a limited time	Fast jogging or running, carrying and lifting heavy furniture
8	Very tough: you have to force yourself to do this	Running fast to catch the bus, circuit training, skipping
9	Very, very tough: you are exercising at virtually your flat-out pace	Running in a competitive race
10	Maximum effort: you cannot work any harder	Running for your life

Cool Down

Immediately after your workout, take time to cool down. This gradually reduces the temperature of your muscles and may help minimise muscle injury, stiffness and soreness. Incorporate stretching in the cool down process as the muscles will be warm and more receptive to stretching.

Regular stretching increases your flexibility, improves circulation and prevents injury. With stretching, you should:

- Only stretch when the muscles are warm
- Hold each stretch for between 20 and 30 seconds
- Avoid bouncy or jerky movements
- Keep breathing in a relaxed fashion

Example of an Exercise Program

You should aim to have a balanced exercise program, which incorporates a mix of resistance training, cardio training and stress management activities. The program opposite assumes that you have an hour each day to exercise and have access to a gym.

Helpful Tips

- Enjoyment is the key to maintaining an exercise program
- Set small, achievable goals and reward yourself if you achieve these, but don't punish yourself if you do not
- Prioritise exercise and make it part of your routine
- Exercise with others
- Get a personal trainer if you are new to exercising or lack motivation to exercise
- Listen to your body and rest if you are tired or feel ill
- Put a motivational quote (such as "You've only got one body, so take good care of it") in a prominent place where you will see it regularly, e.g. on the fridge or on your computer monitor at work



Day	Activity
Monday	Warm-up (5 minutes) Resistance Training (20 minutes) - Lower body (legs, abdominals and lower back) Cardio Training (30 minutes) - Cycling Cool down and stretch (5 minutes)
Tuesday	Warm-up (5 minutes) Resistance Training (30 minutes) - Upper body (chest, upper back, shoulders) Cardio Training (20 minutes) - Jogging Cool down and stretch (5 minutes)
Wednesday	Yoga
Thursday	Warm-up (5 minutes) Resistance Training (20 minutes) - Lower body (legs, abdominals and lower back) Cardio Training (30 minutes) - Cycling Cool down and stretch (5 minutes)
Friday	Warm-up (5 minutes) Resistance Training (30 minutes) - Upper body (chest, upper back, shoulders) Cardio Training (20 minutes) - Jogging Cool down and stretch (5 minutes)
Saturday	Warm-up (5 minutes) Cardio Training (45 minutes) - Elliptical or cross-trainer - 20 minutes - Stationary bicycle - 15 minutes - Rowing machine - 10 minutes Cool down and stretch (10 minutes)
Sunday	Rest or Massage





If you are new to exercise, seek advice from your doctor before commencing an exercise program.

For further information about staying fit and healthy, please talk to your doctor.

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The opinions expressed in this booklet are not necessarily those of Abbott Australasia or the publisher.

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