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**ab13. The Three Levels of Exercise**

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There are three basic levels of exercise and four basic types of exercise. Mild, moderate and strenuous and aerobic, strength, endurance and stretching. They each have their place. This article deals with the three LEVELS of exercise.

Mild exercise might be used for people recovering from a serious sickness or a cold. It may also be used when a person is tired but wants to exercise anyway. It may also be used by athletes after detraining, a layoff from the regular routine for whatever reason, for 6 weeks or more. The trend now in public health is to encourage people who do not exercise at all, to attempt just mild exercise. The scientific evidence points to health benefits. Dancing can be a very good form of mild exercise.

Moderate exercise is used when retraining and when learning to build muscle. The guide to this type of exercise is starting slowly and not breaking the 10% rule. The 10% rule states that one should not increase either the duration or intensity of one's usual exercise routine more than 10% a week, assuming one exercises four times a week.

Public health teachers have long been trying to encourage people to get into a moderate exercise routine on a regular basis several times a week. Scientific evidence points to much improved health and less strain on the health care system when a large proportion of the population is engaged in regular moderate exercise.

Strenuous exercise is generally not recommended to the average non exercisers in our midst. Benefits to the heart are evident, but most people will not engage in this level of exercise. Increasing the blood flow through strenuous exercise does have some benefits, but also some drawbacks.

The drawbacks are that much more free radicals are produced during strenuous exercise. These free radicals are the bad guys and need to be neutralised with antioxidant supplements. There is also considerably more physical stress on joints and this may cause aching if the joints are degenerating.

The major benefit that is overlooked by a lot of people, and health educators, is the benefit of increased blood flow to the soft tissues of the body. This increased blood flow has a purging effect on the lungs, which have an upper portion that is collapsed during normal resting breathing. This collapsed portion is susceptible to mild infections and exercise helps the body heal these.

In the capillary system the increased blood flow has a purging effect on capillaries that may get plugged up from Pain Relief Diet-Poison foods. These common foods may be predisposing non exercisers to more health risks than necessary.

It is up to you to choose what level of exercise you would like to engage in. Remember, that even mild exercise gives health benefits. The more strenuous the exercise, the greater the benefits, up to a point. So, lets get a plan going and get out there and do it.

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