

Are you physically fit just because your job is physical labor?

3 considerations why that may not be!

First would be the idea of general exercise. What is good exercise?

Answer: Aerobic Exercise

To be considered aerobic, exercise must result in elevating the heart rate to at least 60-80% of maximum heart rate for our age.

Second - We are in a repetitive motion job.

If all we do for "exercise" is the job, then we are doing the same repetitive motions that are putting us at risk for injury in the first place. To decrease the risk of repetitive strain injuries, we need to increase the strength and flexibility of those muscles beyond our work requirements.

Budget cuts, absences, more scheduled activities new duties, new areas require new movements, new muscles. Cross training strengthens us in a variety of positions and movements, giving us greater flexibility when our body is required to respond to these new activities and their demands.

Third - we must increase our maximum strength to decrease stress and strain.

How much Push Do You Need?

Say that in our job we occasionally lift 50 pounds. We more frequently lift 25 pounds. Over the years this may result in a maximum lifting capability of 75 pounds.

So that occasional 50 pounds is 67% of our maximum. (50/75)

If we work out to increase our max lifting capability from 75 to 100 pounds, then that same occasional 50 pounds only costs us 50% of our max.

We get a 17% reduction in effort for an investment of time to increase our lifting capability by 22%.

What's your target heart rate?

Formula : $220 - \text{age} = \text{Maximum Heart Rate}$

Example: $220 - 60$ equals 160 as the max heart rate for a 60 year old custodian.

We know 10% of 160 is 16. So, 60 to 80% is between $6 \times 16 = 96$ and $8 \times 16 = 128$ beats per minute.

So that 60 year old custodian would have to work at a 96 to 128 beats per minute pace to be considered exercising.

Normal Heart Rate for Adult is 60 -100 beats per minute.

How to Calculate Heart Rate from Pulse

So pick a hallway or gym floor; mop it **quickly**; at the end take your pulse for 10 seconds, multiply by 6 to get heart rate per minute.

Was that Good Exercise?

It is a war out there at times. We must battle the physical inevitabilities of age. Even semi-regular strength training lets us know when we no longer have that needed sudden push.

So, yes in our profession, we are doing continuous physical activity, but not often, if at all, at a high enough heart rate to be considered aerobic exercise.

