The Effects of Exercise on Brain Health

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Review of Last Week:

**How much activity do I need?**

**Moderate-intensity aerobic activity**
Anything that gets your heart beating faster counts.

- at least **150 minutes a week**

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

- at least **2 days a week**

Tight on time this week? **Start with just 5 minutes.** It all adds up!
Are you able to distinguish the intensity of your exercise? If so, how?

Noah hinted at this last week!
<table>
<thead>
<tr>
<th>RPE SCALE</th>
<th>RATE OF PERCEIVED EXERTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>MAX EFFORT ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time</td>
</tr>
<tr>
<td>9</td>
<td>VERY HARD ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words</td>
</tr>
<tr>
<td>7-8</td>
<td>VIGOROUS ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Borderline uncomfortable. Short of breath, can speak a sentence</td>
</tr>
<tr>
<td>4-6</td>
<td>MODERATE ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging</td>
</tr>
<tr>
<td>2-3</td>
<td>LIGHT ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Feels like you can maintain for hours. Easy to breathe and carry a conversation</td>
</tr>
<tr>
<td>1</td>
<td>VERY LIGHT ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Hardly any exertion, but more than sleeping, watching TV, etc</td>
</tr>
</tbody>
</table>

Everyone is different!

150 minutes per week
What exercises could be a 10 on the vigorous scale?
Moderate Physical Activity Includes:

- Breathing Heavily
- Can still hold a short conversation
- Heart rate increasing
- Fairly comfortable
- The longer you go, the more challenging it gets
If the overall goal is to complete 150 minutes of moderate exercise per week, how do we get there?

Set a specific, smaller goal

Meet Charlie!
My goal: walk Charlie everyday (weather permitting 😊)

Set an external goal that can be measured over time

I start out doing one loop around my block, then the next week I will try to do two!
PROGRESS

PERFECTION
Resources and Ideas To Get Active:

- Couch to 5K
- Spirit Club
- Silver Sneakers
- Create/join a walking club
- Yoga/Stretching
- Dance Classes
FREE Online Resources

Adidas Training by Runtastic
30 free workouts for all levels

FitOn
Enter your information, get a free workout plan with videos to follow along

Yoga for Beginners
16 free yoga classes between 7-14 minutes long
Find a workout partner!

Having a buddy may help keep you accountable and makes exercising way more FUN!

Invite family/friends to exercise with you or join a group fitness class!
What are some small goals you can set to help get more exercise minutes per week?
Let’s Practice With Some Seated Exercises!

SEATED MARCHING

While seated, lift your foot off the ground as your bend your knee. Lower back down and repeat on the opposite leg. Repeat this alternating movement.

Video # VV3HRQ5UJ

SEATED MARCHING ALTERNATE ARMS AND LEGS

Sit towards the edge of a chair with good upright posture.

Begin by raising up one arm and the opposite side leg as shown. Lower arm and leg back down and then raise the opposite sides as you alternate back and forth.

Video # VVPZ65629
SEATED PUNCHES

While seated in a chair, extend your arms forward as in punching as shown. Use controlled smooth movements.

Video # VVSX4PUVK
SEATED REVERSE CRUNCH

Sit in a chair and then lift up both knee as shown. Lower back down and repeat.

Allow your pelvis rock a little forward and back to engage the abdominal muscles.

Video # VVSVCH8QV
Volunteers Needed for a Research Study on Physical Activity Among Survivors of Traumatic Brain Injury

You May Qualify If You:
- Have a diagnosis of moderate or severe brain injury,
- Participated in physical therapy services,
- Are more than 1 year past the event that caused the brain injury

Participation Involves:
- Eligibility screening and enrollment meeting
- Brief survey about traumatic brain injury history and physical activity
- One-time interview that is approximately 45-60 minutes in duration

Compensation:
- You can receive up to $75 for completion of all research activities
- [https://calendly.com/tbi-plaay](https://calendly.com/tbi-plaay)