The background of the slide is a light blue, out-of-focus image of water ripples. A single drop of water is captured mid-fall, creating a series of concentric ripples that spread outwards from the center. The overall tone is calm and refreshing.

# ***3 Week Webinar Series:***

## ***Strengthening Your Immune System through Exercise & Movement***

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## Speaker Biographies

**Kerri Lanum, MS, CHC**

Kerri Lanum is passionate about improving health outcomes through prevention. With over 20 years of experience in the healthcare industry, she is a certified athletic trainer, health coach and quality improvement expert with ILHITREC. Through her career she has inspired many people to live more active lifestyles to improve their overall health and well-being.

**Joan S. Laurino, MBA, MA**

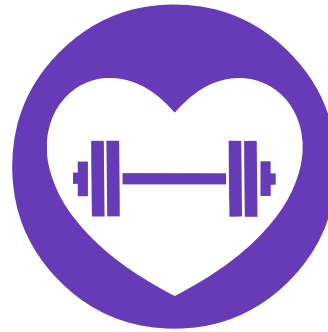
Joan Laurino has been an integral part of the Health IT team at the Illinois Health Information Technology Regional Extension Center (ILHITREC) at Northern Illinois University for the past 10 years. In addition to administration and program management of grant-funded Health IT programs, Joan also develops, manages and delivers Mind-Body Health programs including stress management, meditation, and self-awareness curriculum. Joan is passionate about Mind-Body Health and has been meditating for over 17 years. Joan earned both an MBA, and an MA in Consciousness & Transformative Studies, and is trained as a life coach with expertise in mind-body health programs.



# 3 Week Webinar Series

**STRENGTHENING  
YOUR IMMUNE  
SYSTEM THROUGH  
EXERCISE &  
MOVEMENT**

**TOPICS  
WE'LL  
EXPLORE**



Why Physical  
Activity is Just  
the Prescription  
You Need



Types and  
Benefits of  
Physical  
Activity

TECHNOLOGY



Technology and  
Exercise



**HEARTFULNESS**  
Lifestyle Tools:  
Relaxation &  
Meditation



# STRENGTHENING YOUR IMMUNE SYSTEM

## Better Health Through Lifestyle Management

- \* Managing Stress
- \* Diet & Nutrition
- \* Physical Activity

*Disclaimer: The information in these webinars is not meant to offer advice, but only to offer general education on various aspects of lifestyle health. The content in these webinars is not intended to be a substitute for professional medical advice, diagnosis or treatment. As with any medical situations, please consult with your medical professional before making any changes that will affect your health including beginning an exercise program.*





# ***Week 2: Types and Benefits of Physical Activity***



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# *Topics for Today*

**Endurance  
Exercise**

**Strength and  
Resistance Exercise**

**Flexibility  
Exercises**

**Balance Exercises**

And.....What kind of Exercise is best for you?

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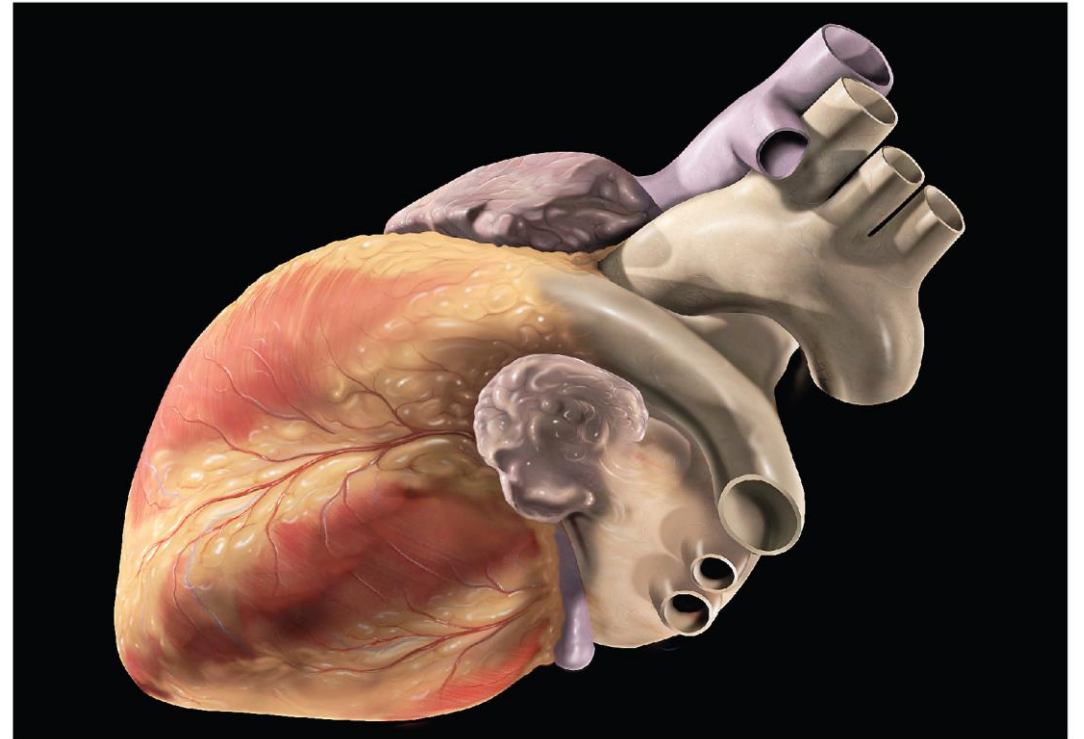
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# Endurance Exercise

- Exercise that involves the use of several large groups of muscles and is dependent on the delivery of oxygen to the muscles by the cardiovascular system
- <https://youtu.be/wWGulAa000>





# IS YOUR WORKOUT WORKING?

Check the chart to see how your favorite aerobic activities affect your health goals according to your weight. These are the number of calories burned per hour by a 100-, 150-, and 200-lb person doing each exercise.



Healthy For Good



WALKING | 3 mph

JOGGING | 5.5 mph

RUNNING | 10 mph

SWIMMING | 25 yds/min

BICYCLING | 12 mph

JUMP ROPE

TENNIS | singles

| LBS | 100 | 210 | 440 | 850   | 185 | 270 | 500   | 265 |
|-----|-----|-----|-----|-------|-----|-----|-------|-----|
|     | 150 | 320 | 660 | 1,280 | 275 | 410 | 750   | 400 |
|     | 200 | 416 | 962 | 1,664 | 358 | 534 | 1,000 | 535 |

CALORIES / hour

LEARN MORE AT [HEART.ORG/MOVE MORE](https://www.heart.org/move-more)

Endurance  
exercise



# Strength & Resistance Exercise

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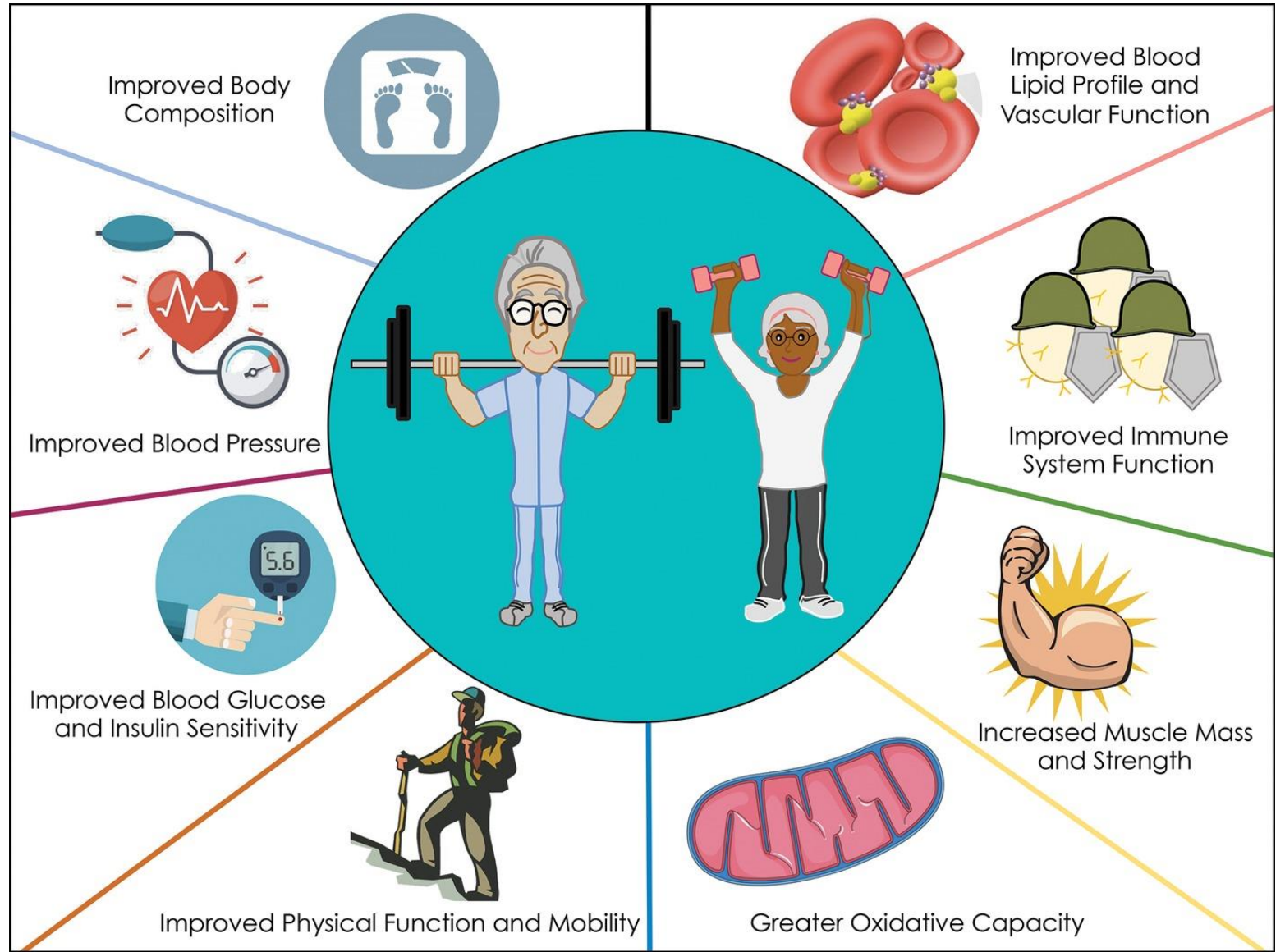
- Any exercise where you move your body against resistance can be considered resistance or strength training.
    - Body weight exercises
    - Weight Lifting
    - Band exercises
- 





# Strength & Resistance Exercise

Resistance Exercise Training as  
a Primary Countermeasure to  
Age-Related Chronic Disease







# Flexibility Exercise

Stretching is designed to increase joint range of motion and extensibility of muscle.



# Balance Exercise

- Balance exercises improve your ability to control and stabilize your body's position. This type of exercise is particularly important for older adults but can benefit people of any age.





# What type of exercise is right for you?

- *Considerations*
  - Enjoyment
  - Medical conditions (Chronic disease, orthopedic problems)
  - Accessibility, convenience, and environment
  - Social Support



# Fighting COVID-19 with Exercise





# Exercise Demo





# HEARTFULNESS **GUIDED RELAXATION**

IN PROGRESS....



NEXT WEEK...



Wednesday November 18<sup>th</sup> 12-12:45 pm

- [Register here](#)



### ***Using Technology to Improve Physical Fitness***

Register for this fun webinar delving into the latest and greatest in how technology is making it easier for us all to get fit. We will explore apps and programs available for physical activity tracking and how to involve your healthcare providers in your physical activity goals.



# References

American Heart Association. Physical Fitness Basics. 2020

<https://www.heart.org/en/healthy-living/fitness/fitness-basics>. Accessed 11/9/2020.

da Silveira, M.P., da Silva Fagundes, K.K., Bizuti, M.R. *et al*. Physical exercise as a tool to help the immune system against COVID-19: an integrative review of the current literature. *Clin Exp Med* (2020). <https://doi.org/10.1007/s10238-020-00650-3>



# Questions?

Feel free to contact us at:  
[Info@ILHITREC.org](mailto:Info@ILHITREC.org)

Kerri Lanum  
[klanum@niu.edu](mailto:klanum@niu.edu)

