



**Week 12:**  
**The Wisconsin AD Exercise**  
**Newsletter**



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## Pro Tip

The weather is changing. Fall and winter are coming. Here are some ways to keep exercising in less than ideal Wisconsin weather:

- YouTube an inside workout like dance, kickboxing, or aerobics.
  - Check the radar and get outside in between rain/snow showers. Remember, three 10-minute workouts even on a rainy day is beneficial!
  - For a total body workout, ditch the snowblower for a shovel!
  - Invest in layers and rain gear. If it's merely raining, not lightening, exercise outside.
  - Find ways to enjoy Wisconsin winters - take up cross country skiing, skating, and/or snowshoeing. Many places in the surrounding areas have the equipment to rent if you don't want to purchase. Use studded soles, like Yaktrax, and add trekking poles for stability. It's a total body workout!
  - Layer, layer, and layer. Use a non-cotton base layer to wick away sweat, an insulating layer, and a wind/rain block layer. Depending on the weather, use multiple layers on your hands and feet and be prepared to swap out with a dry pair if they get wet.
  - Use what you have! Jump rope to get your heart rate up, or do a stair climbing work out on actual stairs!
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## Coach's Playbook

### How does exercise become a lifelong habit?

We all know the behavior we *should* do to promote health, but the actual execution itself, and the incorporation into our everyday schedule, can prove challenging. If you've attempted to change your patients', participants', or your own health habits, you know that the actual *doing* is the hardest part.

Habits are regular tendencies, or practices, that stay with us and are present in our daily lives. Habit-forming takes time to establish and leans on these four elements:

- Consistency
- Low behavior complexity (relatively simple)
- Affective judgment (feelings of enjoyment)
- Environment.

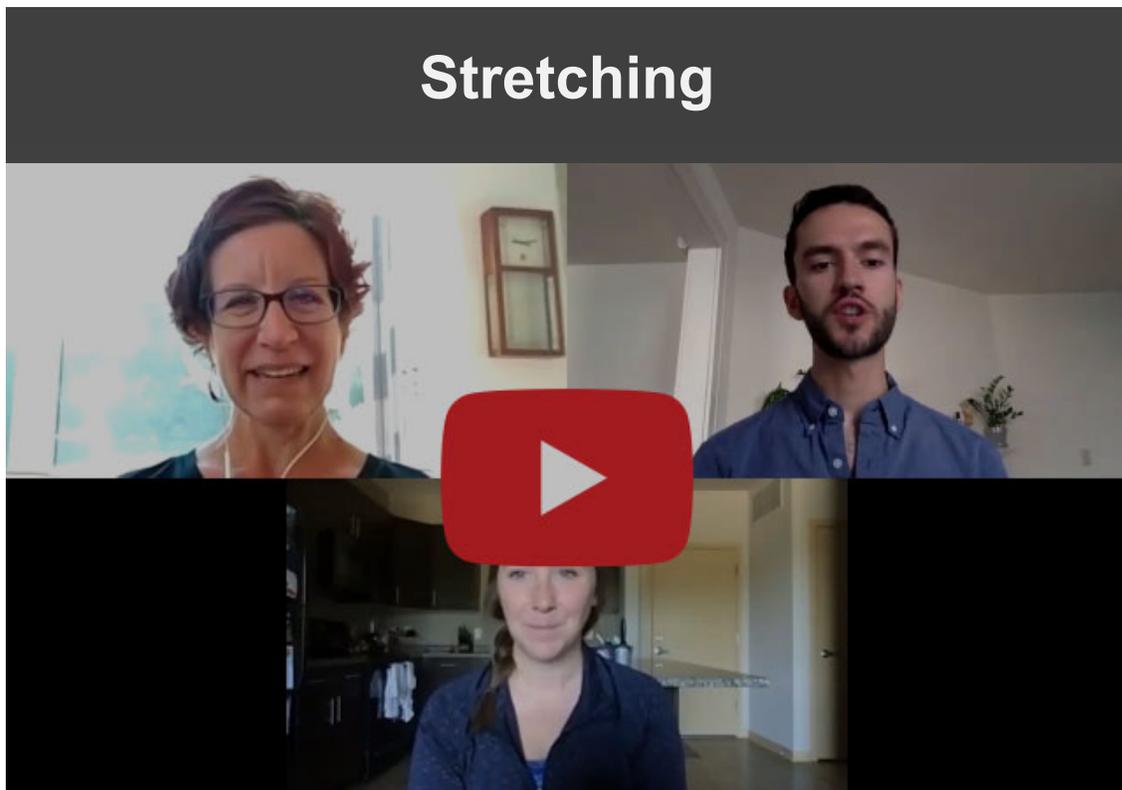
For exercise to become a habit we must consider these four elements. For example, if I really don't like going to Zumba class because parking is a pain and my knee hurts, I am less likely to stick with it. But if I really like my master's swim team, and I feel enjoyment and peace in the pool, I am more likely to go three times a week.

Consistency is an interesting element because it is an act on the person's part rather than feedback like the other elements. Consistency is challenging because we tend to want immediate, tangible results. So how long does it take to make exercise a habit? [Kaushal et al. \(2015\)](#) followed a group of people who recently obtained a gym membership. In line with previous research, it took about 66 days of going to the gym to become a habit, and the habit was most likely to occur by six weeks.

***The bottom line:*** Exercise is an investment in yourself, and it takes time to make it a habit. However, by consistently engaging in enjoyable, feasible, and logistically possible exercise, you can get closer to forming an exercise habit.

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# Ask the Exercise Physiologist



Do you have a question for our Exercise Physiologists?

Send your question(s) to [Camille Conway](#).

You may be featured in an upcoming newsletter!

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## Congratulations!

You did it! You made it through the first 12 weeks of your exercise journey and we're so proud of you! It's time to revisit those fitness tests we did all the way back at the beginning to see the progress you've made.

## Resting Heart Rate

Aerobic Fitness (choose the same test you did back in Week 2):

- [Step Test](#)
- [Walk Test](#)
- [Run Test](#)

Muscular Fitness (choose the same test you did back in Week 2):

- [Push Up Test](#)
- [Squat Test](#)
- [Plank Test](#)

Written [instructions](#) are also available.

To estimate your aerobic fitness level and to find out where your results fall in relation to the general population, check out the [Fitness Assessment Estimator](#).

Remember, results (especially outwardly noticeable ones) can take time. So, even if there was no change or only a small change in your fitness test results, you're still on your way to a healthier you! There are so many benefits we've discussed over the weeks that are not measured by these tests (e.g. mental health, insulin resistance, blood pressure, etc.). Take some time to reflect on the last 12 weeks and how you feel now versus then. If you kept a journal, read through it. Check-in with your mood, attention, and energy levels to notice progress there.

We hope you've enjoyed going on this journey with us and that it is a stepping stone for you to continue on your lifelong exercise journey! We'll continue to be here, and happy to support you along the way.

*Camille Conway, Max Gaitán, Sarah Lose, and Dr. Nathaniel Chin*



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