

Making Regular Exercise a part of Your Lifestyle!

A lot can be learned from people who have successfully adopted physical activity as an essential part of everyday life. Most convey that a key aspect is to make exercise a regular part of your daily routine, just like brushing your teeth or having breakfast each morning. Nicole and Sean Dwyer, two Sibley & Associates' consultants, who not only lead active lives, but are also international athletes, share some motivational advice:

A Personal Perspective from Nicole & Sean:

a) Benefits of Physical Activity include:

- Maintenance of desired body weight without significant dietary modification
- Improved physical appearance
- Improved self-image
- Improved self-confidence
- Improved tolerance for engaging in daily living activities
- Improved generalized condition (i.e., cardio vascular, muscular endurance, muscular power, increased stroke volume, decreased blood pressure, decreased resting heart rate, increased bone density)
- Improved social relations – training with a partner or group
- Increased community involvement
- Opportunity to travel (i.e., upon the receipt of athletic scholarship, national and international competition, winter training camps in relatively warm locations)
- Opportunity to engage in outdoor activity
- Release of work related tension

b) How to get started and keep going!

- See your family physician if you are at all concerned about your general medical status, prior to increasing your involvement in physical activity.
- Set SMART (Specific, Measurable, Attainable, Realistic, and Timely) goals.
- Research appropriate equipment needs (i.e. it is not necessary to purchase the top of the line bicycle prior to entering a triathlon for the very first time).
- Make time to train (i.e. schedule training when most likely to participate)
 - Early in the morning – if a morning person
 - Prior to dinner – as it is generally uncomfortable to train following dinner
 - Schedule a late dinner if training in the evening is optimal
 - Schedule training during the lunch break – pack a lunch to be consumed while working
 - Develop a structured training schedule – so training becomes part of the daily routine
- Consult a trainer if unsure of training requirements for desired activities (i.e. first triathlon, marathon, Ironman, weight lifting)

Please see the reverse side for a photograph of Nicole as she crosses the finish line at the 2003 World Long Course Triathlon Championships.

*For more information about how **exercise/conditioning programs that can** also help your clients, please give us a call at 1.800.363.8900.*

Nicole Dwyer
2003 World Long Course Triathlon Championships
Ibiza, Spain, May 11, 2003



Nicole Dwyer, Occupational Therapist – Building on her impressive marathon and triathlon experience, Nicole’s most recent achievement was competing at the 2003 World Long Course Triathlon Championships in Spain where she swam 4km, biked 120 km and ran 30 km. She finished 4th for woman 24-29 years and became the Top Amateur Woman for North America!

Sean Dwyer, Kinesiologist - Sean has a long and successful history competing nationally and internationally in Long Course Triathlons, as well as the Canadian and World Ironman Championships. Sean has also excelled at swimming, most recently competing at the 2001 Eastern Canadian Swimming Championships setting several records and Sean is currently the Head Swim Coach for Trent University. He was voted 2003 Ontario University Association Men’s Swim Coach of the Year.