

Exercise Throughout the Lifespan

**Parent
Project
Muscular
Dystrophy**

Claudia Senesac, PT, PhD
Date 6/27/26

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Exercise Today



Why talk about this today?



Because what we know is changing

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Why Does Exercise Matter

Advanced treatments are here now, boys, men, and carriers are taking advantage...living longer and healthier.

Exercise is Medicine. This medicine can make a difference under certain conditions for each individual.

Everyone should be cleared by their cardio or physician prior to exercise.



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Exercise is Medicine

- **Exercise** is movement and comes in different sizes and shapes. It should be dynamic regardless of a person's strengths or limitations.

Types

Flexibility

Strength

Aerobic

Examples

Stretching, yoga, tai chi

Isometric, low resistance

Cycling, swimming, walking

Equipment

ball, stretch band, stationary bike, floaties, skateboard

And More...

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What Are the Important Things

- Exercise Across A lifetime
- Start early make it part of your life
- Learn about your Body: what works and what doesn't work for you
- When can you fit exercise into your routine
- Understand-there are good days and not so good days
- You are Important: your mind and body can both benefit from Exercise
- The best time to start is NOW!

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Where to start with your PT/OT

Is all exercise alike?

Is progress possible?

Will I get better?

How will you measure my progress in a clinic?

How much is good? How much is too much?

How often should I do it?

What type of exercise is right for me?

Keep asking important questions!

*You are the most important
Team member*

Low and Slow

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Motivation to Bring us Together Today

EXERCISE

The more we **Share**, the more you **Know**, the more we **Collaborate**, improves overall **Health**



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What Will We Talk About Today

The Panel

Thank you!

FITT Principles

The FITT Principles

Frequency

The number of times exercise is undertaken per week.
3-5 times a week is recommended.

The level of difficulty of the exercise.
Exercise should reach the target zone for at least 20 minutes.

Intensity

Time

How long an exercise session lasts.
Session durations should depend on the heart rate zones targeted.

The variety of training undertaken.

Training should be varied in order to prevent boredom. However, it must be related to performance.

Type



BORG Scale Perceived Exertion


Work out

RPE Scale (Rate of Perceived Exertion)	
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, Etc.
2-3	Light Activity Feels like you can maintain for hours, easy to breathe and carry on a conversation
4-6	Moderate Activity Breathing Heavily but you can still hold a short conversation, Still somewhat comfortable, but becoming noticeable more challenging
7-8	Vigorous Activity Borderline uncomfortable, short of breath, can speak a sentence
9	Very Hard Activity Very difficult to maintain exercise intensity, can barely breathe and speak only a few words
10	Maximal Effort Feels almost impossible to keep going, completely out of breathe, unable to talk, cannot maintain for more than a very short amount of time


Warm up

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