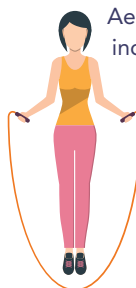


# HEALTHY EXERCISE RECOMMENDATIONS

A healthy fitness program includes various activities for building balance, flexibility, strength, and endurance.

## AEROBIC EXERCISE



Aerobic exercise requires your heart and lungs to work harder. Examples include walking, swimming, running, bicycling, and low impact aerobics.

- Aim to get at least 20-30 minutes of exercise daily, 4-6 times per week.
- Vary your activities to prevent overuse injuries.
- Work out with a friend for motivation.
- For peak fat-burn, make sure that you are exerting effort but would still be able to carry on a conversation while exercising (referred to as the "talk test").

## RESISTANCE TRAINING

Resistance exercise involves pushing and pulling against weights, bands, machines, or other resistance.

- Ideally, you should perform resistance exercises three to four times per week.
- Lifting lighter weights for higher repetitions (12-20) will build strength and endurance.
- Lifting heavier weights for fewer reps (6-10) builds strengths but may increase your risk of injury.
- Consider alternating your routine between pusher and puller muscles to maintain muscle balance- ideally working them on different days. Pushers include: front and middle delts/ shoulders, chest, triceps, abs, quadriceps, and calves. Pullers include: rear delts/ shoulders, biceps, back, and hamstrings.



## SAFETY NOTE:

Always check with your doctor to determine your appropriate exercise level before starting any exercise program. Begin gradually, listen to your body, and be patient.

## YOGA

Yoga is a popular method to stretch and strengthen the body. Studies suggest that yoga may help reduce chronic pain and improve your ability to walk and move. Regular yoga exercises might have other health benefits such as reducing heart rate and blood pressure, and may even help relieve anxiety and depression.



- If you're new to yoga, find a reputable, experienced instructor and start with a Level I or Beginner's class.
- Start slowly and stay within your limits; don't feel bad if you need to slow down or skip some poses.
- Listen to your body and avoid any position that causes pain.
- Remember this is all about relaxation, not competition so don't compare yourself to others.

## TAI CHI & QI GONG

Tai Chi and Qi Gong are exercises that combine slow, deliberate movements with meditation and breathing exercises. The techniques are sometimes described as meditation in motion.



- Find a class and instructor that meet your specific needs. Tai Chi and Qi Gong sessions are typically led by an instructor, who will guide you through various postures and gentle movements while focusing on breathing and relaxing.
- Relax- Tai Chi and Qi Gong aim to capitalize on the benefits of meditation and breathing while improving flexibility, balance, and strength.
- Some styles of Tai Chi and Qi Gong incorporate "pushing hands" movements, which when practiced quickly, can be a form of combat or self-defense.
- Be patient. Like any other athletic activity, practice makes perfect (or at least better).

## STRETCHING

Tight muscles can cause problems! Stretching exercises can help build flexibility and even strength. Stretching is an important, yet often overlooked part of your daily workout routine.

- Warm-up before stretching with 10 minutes of light activity like walking or easy cycling.
- Maintain good posture and breathe naturally. Do not hold your breath.
- Stretching exercises should be performed slowly and within a relatively comfortable range, progressing over time.
- Only stretch to the point of mild pull/ discomfort. Avoid any exercise that causes pain, or radiating symptoms.

