

EXERCISE ACTION PLAN

8 EXERCISES HACKS THAT WORK!

• Avoid Injuries:

Start slow and go slow. Mix some walking into your walks.

• Rehab:

The physical therapist is your best friend to keep you active.

• Build strenght first

Strengthen your thighs, pelvis and core to prevent injury.

Roll and stretch

Roll your muscles with a roll recovery, tiger tail or foam roller.

Get your vitamin D

Vitamin D is important for muscle strength, and it reduces falls.

Buddy up!

Get a friend to exercise with, it can motivate you.

• The power of every day! Tiny exercises done daily

liny exercises done daily become second nature.

Start with just one

1 push up per day. One jump. One walk around the block



10 reasons to exercise daily •

PREVENT DEMENTIA

Exercise is one of the best medicines for your memory

3 LIVE LONGER

The more you exercise, the longer you live.

5 FRIEND-SHIP

Getting out and exercising connects you with active people.

7 HAPPIER MOOD

Exercise can boost your mood

9 BREATH EASIER

Experience less shortness of breath

2 LESS DIABETES

Prevents diabetes and improves blood sugar

4 INDE-PENDENCE

Exercisers have less falls and stay independent longer

> 6 PAIN FREE

Exercise reduces pain of all kinds

8 MORE ENERGY

Get more done and experience more of life

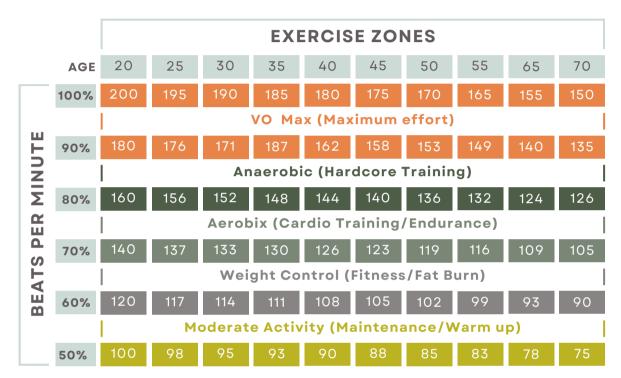


More exercise means less insomnia and better sleep

• Weekly strength training



• Exercise Heart Rate Zone by age



Moderate exercise 30 • minutes daily

Here are some exercises you can do daily to stay healthy!

- Cycling 💧
- Dancing •
- Swimming 🔸
- Brisk walking 🖕
- Circuit training 🔸
- Tennis or pickle ball 🔸

You should be able to talk and not sing!

HOW TO GET STARTED? PICK 1 ACTION & DO IT DAILY!

Do 30+ minutes of moderate intensity exercise

You can talk but not sing, you should sweat a little

Do strength training **2**

Feel the burn in your muscles, exercise to the point where you can do more, squats are #1

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Brisk walk 8,000 steps daily 3

Get winded, hills are the best!

Stand most of the day

Avoid prolonged sitting, get a stand up desk for your computer work