



# 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 become second nature.*
- **Start with just one**  
*1 push up per day. One jump. One walk around the block*



### 10 reasons to exercise daily ●

#### 1 PREVENT DEMENTIA

Exercise is one of the best medicines for your memory

#### 2 LESS DIABETES

Prevents diabetes and improves blood sugar

#### 3 LIVE LONGER

The more you exercise, the longer you live.

#### 4 INDEPENDENCE

Exercisers have less falls and stay independent longer

#### 5 FRIENDSHIP

Getting out and exercising connects you with active people.

#### 6 PAIN FREE

Exercise reduces pain of all kinds

#### 7 HAPPIER MOOD

Exercise can boost your mood

#### 8 MORE ENERGY

Get more done and experience more of life

#### 9 BREATH EASIER

Experience less shortness of breath

#### 10 BETTER SLEEP

More exercise means less insomnia and better sleep

## ● Weekly strength training

**1** Home workouts  
(push ups, crunches, squats)

**2** Use resistance bands

**3** Gym membership with personal trainer

## ● Exercise Heart Rate Zone by age

|                  |   | EXERCISE ZONES |     |     |     |     |     |     |     |     |     |
|------------------|---|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| AGE              |   | 20             | 25  | 30  | 35  | 40  | 45  | 50  | 55  | 65  | 70  |
| BEATS PER MINUTE | 100%                                    | 200            | 195 | 190 | 185 | 180 | 175 | 170 | 165 | 155 | 150 |
|                  | VO Max (Maximum effort)                 |                |     |     |     |     |     |     |     |     |     |
|                  | 90%                                     | 180            | 176 | 171 | 187 | 162 | 158 | 153 | 149 | 140 | 135 |
|                  | Anaerobic (Hardcore Training)           |                |     |     |     |     |     |     |     |     |     |
|                  | 80%                                     | 160            | 156 | 152 | 148 | 144 | 140 | 136 | 132 | 124 | 126 |
|                  | Aerobix (Cardio Training/Endurance)     |                |     |     |     |     |     |     |     |     |     |
|                  | 70%                                     | 140            | 137 | 133 | 130 | 126 | 123 | 119 | 116 | 109 | 105 |
|                  | Weight Control (Fitness/Fat Burn)       |                |     |     |     |     |     |     |     |     |     |
|                  | 60%                                     | 120            | 117 | 114 | 111 | 108 | 105 | 102 | 99  | 93  | 90  |
|                  | Moderate Activity (Maintenance/Warm up) |                |     |     |     |     |     |     |     |     |     |
| 50%              | 100                                     | 98             | 95  | 93  | 90  | 88  | 85  | 83  | 78  | 75  |     |



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

**Do 30+ minutes of moderate intensity exercise ①**

*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*

**Brisk walk 8,000 steps daily ③**

*Get winded, hills are the best!*

**Stand most of the day ④**

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

## 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!

