

Exercises

Daily Cardiovascular Fitness

You should strive to do some form of aerobic (cardiovascular) activity daily.

Start slow (depending on your current fitness level) and build up to a goal of 30 minutes daily.

If you are already getting some exercise you should start at 20 minutes/day and increase by 2 week increments to 25 minutes/day then the goal of 30 minutes/day.

If you have not been exercising previously, then start at 10 minutes/day and increase each week by 5 minute increments to 30 minutes/day.

The exercise can include anything such as walking (outside or treadmill), exercise bike, swimming, elliptical trainer, etc. A simple option is a treadmill or exercise bike indoors (no excuses of too hot, too cold, raining, etc).

Chart the amount of exercise you do each day on the graph in the "exercise" column. Also remember to do weight training on Mondays, Wednesdays, and Fridays.

Exercises

Weight Strengthening

Monday, Wednesday, Friday

Use 3-5 lb hand weights

1. Floor Exercises (lying on the floor on your back, arms straight) – 15 repetitions
 - a. Arms down at your side (weights touching your hips), lift weights to over your head.
 - b. Arms out at 90 degrees, lift weights from your side to above your chest.
 - c. Arms above your head, lift weights up above your chest.
 - d. Grab legs and rock (grab behind your knees and rock on your back).

2. Chair Exercises – 15 repetitions
 - a. Curls – arms straight, bend at the elbows to bring the weights to your chest.
 - b. Presses – Start with the weights on your shoulders and straighten your arms to lift the weights above your head.
 - c. Lift weights from side – Start with your arms hanging down at your side and with your arms straight lift the weights out to the side and up to shoulder high.