Your health and well-being are important. So, let’s start by talking about safety and health concerns. Please be sure to read this section before moving on.

This program is a self-care education program designed to help you make healthy, safe changes to your health behaviors. This guide does not take the place of regular health care or your doctor’s advice.

Talk with your doctor before making any changes to your diet, fitness routine, or other health behaviors. Use this guide along with your doctor’s advice. Do not change your medicine or medical care routine without first talking with your doctor or other health care providers.

If you have any questions about this guide, please contact Healthyroads at www.healthyroads.com
INTRODUCTION: PHYSICAL ACTIVITY AND YOUR HEALTH

Physical activity is one of the best things you can do for your health. Physical activity is any movement of your body that requires you to use energy. This includes any kind of movement you make during the day. For example, walking around the house, taking the stairs, mowing the lawn, grocery shopping, and even washing the dishes are all forms of physical activity. Exercise is also a type of physical activity. But not all physical activity is exercise. Some examples of exercise include jogging, taking part in a kickboxing class, or lifting weights at the gym. Exercise is structured and planned. It is an activity you do with the purpose of improving your level of fitness.

Being active can help you look and feel your best. It can keep your heart, lungs, and immune system healthy. It can lower your chances of many health conditions, including diabetes, heart disease, stroke, high blood pressure, and cancer of the colon and breast, and other areas. It can improve your mood, brain function, and ease depression. It can help you stay strong and independent as you age, and it may even help you live longer. Muscle strengthening and balance training can reduce falls. Some types of training can help increase bone mass or bone mineral density, lowering the risk of hip or spine fracture. Many people find that being active can add more fun to their lives and help them get the most out of each day.

Research has shown that getting 30 minutes of moderate intensity physical activity a day can help your body, your brain, your health, and your mental well-being. Here are just some of the benefits of regular activity:

**BOOST YOUR BODY**
30 minutes a day can:
- Build your endurance
- Keep you flexible
- Improve your balance
- Build stronger muscles
- Lower stress
- Improve your mood
- Improve brain function

**LENGTHEN YOUR LIFE**
30 minutes a day can lower your chances of:
- Heart disease
- Stroke
- Diabetes
- High blood pressure
- Certain cancers

**HELP YOUR HEALTH**
30 minutes a day can help your:
- Heart health
- Immune system
- Blood pressure
- Blood sugar levels
- Weight
- Bone health
- Memory

If you are not active now, even adding a small amount of activity each day can help your health. If you already get some activity, stepping up the time you exercise or the intensity of your exercise may further boost your health. But safety should always come first. If you are unsure of how much physical activity you should do, talk to your doctor. Share your ideas on activities that interest you and any goals you have. Along with your goals and interests, your doctor will take into account your current health and fitness level. Work with your doctor and/or other health care provider to come up with exercise goals and a list of the types of exercises you can do as well as those to avoid or modify. Then share these plans with your coach. Your coach can support you in safely meeting your exercise goals.

Getting more active can be quite rewarding. As you slowly increase how active you are, you will start to notice that your mood, energy, and stamina improve. You could start by parking your car a block farther from work, by walking each night after dinner, or by joining a fitness class. No matter how you start, results are right around the corner. And remember, too, that exercise does not have to be overly strenuous. But it should definitely be fun!
For many of us, taking the first step toward getting more active can be hard. There is always something that seems to get in the way of being active. If you are stressed, getting active may seem even harder. You might feel like you do not have the time or energy to start a fitness routine. The good news is, you can start with just a little activity each day. And if you have not been active before now, do not worry—it is never too late to start!

Keep in mind that physical activity is any activity that uses your muscles. Chances are you already get some physical activity each day. Many day-to-day activities count. For instance, you are getting physical activity when you garden, grocery shop, or vacuum. You do not have to make major changes to your day-to-day routine to include physical activity.

1.1 Safety First
It is important to focus on safety as you start to get more active, pay close attention to your body while you are physically active. If you do too much too soon, you might hurt yourself or cause a health problem.

Make sure you check with your doctor before you start to get more active. Some activity may not be safe if you have some health conditions. Your doctor may want to keep track of your activity. Your doctor and/or other health care provider can help you decide how much and what kinds of exercise are safe for you.

1.2 How Much Activity Do You Need?
How much activity should you aim for each week? The Centers for Disease Control suggests that people age 18 and older get:

- 150 minutes or more of moderate-intensity physical activity each week
- OR
- 75 minutes or more of vigorous-intensity physical activity each week
- OR
- An equivalent combination of both

Muscle-strengthening activities should be done using major muscle groups on 2 or more days each week

You could do 30 minutes of moderate-intensity exercise, 5 days a week. Or you might want to try doing 10 minutes, 3 times a day. It’s a good idea to spread activity throughout the week. Also, all activity should be done in no less than 10 minutes at a time.

People who have a chronic health problem may not be able to do as many minutes of moderate-level activity each week. Even so, they should try to be as active as they can be. Older adults with chronic conditions should talk with their doctor to learn if their health condition could have an effect on their ability to do regular physical activity safely.

To give you an idea of what moderate activity is, here are some examples, along with examples of light as well as vigorous activities.

**IMPORTANT NOTE:**
Stop exercising and get medical assistance right away if you:

- Feel chest pain
- Get short of breath suddenly or when you do not expect to be
- Faint, feel like you will faint, or feel dizzy

Follow your doctor’s instructions about what to do.
Making these changes is a great way to get started. If you want to be active for longer, you can try these other ideas:

- Work out for less time, but more often. Try to get 10 minutes of activity 3 times a day instead of 30 minutes at once.
- Mix physical activity with social time. Instead of sitting around catching up with friends or family, take it on the road. Go for a walk while you catch up on your day. Or arrange weekend outings like hiking or bike riding.
- Start a walking club at work and walk with your coworkers during lunch time. Or if your work already has one, join it! Getting out of the office a few days a week can be a great stress buster.

Remember to talk to your doctor before you start any program to increase your physical activity.

1.4 Start Slowly

A slow start is important if you have never been active or if you have not been active for a while. A slow start will help you avoid injuries or pain that might keep you from reaching your goals.

Over time, you will want to become more active. To do this, you can slowly increase your:

- **Intensity**
  - Light: Slow walking, dusting or vacuuming, and light stretching and warm-up activities
  - Moderate: Brisk walking, mowing the lawn, hoeing a garden, raking, leisurely bicycling and swimming, dancing, scrubbing floors, and lifting weights
  - Vigorous: Jogging or running, swimming laps, circuit training, bicycling uphill, moving furniture, and digging holes

1.3 Fitting It In

You might feel as if you do not have the time to be active every day. And you might not have the time to go to the gym or a fitness class. But chances are you can find time for some activity. You may just have to get creative.

Start by reducing how much time you spend sitting each day. For example, if you usually watch 4 hours of TV a day, reduce that to 2. If that is too challenging at first, you can begin by adding in some activity during commercial breaks, such as jumping jacks or marching in place. Then find more active ways to fill your time. Cook a nice dinner for yourself. Sign up for a dance class. Walk around the mall, the zoo, or walk the golf course instead of getting a golf cart.

Being active doesn’t always mean setting aside time to work out. There are many ways you can work physical activity into your daily routine. Here are some ideas:

- Take a walk during your lunch break.
- Play tag with your children.
- Pull weeds and plant flowers in your garden.
- Turn housework into an exercise routine.
- Take the stairs instead of the elevator or escalator.
- Walk your dog in your neighborhood each day.
- Go out dancing instead of staying home to watch TV.
- Get off the train, trolley, subway, or bus one stop earlier than you normally would and walk the rest of the way.
- Walk to your coworkers’ desks instead of sending an e-mail or calling them on the phone.

Before getting active, remember safety first:

- Wear proper clothing: What does the workout call for?
  - Shorts or light fabric pants for warm temperatures
  - Loose comfortable clothing for an exercise class
  - Proper shoes for walking or running: Shoes should provide adequate foot and ankle support
- Drink plenty of water before, during, and after exercise
It is important not to rush yourself. It may take several weeks before you are ready to start a full fitness routine. This is because your body needs time to get used to new activity. Most people start out by slowly increasing their physical activity first. Then, they progress to exercise.

Anything you do to get your body moving is good for you. And any amount of activity is better than none.

1.5 Setting Realistic Fitness Goals
Before you start to get more active, you might want to first set some fitness goals. Everyone is unique, with a different weight, shape, age, size, and fitness level. So the goals you set need to make sense for you. Choose goals that you know you can reach. Make sure they are realistic. Here are some examples:

**UNREALISTIC GOAL SETTING**
**Goal**: To have a healthier heart
This is an admirable goal, but it is not easy to measure week by week or month by month.

**REALISTIC GOAL SETTING**
**First Goal**: To get more active by increasing how far I walk each day
**Second Goal**: To start a walking routine and stick with it on a daily basis
**Ultimate Goal**: To have a healthier heart by walking 5 – 7 days per week for 45 – 60 minutes each session and lifting weights 2 – 3 days per week for 20 – 30 minutes each session.

Take a few moments to write down your goals. When you set specific goals, you are able to see your progress. Ask yourself the following questions (see Goal Worksheet on the next page) to find out what you want to achieve with your fitness program. These questions can help you pinpoint short-term, long-term, and ultimate fitness goals. Your chances of success are greater it you take one step at a time.
If you haven’t exercised for a while, you may want to review the different parts that are usually included in a workout. Your exercise routine should include these parts:

- **WARM-UP**
  - Always start with a warm-up. Do 5 to 10 minutes of mild aerobic exercise. You could try:
    - Walking
    - Riding a stationary bicycle
    - Marching in place
    - Jumping jacks

- **AEROBIC TRAINING**
  - Your fitness level may be low if you have not been active in a while. You can tell this by how hard you breathe after climbing a flight of stairs. You can improve your fitness by doing aerobic exercise. This type of exercise works your heart and lungs. It improves the blood and oxygen flow through your body. It also helps you be more active with less effort. Brisk walking and jogging are examples of aerobic exercise.

- **STRENGTH TRAINING**
  - These exercises make you stronger and healthier. They also help you build muscle endurance so that you can be active longer. Lifting weights is one type of strength training exercise.
• **CORE TRAINING**  
  It is important for your “core” muscles to be strong. These are your abdominal, lower back, and pelvic muscles. When these muscles are strong, the rest of your body moves well. Strong core muscles also improve your posture and may help prevent injuries to your back and limbs. This may include planks or crunches.

• **BALANCE TRAINING**  
  Exercises that improve balance are important. They also help improve your coordination and lower your risk of falling. This is especially important as you age. Balance training can include standing on one foot while brushing your teeth, doing the dishes, or cooking dinner.

• **FLEXIBILITY TRAINING (STRETCHING)**  
  You are flexible when your joints can move through their full range of motion with ease. If your joints feel restricted or stiff, stretching can help you become more flexible. Flexibility training can include wall stretches for your calves or hurdler’s stretch for hamstrings.

• **COOL DOWN**  
  Cool down for 5 to 10 minutes after you exercise. End your cool down time by stretching.

You might not be able to fit all of these parts into one workout session, and you do not need to. You can spread them out over the week. Doing 2 types of training per day is the most effective way to do this. For example, you could do aerobic and core training one day, and strength and flexibility training the next day. Your doctor or other health care provider can help recommend the appropriate exercise that is right for you. A certified fitness professional or physical therapist can create an exercise program for you. Once you and your doctor have determined the most appropriate path to follow to improve your fitness level, share it with your coach.

Now, we will look at the parts of an exercise routine in more detail.

### 2.1 Aerobic Training

Aerobic or cardiovascular training is a key part of a balanced exercise routine. When you do aerobic exercise, your muscles need more blood and oxygen than when at rest. This causes your heart and lungs to work harder. Over time, the extra work will make these parts of your body stronger. As your heart and lungs grow stronger, the flow of blood and oxygen in your body will also improve.

It is normal for your heart and breathing to speed up during this kind of workout. Aerobic training should be done at an intensity that allows you to exercise for an extended duration, which uses your aerobic system to bring your muscles oxygen. How long and how intensely you exercise will depend on how fit you are.

Here are some aerobic exercises you may want to try:

- Walking, jogging
- Swimming laps
- Bicycling
- Aerobic classes, such as:
  - Boot camp
  - Kick boxing
  - Fitness club cardio classes
- Dancing
- Aquatic classes
- Exercises on aerobic machines (treadmill, stair climber, elliptical machine, cross-country skiing machine, recumbent or upright stationary bike)

Not all aerobic exercises are right for all people. It is important to check with your doctor or other health care provider to find out what exercises are right for you.

### THE HEALTH BENEFITS

The most important reason to do aerobic training is to improve the health of your heart and lungs. Doing aerobic exercise may also lower your risk of many common health conditions. Aerobic training:

- Improves blood flow
- Lowers your risk of heart disease, diabetes, and some cancers
- Improves brain function
- Improves cholesterol levels
- Helps manage high blood pressure
- Slows or prevents bone loss (weight-bearing activities)
- Boosts your energy
- Helps you manage your weight
- Reduces stress
HOW HARD ARE YOU WORKING?
A key question to ask yourself when you do aerobic training is, “How hard am I working?” You need to work at the right intensity for safe and effective exercise. This is especially important if you have a health condition.

There are 3 ways to find out how hard you are working when you exercise:

• Talk test
• Modified Borg rating of perceived exertion (RPE) scale
• Heart rate (Exercise Heart Rate Training Range)

TALK TEST
Can you hold a conversation while you are working out? If you can talk without too much effort, you are probably training at a moderate level. If talking out loud is hard, you are exercising vigorously. Depending on what your doctor has told you, you may need to slow down. (If you can sing, you may want to work a little harder.)

MODIFIED BORG RPE SCALE
Using the modified Borg method, you measure the intensity of your workout on a scale of 0–10. Along with the numbered scale, the chart lists descriptions of feelings that you may experience while you are exercising. For example, if you are sitting and relaxing, you might have a rating of “0.” If you go from a jog to a run, you might rate your intensity at a

<table>
<thead>
<tr>
<th>MODIFIED BORG RPE SCALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0  no exertion at all</td>
</tr>
<tr>
<td>.5 extremely easy (extremely light)</td>
</tr>
<tr>
<td>1 very easy (very light)</td>
</tr>
<tr>
<td>2 easy</td>
</tr>
<tr>
<td>3 moderate</td>
</tr>
<tr>
<td>4 somewhat hard</td>
</tr>
<tr>
<td>5 hard</td>
</tr>
<tr>
<td>6</td>
</tr>
<tr>
<td>7 very hard</td>
</tr>
<tr>
<td>8</td>
</tr>
<tr>
<td>9</td>
</tr>
<tr>
<td>10 maximal exertion</td>
</tr>
</tbody>
</table>

“5.” A “5” means you are working at a hard intensity.

Keep in mind that you are measuring how your body feels. You are not measuring how fast you are going. A slow walk may be a “1” for some people and a “10” for others. It all depends on your personal fitness level.

You can use the modified Borg RPE scale below to help you rate your activity. Most healthy adults will want to stay between 3–5 on the modified scale.

If you have certain health conditions, your doctor may have other guidelines for you.

HEART RATE
Another way to find out how hard you are training is to measure your heart rate. You can then compare this to a safe range for your age. A safe range for most adults under age 65 is 65–85 percent of maximum heart rate. (Your maximum heart rate is the fastest your heart can beat.) This 65–85 percent range may not be safe for everyone, though. Talk to your doctor to find out the right range for you.

To find your training range, use the example in the box below. The basic steps are:

1. Estimate your maximum heart rate.
2. Find your low exercise heart rate.
3. Find your high exercise heart rate.

When you work out, you want to keep your heart rate between your low and high rates. This is your training range.

DOING THE MATH
Let’s see how this method would work for a 40-year-old person:

1. Estimate maximum heart rate:
   
   220 bpm (beats per minute) minus age
   
   220 - 40 = 180 bpm

2. Figure out low exercise heart rate:
   
   180 bpm x 0.65 (65%) = 117

3. Figure out high exercise heart rate:
   
   180 bpm x 0.85 (85%) = 153

This person’s training range: 117–153 bpm
MEASURING YOUR HEART RATE

• Use the index and middle fingers of your right hand. Place the tips of these fingers on the inside of your left wrist. Be sure your fingers are touching the outer edge of your left wrist (just under the base of the thumb). Move your fingertips around on this area of your left wrist until you feel a strong beat.

**NOTE**: Do not use your thumb to take your pulse. Your thumb has its own pulse. Using your thumb to take your pulse can cause your heart rate count to be wrong.

• To take your pulse, look at a clock or watch. For 30 seconds, count the number of beats you feel with your fingertips. If you counted beats for 30 seconds, multiply the number of beats by 2. This will give you the number of beats per minute. This is also your heart rate. Sixty beats per minute equals a heart rate of 60.

AEROBIC TRAINING GUIDELINES

Below are basic guidelines for aerobic training. Most adults can use these. But keep in mind that not all types of aerobic exercise are right for all people. The exercises you choose will depend on your exercise goals, fitness level, and health history. For example, if you have had knee pain, using a stair climber may not be the best choice for you. Swimming may be better. Your doctor or other health care provider can help you make the choices that are right for you. Then you can share this information with your coach.

<table>
<thead>
<tr>
<th>FREQUENCY</th>
<th>Aim for at least 5 days a week</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTENSITY</td>
<td>For healthy adults: Within your heart rate training range (65–85 percent of maximum heart rate)</td>
</tr>
<tr>
<td></td>
<td>For people who are very unfit: Within your heart rate training range (55–64 percent of maximum heart rate)</td>
</tr>
<tr>
<td>DURATION</td>
<td>30 or more minutes per session</td>
</tr>
</tbody>
</table>

Go easy when you first start aerobic training. Work up to longer sessions and harder workouts slowly. Also, be sure to mix it up a little. Do different types of aerobic exercise each week. Change is good. It keeps exercise challenging. It surprises your muscles, and it keeps you from getting bored. Doing the same exercise over and over can put too much stress on your joints and cause an injury. Mixing up your routine helps reduce the risk of overuse injuries and keeps your workouts fun.

EXERCISE SHOULD NEVER BE PAINFUL!

Your muscles may feel tired or sore for 24–48 hours after you work out. You may want to decrease how hard or how long you work out to avoid soreness. **STOP** if you feel sharp or stabbing pain when exercising. If the pain does not go away when you stop that activity, seek medical attention.
2.2 Strength Training

During strength training, parts of your body move against some type of resistance (like weights). This is also called weight training or resistance training. Over time, this work makes your muscles stronger. This training can be done with several types of resistance:

- **Free weights** – dumbbells, barbells, weight benches, and racks
- **Resistance machines** – single exercise machine, cable machines, multi-gym, and others
- **Resistance bands** – color-coded elastic bands of varying resistance levels
- **Body weight** – your own body weight
- **Water** – offers resistance to motion

Strength training is a key part of your exercise program. Research shows that strength training has many health benefits.

Strength training:

- Strengthens your bones and helps prevent bone loss
- Increases strength and endurance, muscle tone, and muscle mass
- Prevents muscle loss as you age
- Increases your metabolism (the rate at which you burn calories)
- Reduces body fat
- Strengthens joints
- May help lower your chances of injury
- Lowers your risk of heart disease (helps control cholesterol and blood pressure)
- Lowers your risk of diabetes (improves glucose tolerance and insulin sensitivity)
- Helps you stay independent as you age

The Basics of Strength Training

Choosing Your Exercises

There are 2 things to think about before you choose your strength exercises. They are:

- How physically fit you are right now
- How much experience you have with strength training exercises

The right exercises will help you succeed at strength training. It may take time to find the exercises you like the most. So it is a good idea to try a variety of exercises and equipment.

Most adults will want to choose 8 to 10 exercises each time they work out. Each exercise typically focuses on a different muscle group. When you do them all in one session, you give your whole body a strength workout.

Here are the muscle groups you will want to target:

- Arms (biceps, triceps, and forearms)
- Shoulders
- Chest
- Back
- Abdomen
- Legs
- Buttocks/Hips

A certified fitness professional or physical therapist can help you choose exercises for each muscle group. Your doctor may suggest modifications or tell you exercises you should avoid. Then you can share that information with your coach.
## FREQUENCY, INTENSITY, AND DURATION

These basic guidelines can be followed by most adults.

<table>
<thead>
<tr>
<th>FREQUENCY</th>
<th>2 to 3 days a week (can combine with core training)</th>
</tr>
</thead>
</table>
| INTENSITY  | **For healthy adults:** Begin with 1 set if you have not done strength training recently. Increase to 3 sets. You can do 8 to 12 repetitions, depending on your experience and goals. If you have been using free (hand) weights for a while, you can use more weight and do fewer repetitions to increase muscle size.  
**For people who are unfit:** In the beginning, start with less weight and do more repetitions. For example, begin with 1 set of 10 to 15 repetitions. In time, progress to 3 sets. |
| DURATION   | 8 to 10 exercises (30 to 45 minutes) |

### REP
A repetition (or rep) is one complete exercise movement.

### SET
A set is a certain number of repetitions.

**FOR EXAMPLE:**

Two sets of bicep curls at 10 reps means you would do 10 bicep curls, rest, and do 10 more curls.

### WORKING STRENGTH TRAINING INTO YOUR ROUTINE

If you do aerobic and strength training in the same workout, it doesn’t matter which you do first. It is best to mix up the order every so often. You can end your routine with some stretching.

If balance is a problem, start with strength exercises that allow you to sit or lie down. Also, avoid exercises that are hard to control. You can start doing more challenging exercises once you are stronger and your balance has improved.

## LIMITING HOW LONG YOU TRAIN

There is no need to do strength training for more than 45 minutes. You can get the workout you need within this time frame. It can also take up too much time from your day and lead to burnout. And longer sessions don’t always lead to better results. Limiting this part of your workout to 45 minutes or less will help you stick to your routine.

## FIGURING OUT HOW MUCH WEIGHT TO USE

The right amount of weight is different for each person. Using the right amount of weight will help you get a good workout. It will also allow you to do a certain number of sets and repetitions in good form.

When you can easily do more than the recommended number of sets and reps, it is time to increase the weight by 5 to 10 percent. If you find you can’t yet do the recommended number of reps, you need to decrease the weight. You can increase the weight once you get stronger.

When you change the amount of weight you use, it is best to make changes a little at a time. Each time you add or subtract weight, check to see if this is the right weight for you. After a few tries, you will know if the weight you are using is too heavy, too light, or just right to complete the set with good form.

Always start your workouts with lighter weights and increase little by little. Do this for each exercise until you have found the right weight.

## 2.3 Core Training

All of your body’s movements start from the core. Your core, or trunk, includes your abdominal muscles, lower back, and pelvic muscles. A strong core gives you a sound base for movement.

Core training helps strengthen your core muscles. Strong core muscles:

- Keep your spine safe
- Allow your arms and legs to move with control and optimal force
- Help you balance (and help you catch your balance if you start to fall)
- Help protect your back and extremities from injury
- Help you stand up straight and keep good posture
- Make your workouts more effective
NEUTRAL SPINAL POSITION
Start core training by first finding your neutral spinal position. In this position, your spine has a natural “S” shape. It can support your head and neck without tension.

To find your neutral spinal position, follow these steps:
- Lie on your back on the floor.
- First, try to flatten your lower back as far as is comfortable toward the floor. To do this, contract your buttocks and stomach muscles.
- Next, arch your lower back away from the floor as far as comfortable. To do this, tighten your lower back muscles.
- The point halfway between these 2 points is your neutral spinal position.

Keep your spine in this position when you exercise. You will also want to hold this position while you go about your daily routine.

CORE TRAINING GUIDELINES
Below are basic guidelines for core training, which most adults can use. Keep in mind that quality, not quantity, is the key. Stop when you are too tired to do a core exercise with good technique.

<table>
<thead>
<tr>
<th>FREQUENCY</th>
<th>Every day or every other day (can combine with strength training)</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTENSITY</td>
<td>Exercise until you lose good technique. Do each exercise 6–25 times (on each side of your body, if appropriate).</td>
</tr>
<tr>
<td>DURATION</td>
<td>1–3 sets</td>
</tr>
<tr>
<td>TYPE</td>
<td>Some good core exercises are:</td>
</tr>
<tr>
<td></td>
<td>• Drawing in to tighten core muscles (laying on back, sitting, and progressing to standing)</td>
</tr>
<tr>
<td></td>
<td>• Bridge exercises</td>
</tr>
<tr>
<td></td>
<td>• Exercise ball activities</td>
</tr>
<tr>
<td></td>
<td>• Front plank</td>
</tr>
<tr>
<td></td>
<td>• Side plank</td>
</tr>
</tbody>
</table>

A certified fitness professional or physical therapist can help you choose the core exercises that are right for you. Then share that information with your coach.

FOR SAFE CORE TRAINING
Follow these safety tips when you do core training:
- Follow the instructions for each exercise carefully.
- Control your movement.
- Take normal, controlled breaths.
- **STOP** if you feel sharp or stabbing pain when exercising. If the pain does not go away when you stop that activity, seek medical attention right away.
2.4 Balance Training
Balance is what keeps you from falling. It helps you sit and stand upright. It also helps you do physical activity without falling. Balance exercises help you to know where your body is in space so that you can correct a movement where you are off balance and stay upright. They are also good for the muscles in your buttocks, hips, thighs and lower legs. Having good balance can prevent you from slipping or falling.

BALANCE TRAINING GUIDELINES
Better balance will help you to perform exercises with the correct form. You will have much more control of your body’s movements. And this will help keep you safe and avoid injury. Safety and ease of movement are 2 important reasons for making balance training a part of your routine.

Most adults can follow these guidelines to get and keep good balance:

<table>
<thead>
<tr>
<th>FREQUENCY</th>
<th>May be done as often as you like. You can do them daily, as needed, or as part of your regular exercise routine.</th>
</tr>
</thead>
<tbody>
<tr>
<td>DURATION</td>
<td>Try to hold each pose for at least 30 seconds.</td>
</tr>
<tr>
<td>REPETITION</td>
<td>It is best to do balance exercises for short periods. You can do these a few times each day.</td>
</tr>
</tbody>
</table>

Keep these safety tips in mind when you are working on your balance:
- Do these exercises barefoot or in sneakers (or other soft, flat shoes). Socks or hard-sole shoes on a slick surface can cause falls.
- For safety, do balance exercises in a doorway or with support available if needed from a stable chair, counter, or wall.
- Stand as straight as you can. Try to keep your head level. Keep your stomach muscles tight.
- Keep your hips as level as you can while doing the exercise.
- Stop if you feel tired. Do not push yourself to the point of injury or fatigue.
- Progress to the next level only if you can balance easily for 30 seconds.
WHAT EXERCISES CAN I DO?
The balance exercises below are like those you might see in a custom exercise routine. To create your own balance routine, talk to your doctor or physical therapist. He or she can help you choose exercises that are right for you. Then share this information with your coach.

### 2.5 Flexibility Training

Flexibility is the range of motion of your joints. Range of motion is how far a joint can move in a normal direction before it stops. Flexibility exercises can maintain or increase your range of motion. They are also called stretches. Stretches are usually done at the end of a workout. That is when your muscles are warmed up and easy to stretch.

Increasing flexibility is good for you in many ways. It can make moving around easier. As you stretch and become more flexible, you will be more aware of your body and what it can and cannot do. Here are other benefits of being more flexible:

- Less muscle tension, more relaxation
- Greater range of motion
- Better coordination
- Better blood flow
- Better breathing
- Smoother, easier muscle contractions

---

**SINGLE-LEG BALANCE**

**EQUIPMENT:**
Doorframe, chair, countertop, or wall (for support, as needed)

**MOVEMENT:**
- Look straight ahead.
- Stand on your right foot. Bend the knee of your left leg and lift your thigh up level to the ground (or as high as you can comfortably raise it).
- While balancing, try to grip the floor with your toes.
- Try to stand on one foot for 30 seconds without hopping, holding onto anything, or putting your foot down.
- Next, do this exercise on your right leg and keep your your left foot on the floor.
- If you have trouble balancing, make sure to stand near something for support to avoid falling.

**PROGRESSION:**
Once you can do this exercise easily, try it with your eyes closed

---

**HEEL-TO-TOE BALANCE**

**EQUIPMENT:**
Doorframe, chair, or wall (for support, as needed)

**MOVEMENT:**
- Stand with your right foot in front of your left foot, heel-to-toe.
- Look straight ahead and try to grip the floor with your toes.
- Try to hold your balance for 30 seconds with your eyes open.
- Next, do this exercise with your left foot directly in front of your right.

**PROGRESSION:**
Once you can do this exercise easily for 30 seconds, close your eyes. Try to hold it for another 30 seconds.

---

Once you can do the single-leg exercise with ease, try this heel-to-toe exercise.
Stretching at the end of a workout can increase or maintain your range of motion in any joint you target. If your muscles are too tense or shortened, stretching can help them relax.

**ADDING FLEXIBILITY TRAINING INTO YOUR ROUTINE**

It is a good idea to stretch after other activity. For example, you may want to stretch after you do aerobic training or strength training. You can stretch at other times, too. But you will always want to do a light warm-up before you stretch to get your muscles warm and filled with blood. Riding a bicycle or walking briskly for a short time will get your body ready for stretching. Your muscles will stretch more easily if you warm them up before you stretch.

**FLEXIBILITY TRAINING GUIDELINES**

Below are basic guidelines for flexibility training. Most adults can use these.

| FREQUENCY | 2–7 times per week |
| INTENSITY | Until you feel a slight pull or stretch in the muscle you are stretching |
| DURATION | 10–30 seconds for each stretch |
| REPETITION | 3–5 repetitions for most stretches. Some stretches may require you to do fewer or more repetitions. Follow the instructions for the stretch you are doing |
| TYPES | Some good stretches are: |
| | • Anterior chest-shoulder stretch |
| | • Overhead triceps stretch (back of arm) |
| | • Hip flexor stretch |
| | • Lying hamstring stretch |

Ask your doctor, certified personal trainer, or physical therapist what stretches may be right for you. Then share this information with your coach.

### TIPS FOR SAFE STRETCHING

Follow these safety tips when you stretch:

- Be sure to breathe in through your nose and out through your mouth during each stretch.
- Never bounce while stretching. Use slow and steady movements.
- Never force a stretch to the point of pain.

**STOP** if you feel sharp or stabbing pain when exercising. If the pain does not go away when you stop that activity, seek medical attention.
### 2.6 Activity Progression

**For the beginner:**
- Begin with very light exercise
- Include standing activities like painting a room, light yard work, ironing, cooking, and pushing a child in a stroller

The next level, light activity, should:
- Be somewhat light
- Include leisure activities such as walking (24-minute mile or 2.5 miles per hour), leisurely swimming or biking, golf, and recreational table tennis
- Include household chores like garage work, carpentry, house cleaning, and child care

The next level, moderate activity, should include:
- Brisk walking (15-minute mile or 4 miles per hour)
- Household chores (weeding and hoeing a garden)
- Cycling, rowing, water aerobics, and dancing

A high or vigorous activity level includes:
- Running (10-minute mile or 6 miles per hour)
- Outdoor household chores (snow shoveling and heavy lawn work like digging holes for planting)
- Lap swimming, tennis, cycling at a faster pace, and advanced water aerobics

### 2.7 Smart Workouts

The following steps can help you stay safe and get the most out of your workout.

**WARM UP**
Always start a workout with a warm-up. Your body needs some kind of activity to get your muscles and joints warmed up and ready to work. Spend 5 to 10 minutes doing light movement like walking. You want to break a sweat before starting more intense activity.

**PACE YOURSELF**
Exercise at a steady pace. You should be able to hold a conversation while you exercise. (This keeps you from getting too out of breath.) If you can talk without too much effort, you are likely working out at a moderate level. If talking is hard, you are exercising vigorously.

**COOL DOWN**
Spend the last 5 to 10 minutes of your workout gradually slowing down. This lets your heart rate and breathing return to normal. This might mean slowing from a jog to a walk or doing the same activity but at a slower pace. You can end with some stretching.

**CONSIDER THE TEMPERATURE**
Consider the weather if you plan to be active outside. If it is too hot or too cold outside, working out could be dangerous. It might be safer to work out indoors in an air-conditioned or heated house or gym. If you do exercise outdoors, wear layers so that you can add or remove them as needed.

**WEAR PROPER CLOTHING**
Wear proper clothing when you work out. For example, you might wear shorts for leg workouts. Choose loose, comfortable clothing for an exercise class. And make sure to wear proper shoes for walking or running. Your workout shoes should provide good foot and ankle support. They should also have nonslip soles.

**DRINK PLENTY OF WATER**
While you always need to drink plenty of water, this is vital when you are active. Drinking water helps your body work well and avoid overheating. Make sure your body has enough water before, during, and after exercise. Keep in mind, too, that your need for fluids goes up when you work out in hot weather. And though sports drinks are popular, water is usually the best choice. Talk to your doctor or a certified fitness professional about how much water you need while exercising. Follow that person’s advice.
WATCH WHEN YOU EAT
Allow enough time for food to digest after you eat a meal. Also, keep in mind that heavier meals take longer to digest. Before starting a workout, consider waiting:
- 30 minutes after eating a snack
- 1–2 hours after having a blended or liquid meal (like soup or a smoothie)
- 2–3 hours after eating a small meal
- 3–4 hours after eating a large meal

Your body shifts fluids away from your muscles and into your stomach to digest food. So, you should not eat food while you work out. However, if you exercise for longer than 60 minutes at a time, like running or cycling long distances, you may need to eat something light. A carbohydrate gel or banana can help give you the energy you need.

IF YOU HAVE DIABETES
You may have specific needs related to food and exercise. Ask your doctor what guidelines are right for you. Your doctor may also advise you to talk to a registered dietitian.

PHYSICAL ACTIVITY AND STRESS RESPONSE

Physical activity and stress go hand in hand. Think about the fight or flight response. Your muscles tense, your heart rate increases, and energy is sent to your muscles. All of these things get you ready for physical activity. When you face danger or a stressor, your body wants you to move!

Physical activity is a natural part of the stress response. When you are active, the stress response plays out as it should and your muscles use the energy your body has produced. Then they get tired. So your relaxation response takes over and you recover and return to your normal resting state.

When you are not active, your body has to find other ways to use this energy. Often, this is why you notice stress symptoms. When you don’t have an outlet for all of that extra energy, you can get angry or anxious. Or maybe your muscles tense, or you get a headache. When physical activity doesn’t follow the stress response, the relaxation response might not kick in.

Of course, you know by now that you can’t always be active in the face of stress. If your boss hands you a big project, you aren’t going to get up from your desk and take a jog around the block or just sprint away. But you can get that much-needed physical activity later in the day. Going for a run or walk at the end of a stressful day can be a great way to relieve stress.

Staying active is key to managing stress. You can stay active by working some physical activity into your day-to-day routine. But you might also want to think about starting an exercise routine. It might seem that exercise is hard on your body. Exercise might even feel stressful for you if it is not something you do often. In fact, exercise does cause
stress for the body—but it is good stress that your body needs to maintain health. It is a voluntary source of stress that you choose to do. Regular activity helps rid your body of stress hormones before they build up and cause damage. And it can be fun! Your body releases chemicals called endorphins when you exercise. These make you feel happier, more relaxed, and alert.

Working out is also good for you because as soon as you finish, your relaxation response kicks in. In fact, sticking to a workout routine might even help your body’s relaxation response work better.

For some people, managing stress can be as simple as staying active on a daily basis. Physical activity can help keep the relaxation response working. You do not have to train for a marathon or climb Mount Everest to get these benefits. Taking 20 to 30 minutes each day to be active can go a long way toward managing stress.

3.1 Exercise Options for Stress
Some activities may help you manage stress better than others. For example, competitive sports may trigger your body’s fight or flight response. Other activities, like yoga and tai chi, can work to calm your mind and body. In this chapter, you will learn about some activities that may be good choices for managing stress. Keep in mind that what works for some people might not work for you. It is up to you to decide which types of activities work best for you.

Here are some things to think about when choosing activities:

- **If you work around people all day**, you might find a quiet activity like tai chi or yoga more relaxing than other exercises. Or you can go for a run by yourself.

- **If you work from home or work in a cubicle**, you might like the social aspect of group exercise (like a dance or fitness class).

- **If you play competitive sports**, you may be activating your fight or flight response. Add some Pilates, tai chi, or yoga to your exercise routine to give your fight or flight response a break.

- **Pick activities that you enjoy.** Activities that make you frustrated or uncomfortable won’t help you relieve stress. And you may be less motivated to do them. So pick activities that are fun for you.
YOGA

Yoga focuses on gentle movements, poses, and breathing. It can be great for your body. Practicing yoga can make you stronger and more flexible. It can also improve your balance. And, studies show that yoga can help manage some health conditions like diabetes, asthma, multiple sclerosis, and osteoarthritis.

Yoga can be a great exercise option for managing stress. Here is why:

GETTING STARTED

You can learn yoga on your own by watching a DVD. But it is a good idea to learn yoga from an instructor. This way, you can make sure you are doing the poses the right way. And if you have any trouble with any poses, an instructor can help you modify them.

Yoga classes are taught at many community centers, YMCAs, schools and colleges, adult education centers, and gyms. If working in a group is stressful for you, you might want to think about taking a few private lessons.

There are many types of yoga. Some may work better for you than others. Ashtanga, for example, is very vigorous. It may not be the best type for you to relieve stress.

Follow these tips to pick a class that is right for you:

- Look for a class that is basic or for beginners. If you need to, you can ask the staff or an instructor if a class is right for someone just starting with yoga.
- Let the instructor know why you want to take the class. What is your goal?
  - Do you want help managing a health condition?
  - Are you looking for stress relief?
  - Do you want to learn more about meditation or the spiritual aspects of yoga?

Yoga can help improve your mood and help you feel:

- Focused
- Alert
- Calm

If you aren't happy with any of these, try out another class or yoga style.

TAI CHI

Tai chi is a kind of martial art. It is made up of a series of slow, graceful movements. These movements have been shown to lower both heart rate and blood pressure. Tai chi movements also help with blood flow.

Tai chi helps many people manage stress. Like yoga, tai chi focuses on both movement and breathing. For many people, this combination is a stress buster.

Many people who practice tai chi:

- Feel more relaxed
- Have better concentration
- Feel less stress and anxiety
- Have more energy
- Have improved mood

Studies show that tai chi may:

- Reduce amounts of a stress hormone (cortisol) in the body
- Help get rid of chemicals that activate your body’s fight or flight response

Tai chi is a low-impact activity, which makes it great for just about anybody. Older adults and those recovering from an injury may find tai chi to be a good activity choice.
GETTING STARTED

There are many DVDs that teach tai chi. But it is a good idea to learn directly from a tai chi instructor. An instructor can correct your movements and make sure you do not stress your muscles and joints the wrong way. And they can help you adapt postures if needed.

Tai chi is used in Traditional Chinese Medicine (TCM) to break up blockages in your body’s flow of Qi. Qi is your body’s vital energy. In TCM, a smooth flow of Qi is linked to good health.

Your instructor may ask you to focus on areas of stress or tension in your body when you practice. This focus can help you find where your vital energy is blocked. Once you know your problem areas, you can work to release stress and restore the flow of Qi.

Tai chi classes are taught at many martial arts centers. They may also be held at community centers, adult education centers, and gyms.

QI GONG

Qi gong is a Chinese practice used to improve and maintain health. It uses breathing exercises, gentle movement, and meditation. It also works with the vital energy Qi. Gong means to practice or to work. Qi gong, then, means to work with the vital energy.

The movements in Qi gong are similar to those in tai chi. One difference is that in Qi gong, the moves do not always flow from one to the next in a series. Each move may be repeated a number of times as needed.

GETTING STARTED

You can learn Qi gong on your own by watching a DVD. But, it is best to begin with the help of an instructor so that you learn the right way to do the movements and breathing.

Qi gong classes may be taught at martial arts centers in your community. They may also be taught at community centers, YMCAs, adult education centers, and gyms.

DANCING

If you have danced around your house when a favorite song plays, you already know that dancing can make you feel pretty good. In fact, dancing has a lot to offer when it comes to managing stress:

• Dancing releases muscle tension and helps your body relax.
• Focusing on dance moves can give your mind a break from stressful thoughts.
• Dancing vigorously may release pent-up anger.
• Listening to music can lift your mood.
• The social aspect of dancing can help reduce stress.

No wonder most people who dance report a sense of well-being when they hang up their dancing shoes for the day!

**GETTING STARTED**

There are many kinds of dance that you can try. You may like:

• Ballet
• Salsa
• Ballroom dancing
• Aerobic dance or Zumba

Dance classes may be taught at a community center, gym, or adult education center near you. There are also many private dance studios that offer classes.

Here are some questions you may want to ask when you are choosing a dance class:

• **Is this class good for my level of experience?** Before you start, make sure the class is right for you. If a class is advanced, the instructor might suggest you take a more basic class first.

• **What size is the class?** If you are just starting out, you may prefer a smaller class size. Or you may find it more fun to dance with a lot of people in the room.

• **What type of shoes do I need to wear?** Some types of dance are done in certain types of shoes. Make sure you have the right shoes when you show up to the first class.

• **Can I sit in on a class to make sure it is right for me?** Sometimes a dance studio will let you watch a class to make sure you like the instructor and dance style.

After the first class session, decide if you like:

• The dance style
• The class pace
• The instructor

If you aren’t happy with any of these, try out another class or dance style.

**WALKING**

Walking is a great stress buster and it does not cost anything! All you need is a good pair of walking shoes. You can walk alone if you crave quiet time. Or you can walk with a friend or in a group and enjoy the social support. Both choices can help ease your stress level.

Walking uses your large leg muscles over and over. These are the muscles that your body sends energy to during the flight or fight response for running away. So walking can be very helpful in managing stress as it uses up that extra energy. You may notice that walking makes you feel better when you are stressed. If you feel ready, pick up the pace and jog or run!

• **Before you start**
  Dress in comfortable clothes and shoes. If you are walking outside, protect your skin by using sunscreen and wearing a hat. You might also want to bring these things:

  • Cell phone
  • Umbrella
  • Flashlight (if walking in the early morning or at night)
  • Identification, including any medical alert tags or bracelets
  • Water

  Think about walking with a partner. Partners can help you stay motivated. They also make walking safer and more fun.

• **Warming up**
  For your warm-up, walk at a comfortable pace for 5-10 minutes.

• **How to walk**
  After warming up, increase your intensity by walking at a brisk pace. Your heart and breathing should start to speed up. Use the “talk test.” If you can have a conversation, you are working at a good level. If you cannot, you are probably working too hard. Here are some other tips:

  • Control your breathing, take full breaths, and exhale completely.
  • Swing your arms freely.
  • Don’t watch your feet.
  • Keep your head up and look out for hazards.
How long to walk
In the beginning, walk 2–3 times per week. Try to walk for 10–30 minutes each time. You may also want to begin by walking on flat terrain. When you have built up your strength, you can walk more often and longer.

Slowly build up your strength and stamina. Once you feel strong enough, you can start walking 3–5 times per week. Eventually, you can set a goal to walk daily. You can also increase your pace by walking faster. You should end your workouts slightly out of breath.

When your walks start to feel too easy, increase your walking time. Your goal should be to walk for 30–60 minutes each time. If possible, start walking up small hills. When walking uphill, take smaller steps and lean into the hill. If the hill is really steep, try zigzagging up the hill to make it easier on your legs and lungs.

Zigzagging downhill is a good idea, too, as it can be easier on your joints and leg muscles.

3.2 Sticking to Your Program
Once you have picked the activities you like, you can design a routine that fits into your daily life. The toughest part of your program will be sticking to your plans. How do you do it? The key is to choose fun activities. You want to look forward to exercising. Here are some tips to help make exercise fun.

• Find a workout buddy.
You might enjoy working out with another person. You can help each other stay motivated. You will feel energized by sharing a common goal. You can encourage each other. A workout buddy can also make the time go by more quickly.

• Choose fun activities.
Pick activities that you like to do. You do not have to go to a gym. You can play sports. You can clean and organize your house or garage. Or you can play a game with the kids. You may also want to do seasonal activities like swimming in the summer and skiing in the winter.

• Make your activity fun.
Read, listen to music, or watch television while riding a stationary bike. If you are going for a walk, walk at a local park or zoo. Learn to dance or play tennis. When you make your activity fun, time goes by more quickly.

• Change your routine.
Change your routine from week to week. This helps keep your program fun and interesting. Try a new activity each week or mix up the order of your exercises. This kind of change will challenge your body. You are also less likely to get hurt if you change your routine. Walk one day. Bike the next. Try activities like dancing, racquet sports, and even chores.

• Do not get discouraged.
You may not notice changes in your body right away. Change can take weeks and sometimes months. Do not get discouraged. Remember, you are doing great things for your health. This is true even if you do not see changes right away. You will reach your goals. Just stick with it.

• Do not give up.
It can be hard to start something new. You might feel challenged and overwhelmed. You may feel sore. You may get busy. And you may lose motivation. But soreness is common. Everyone is busy. And everyone loses motivation from time to time. So a break from your routine every now and then is OK. Just make sure your break does not last too long—your body may lose the gains you have already made.

• Choose a comfortable time of day.
Do not work out too soon after eating or when it is too hot or cold outside. Wait until later in the day if you are too stiff in the morning to exercise.

• You may feel muscle soreness after you start exercising. Do not let that stop you. But pain that persists is never OK. Stop if you hurt.

• Take things one step at a time.
Progress is important to your program. At some point, you will become comfortable with your activity level. When this happens, move on to the next level.

• Set and track your goals.
Setting goals can help you reach your optimal health. When you set goals and challenge yourself to meet them, it can keep you motivated. It can also help you turn unhealthy habits into healthy ones. Think about the goals you want to set for your exercise routine. Write down your goals and keep track of your progress as your work toward them. When you reach your goal, reward yourself. Then you can set another goal.

• Monitor your progress.
Keeping track of your activity can help you stay motivated. You can keep a simple log of your activity in a journal or on a calendar. Try to write down:
  • What type of exercise
  • How long you worked out
  • How you felt after your workout
  • When you reach your exercise goals
If you lose your motivation, you can look back on your log for inspiration.
3.3 Step It Up
You can also change the type of activity you do. Switching from light to moderate or moderate to vigorous activities can help you step up the intensity of your workout.

TYPES OF ACTIVITY

LIGHT ACTIVITY
- Slow walking
- Dusting or vacuuming
- Light stretching and warm-up activities

MODERATE ACTIVITY
- Brisk walking
- Mowing the lawn
- Scrubbing floors
- Water aerobics
- Biking on flat ground
- General gardening (raking, trimming bushes)

VIGOROUS ACTIVITY
- Jogging or running
- Swimming laps
- Circuit training
- Biking uphill
- Moving furniture

PUTTING IT INTO PRACTICE
CHAPTER 4
It may take some time before you are ready to start a full fitness routine. This is because your body needs time to adjust to new activity. Start slow and know that you can work your way up over time. This will help you avoid injuries such as straining a muscle.

4.1 Your Exercise Routine
To help you get started, take a look at the sample routine on the next page. Following this sample is a blank worksheet for you to fill out. Think about what you want to include in your exercise routine. Check with your doctor before starting a new exercise routine. Include daily activities as well as more formal types of exercise. And have fun!
### A Sample Routine

<table>
<thead>
<tr>
<th>DAY</th>
<th>ACTIVITIES</th>
<th>LENGTH IN MINS.</th>
<th>TOTAL MINS.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN.</td>
<td>Tend to the garden</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dust the furniture</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>30 MINS.</strong></td>
<td></td>
</tr>
<tr>
<td>MON.</td>
<td>Park farther away and walk from the parking lot to work</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walk during lunch break</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walk from work to the parking lot</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>30 MINS.</strong></td>
<td></td>
</tr>
<tr>
<td>TUES.</td>
<td>Park farther away and walk from the parking lot to work</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Take a leisurely walk with co-workers during lunch break</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walk from work to the parking lot</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>45 MINS.</strong></td>
<td></td>
</tr>
<tr>
<td>WED.</td>
<td>Park farther away and walk from the parking lot to work</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walk from work to the parking lot</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Play with the kids</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>40 MINS.</strong></td>
<td></td>
</tr>
<tr>
<td>THURS.</td>
<td>Park farther away and walk from the parking lot to work</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walk from work to the parking lot</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dust furniture and clean mirrors</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>35 MINS.</strong></td>
<td></td>
</tr>
<tr>
<td>FRI.</td>
<td>Walk during lunch break</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walk the dog after work</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Play hide-and-seek with kids before bedtime</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>45 MINS.</strong></td>
<td></td>
</tr>
<tr>
<td>SAT.</td>
<td>Go for a leisurely walk with the family</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Play catch with the kids</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>45 MINS.</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Your Routine

<table>
<thead>
<tr>
<th>DAY</th>
<th>ACTIVITIES</th>
<th>LENGTH IN MINS.</th>
<th>TOTAL MINS.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4.2 Closing Thoughts

Even small changes in how active you are can improve your health and the way you feel. One week after you start to get more active, pause and notice a few things:

• How is your energy level?
• What is your mood like?
• How has your appearance improved?
• How well are you sleeping?

Improvements in these areas (and others) will keep you motivated to stay on track. But remember that progress rarely happens in a straight line. On the road to better health there will be good days and challenging days. Stay focused on your goals. Stick to your plan. And get support if you need it. These are the keys to success.


Xiao, T., & Fu, Y.F. (2015). Resistance training vs. aerobic training and role of other factors on the exercise effects on visceral fat. European Review for Medical and Pharmacological Sciences, 19(10), 1779-1784.
The information presented herein is not intended as a substitute for medical care.

© 2016 American Specialty Health Incorporated. All rights reserved. Unauthorized duplication is a violation of applicable laws. Exclusively distributed by Healthyroads, Inc., PO Box 509040, San Diego, CA 92150-9040.

805-020B