

## Movement is Medicine

Did you know that exercising regularly is an effective approach in the prevention and management of chronic conditions? Physical activity is a key component of your health and wellness and can help you:

- Reduce risk of weight gain
- Improve mood and sleep patterns
- Reduce risk of heart disease and certain cancers
- Reduce risk of osteoporosis and osteoarthritis
- Help to better control blood sugar
- Reduce risk of falling
- Improve metabolic, endocrine, and immune function

### Aerobic Activity

Any physical activity that increases your heart rate and breathing. Start with light activities and build up to at least 150 minutes/week of moderate-intensity activity or 75 minutes/week of vigorous activity.

**Walking**



**Biking**



**Swimming/water exercises**



**Dancing**



Gradually build up to 30-60 minutes over the day. 3-5 Days/week.

### Strength Training

Any physical activity that makes your muscles work will help you get stronger and improve your overall health.

Body weight, free weights, resistance bands

2-3 Days/week \* Rest day between workouts

8-12 repetitions of challenging effort

2-3 sets per muscle group

## Other Physical Activities

Flexibility: Stretch your muscles 2-7 days/week to the point of feeling tightness. Hold for 20-30 seconds. For example, stretch your calves or the back of your thighs.



Balance: Exercises may include standing on one foot, walking on a line, or using a balance board. Train in an uncluttered area and use a chair or wall for support if needed.



## Considerations

- Avoid holding your breath when exercising
- If possible, measure your blood pressure before activity. Do not exercise if your resting systolic blood pressure (the top number) is greater than 180 or your diastolic blood pressure (the bottom number) is greater than 100.
- If possible, measure your heart rate before activity. Do not exercise if resting heart rate is >100bpm.
- **Contact your medical provider if any symptoms, concerns, or questions.**