

Physical Activity Goals

Important! Before starting to exercise, check with your doctor to assess how intense your work out should and can be. If in doubt, check out the local gym, park or community center for classes.

Daily:

Walk

- At least 30 minutes (can be broken up into 10 minute intervals)
- Get a pedometer — try to get in 10,000 steps a day
- The brisker the better, but leisurely works too
- The goal is to get up and move!

Stretch

- Light stretching of the neck, arms, shoulders, back, hips and legs
- Stretching is important so as not to hurt yourself when you increase your activity level

Balance

- Try to balance on one leg or better yet close your eyes, stand on one leg and then alternate
This will help to strengthen your core muscles

Every Other Day:

Aerobic Exercise

- Goals 3 to 5 times a week
- After checking with your doctor, try vigorous activities to get your heart rate up. The heart rate should be calculated based on your age, resting and maximal heart rates. Your target should be 60-70% of your maximal heart rate
- Aim to get a sweat
- Gets the endorphin levels up! Endorphins are natural hormones and when released gives you a sense of well being. High levels help to reduce pain, improve mood, and reduce stress

Strength Training

- This will help to build muscle and increase your basal metabolic rate
- Weights or resistance bands
- Use your own weight as resistance as in Pilates
- Abdominal exercises help to strengthen your abdomen and back, so as to avoid lower back injuries

Mind/Body

- This will work out your mind/head to decrease stress and increase endorphins
- Activities such as yoga or tai chi

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