

MOVE FOR HEALTH



DO-IT-YOURSELF HEALTH

SEPTEMBER EDITION



Tips to Remember

What the Expert Says:

- When practicing yoga, it's important to try and clear your mind. The more you learn to breathe with each movement, the clearer your mind will become.
- When you breathe, expand the abdomen on the inhale and contract the abdomen on the exhale. This supports the natural movement of the diaphragm.
- Yoga can target all areas of your body, improve strength and flexibility, help restore your mind and is typically low impact so it won't put too much stress on your joints.



How Will You Move For Health This Month?

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga Exercises: Cat-Cow Pose; Extended Puppy Pose; Bound Angle Pose; Reclining Bound Angle Pose; Child's Pose	Yoga Exercises: Cat-Cow Pose; Extended Puppy Pose; Bound Angle Pose; Reclining Bound Angle Pose; Child's Pose	Yoga Exercises: Cat-Cow Pose; Extended Puppy Pose; Bound Angle Pose; Reclining Bound Angle Pose; Child's Pose	Yoga Exercises: Cat-Cow Pose; Extended Puppy Pose; Bound Angle Pose; Reclining Bound Angle Pose; Child's Pose	Yoga Exercises: Cat-Cow Pose; Extended Puppy Pose; Bound Angle Pose; Reclining Bound Angle Pose; Child's Pose
Strive to Add Cardio and Stretching to Your Strength Workouts Each Week				
Cardio Workout #1 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch		Cardio Workout #2 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch		Cardio Workout #3 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch

*Work at a level that is comfortable and safe for you. Consult with your physician before beginning a new exercise program.