

# MOVE FOR HEALTH



DO-IT-YOURSELF HEALTH

MARCH EDITION



## Tips to Remember

- No matter your age or gender, getting your regular exercise is just as important as the foods you eat to stay healthy and reduce your cancer risk.
- Exercise is important for:
  - \*Maintaining a healthy body weight
  - \*Improving cardiovascular fitness
  - \*Heart health
  - \*Reducing risk for chronic disease
  - \*Keeping your body strong and resilient



## How Will You Move For Health This Month?

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Cardio/Strength Exercises:</b> Lunge with Twist; Twisting Planks <b>1-3 sets of 10-15 Lunges</b> <b>1-3 sets of 10-30 second Twisting Planks</b>		<b>Cardio/Strength Exercises:</b> Backwards Lunge; Twisting Planks <b>1-3 sets of 10-15 Lunges</b> <b>1-3 sets of 10-30 second Twisting Planks</b>	
<b>Strive to Add Cardio and Stretching to Your Strength Workouts Each Week</b>				
<b>Cardio Workout #1</b> Aim for 30 minutes of moderate (able to talk) <b>OR</b> 20 minutes of vigorous (talking is difficult) Cool down and stretch		<b>Cardio Workout #2</b> Aim for 30 minutes of moderate (able to talk) <b>OR</b> 20 minutes of vigorous (talking is difficult) Cool down and stretch		<b>Cardio Workout #3</b> Aim for 30 minutes of moderate (able to talk) <b>OR</b> 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.