

MOVE FOR HEALTH



DO-IT-YOURSELF HEALTH

OCTOBER EDITION



Tips to Remember

What the Expert Says:

-Do weight-bearing exercise! Depending on your fitness level, this can include both high-impact exercise and low-impact exercise, as well as strength training. Examples of high-impact exercise include hiking, running, dancing or plyometrics; low-impact exercises include using the elliptical, recumbent bike or walking.

-Strength training will help improve the muscle and tendons that help support our bones. Any weight-bearing exercise will help build strong bones and slow bone loss.



How Will You Move For Health This Month?

Monday	Tuesday	Wednesday	Thursday	Friday
	Weight-Bearing Exercise: Low to High Woodchop Squat to Press Reverse Lunge, Pass, Row Push-up Walk, Jog, Run, or Climb Stairs		Weight-Bearing Exercise: Low to High Woodchop Squat to Press Reverse Lunge, Press, Row Push-up Walk, Jog, Run, or Climb Stairs	
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	Stretch Hold stretches for 30 seconds and focus on your tight muscles	Cardio Workout #2 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch	Stretch Hold stretches for 30 seconds and focus on your tight muscles	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.