

Movement in the Moment

Exercise and Health Resources

Start slowly and build up gradually.

Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can keep doing for 5 to 10 minutes without getting overly tired. As your energy improves, work your way up to 30 to 60 minutes of exercise most days of the week.

Break things up. You don't have to do all your exercise at one time. Weave activity into your day. You still get aerobic benefits from shorter sessions done a few times a day. Plus shorter sessions may fit into your schedule better than a single 30-minute session. Any activity is better than no activity.

Be creative. Maybe you walk, bicycle and row. But don't stop there. Take a weekend hike with your family, spend an evening ballroom dancing or try a yoga class. Find activities you enjoy and add them to your fitness routine.

Listen to your body. If you feel pain, shortness of breath, dizziness or nausea, take a break. You may be pushing yourself too hard.

Be flexible. If you're not feeling good, it's OK to take a day or two off.

If motivation dips, set new goals. Try a different activity, join a class, or work out with a friend. Starting an exercise routine is a big decision, but with careful planning and steady pacing, it can become a lasting, healthy habit.



1 WEEK BEGINNER'S PLAN

Monday — 40-minute moderate-pace jog or brisk walk

Tuesday — Rest day

Wednesday — Walk briskly for 10 minutes

Thursday — Rest day

Friday — 30-minute bike ride, moderate-pace jog or rowing

Saturday — Rest day

Sunday — Jog, row or take a long walk for 40 minutes

MOBILITY TIPS

Neck Stretches: Gently tilt your head to the left, right, forward, and backward. Hold each stretch for 15-30 seconds to relieve tension in your neck and upper back.

Shoulder Rolls: Roll your shoulders backward and forward in a slow, controlled motion. This exercise helps improve shoulder mobility and reduces stiffness.

Ankle Circles: Sit in a chair with your feet flat on the floor. Lift one foot slightly and rotate your ankle in a circular motion, clockwise and counterclockwise. Repeat with the other foot. This exercise promotes ankle flexibility and strength.

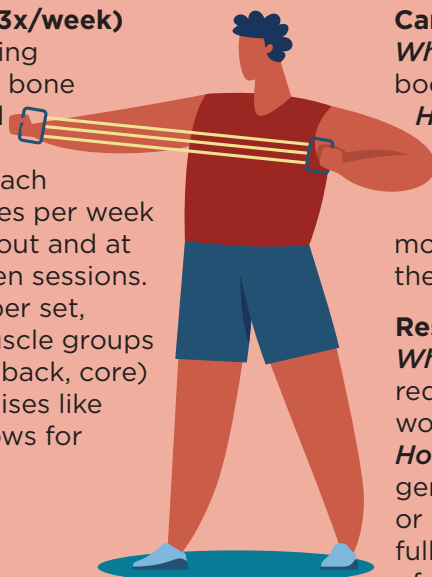
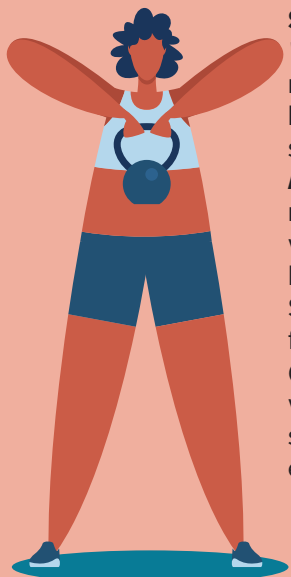


GEAR UP FOR INTENSITY

Strength Training (2-3x/week)

Why — Strength training maintains muscle and bone health as you age and strengthens joints.

How — Aim to work each muscle group 2-3 times per week with a full-body workout and at least 48 hours between sessions. Start with 12-15 reps per set, focusing on major muscle groups (glutes, quads, chest, back, core) with compound exercises like squats, lunges, and rows for efficiency.



Cardio (2-3x/week)

Why — Cardio supports heart health, boosts recovery, and builds endurance.

How — Choose activities like jogging, biking, or swimming that elevate your heart rate to 120-150 bpm for 45-60 minutes (or work up to it). Functional moves, like kettlebell swings, also count if they keep your heart rate up.

Rest Days (2x/week)

Why — Rest lets muscles recover and reduces soreness, helping you return to workouts refreshed.

How — Opt for active recovery with gentle activities like walking, stretching, or restorative yoga for 30-60 minutes—or fully rest if that's what you need. The point of these days is to listen to your body.

Sources: Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269#:~:text=Start%20slowly%20and%20build%20up,amount%20of%20time%20you%20exercise.>)