

NUTRITION TO GO

Enjoy Exercise

Why Should You Exercise?

- ◆ Helps keep our heart strong
- ◆ Protects against chronic disease
- ◆ Improves our mood and energy
- ◆ Can improve brain health and memory
- ◆ Promotes a healthy body weight
- ◆ Regular exercise can help your bones and muscles stay strong and prevent falls



How Much Exercise Do You Need?

- ◆ Aim to exercise for **at least 30 minutes each day**. With more exercise, there are generally more health benefits.
- ◆ Be sure to talk to your doctor before making big changes to your exercise routine.

Just getting started?

Exercise does not need to happen at the gym.

Walking, dancing, gardening, hiking and even household chores can get your heart rate up!

Tips to Stick to Your Exercise Program:

- ◆ **Make a plan** for when you will be exercising and write it into your schedule.
- ◆ **Choose realistic goals.** Sometimes (especially for New Year's resolutions) people pick goals that might be too much for them. Make sure your goals are something you think you can actually do.
- ◆ **Try something new!** It can be boring to do the same exercises daily, so look for videos online or at your local library to get ideas.
- ◆ **Find an exercise buddy.** This helps to keep exercise fun and helps you stick your plan.
- ◆ **Get it done!** Some find it better to exercise first thing in the morning so nothing gets in the way of your workout.



Flip the page for three fun chair exercises that do not need equipment!

Seated Leg Lifts



- Builds leg strength for walking, climbing stairs, stepping onto a curb, and getting up from a chair.

Directions:

Step 1: Check sitting position, straighten one leg in front of you, and breathe in.

Step 2: Breathe out as you raise the straight leg as high as you can go and tighten your stomach.

Step 3: Breathe in as you lower your leg back to the ground.

Repeat 8-12 times on each leg.

Seated Overhead Press



- Builds strength for lifting and reaching overhead objects.

Directions:

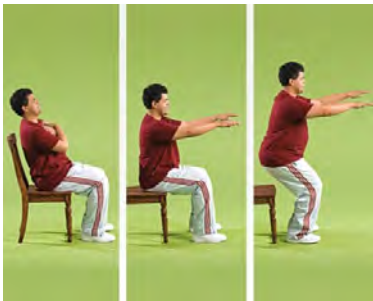
Step 1: Bend your arms with palms facing forward and hands near your shoulders.

Step 2: Breathe in.

Step 3: Breathe out as you raise both arms over your head and bring your hands together.

Repeat 8-12 times.

Chair Stand



- Builds abdominal and thigh strength to make it easier to get in and out of the car.

Directions:

Step 1: Sit in a sturdy chair with knees bent and feet flat on floor.

Step 2: Lean back with hands crossed over chest. Breathe in.

Step 3: Breathe out and bring your upper body forward until sitting upright.

Step 4: Extend your arms in front of you and slowly stand up.

Step 5: Breathe in as you slowly sit down.

Repeat 8-12 times.

Pictures courtesy of:
<https://go4life.nia.nih.gov/exercise-type/strength/>

Up for a challenge?

Try these same exercises with added weight. Try ankle cuff weights for lower body exercises, and dumbbells, cans or water bottles for upper body exercises!