Exercise for Health

The Secret to Living Younger Longer

Class 4: Balance and putting it all together

Thursday, November 11, 2010

In the 3 previous classes, we’ve laid the foundation for exercise (the what and why), discussed 3 of the 4 basic components (cardio, flexibility, strength), and today we come to the end of the series.
What we’ll cover

- Balance
- Exercising with various health conditions
  - Disease (e.g. cancer, cardiovascular disease, diabetes)
  - Arthritis
  - Overweight/obesity
  - Osteoporosis
- Putting it all together and making it happen -- strategies for success

We’ll look at the final and extremely important component, balance, and we’ll look at how exercise should be approached in light of some common health conditions. We’ll also discuss how you can make all this info work for you. We’ll create an exercise program, along with some sample training programs.
Today we’ll look at the last of the major components of exercise: balance. Let’s begin by seeing how good your balance is. Please stand up. Arms at sides, lift one foot about 6 inches off floor and hold 30 sec. If that’s easy, close eyes. Did you feel a little wobbly — more than 5, 10, or 20 years ago? If so, right in norm...balance tends to erode with time. The problem with poor balance is it leads to falls.
Falling is a universal experience, and when you're young, it's no big deal. You fall all the time when you first learn to walk or ride a bike. But soon you find your balance, and you then take it for granted. But when you start to age you often don't feel as steady. You simply don't move as much and in as many directions as when you're young so you don't use your balancing skills...and if you don't use them, you may lose them. Practicing balance is important for anyone, but particularly for older adults. Poor balance is a major cause of falls, and as your joints stiffen, your bones become more brittle, falling can result in serious injury. Every year, more than 1/3 of people over 65 and half of those over 75 fall. And falls account for the highest number of accidental injury deaths in adults 65 years and older.
What is balance?

- The process by which we control the body’s center of mass with respect to the base of support

- Balance control components
  - Visual
  - Vestibular
  - Somatosensory

- When standing, base of support is whatever you have on the ground -- one foot, two feet or two feet and a cane.
- Complex interaction of several of body’s systems
- Visual tells us where we are in relation to the world and where we’re going
- Vestibular, the inner ear balance center: 3 fluid-filled semicircular canals and two other chambers that are sensitive to movements of the head and relay its position to the brain
- Somatosensory: sensory input from feet as well as muscles and tendons
What can affect balance?

- Neurological conditions (e.g. stroke, Parkinsons)
- Diabetes
- Arthritis
- Vision problems
- Inner ear changes
- Stiffening of connective tissue
- Decline in physical activity and decreased muscle strength
- Prolonged reaction times
- Joint injury or surgery
- Medications

- These are some of the major conditions that often accompany aging that can affect balance.
Improving balance

- Address physical impairments
- Look at your medications
- Stay fit -- the best way to improve balance
- Improve posture and strength
- Participate in a balance training program

Balance exercises can help you maintain balance, and confidence, at any age. Can help reduce falls, improve coordination, give more confidence in your stability.
Components of a good balance program

- Addresses moving body’s center of gravity
- Multi-sensory
- Addresses postural stability
- Addresses gait
- Improves strength and flexibility

- While simply moving is helpful in maintaining balance, focusing on challenging the body’s balance components will help the stimulate the brain’s balance neurons.
- These are some of the components of a dedicated balance program
- You can say the body’s center of gravity is located at the belly button. Where it goes, the body’s center of mass goes. And we said controlling that center of mass is balance. Stand up again and try to stand on one leg. Notice what your body automatically did? Shifted weight to stance leg. Try to do it without shifting weight.
- Multi sensory is challenging all 3 of the body’s balance components by removing one or more components and requiring the remaining to do all the work.
- Postural stability is practicing perturbations and recovering from them
- Gait works on walking with various bases of support and in different directions
- Building strength and flexibility is critical -- can’t move confidently without strength and certainly can’t get up off the floor if you’ve fallen
Balance exercises

- Center of gravity:
  - Weight shifts on ball and standing: practice very slow stepping
  - Altered base of support (ABOS): practice tandem and 1-leg standing

- Multi-sensory
  - Practice ABOS with eyes closed
  - Stand on a pillow and toss a ball

- Postural stability
  - Voluntarily lose balance to the point you must step to regain it (front, side, and back)

- Gait
  - Practice walking with narrow and wide stances and tandem walking
  - Walk backwards

- Forever balance exercises
Major Exercise Components

- Aerobic
- Strength
- Flexibility
- Balance

- So now we've completed them all. But how do you safely exercise and include all these components if you have a medical condition. That's what we want to discuss now. Then we'll put all this together so it makes sense for you.
Exercise & Medical Conditions

- Physical activity is almost always an option, no matter the condition.
- Dept of Health and Human Services “2008 Physical Activity Guidelines for Americans” emphasizes that people with chronic medical conditions and disabilities should get as much exercise as other adults.
- A condition may affect people differently.
- Important to see your doctor.
- Key points to remember:
  - Start slowly.
  - Warm up.
  - Cool down.
  - Have fun.

- Different effects: one person may benefit from aerobic exercise, another from strength training. Also, different conditions impose different limitations.
- Doctor: Can tell you if any activity is dangerous for you. May help determine level of intensity, frequency, duration. Ask how meds will affect your exercise.
- Key points: Begin at comfortable pace and gradually increase duration by adding couple of minutes each week. Warm up: Especially important. Warm up slowly by starting your activity at very low intensity. Gradually increase intensity until at target level for the day. Cool down: Light activity and flexibility exercises. Prevent muscles from becoming too sore and get HR back to normal. Fun: Choose activity you enjoy -- much more likely to continue.
Cardiovascular disease

- Regular exercise can help prevent a heart attack or help reduce risk of a second one
- Any aerobic activity likely to be beneficial
- Goal: maintain or gradually increase strength and endurance of your heart and other muscles
- Intensity: light to moderate, especially at first

- Helps prevent by reducing pressure on damaged arteries and reducing buildup of plaque. Can reduce LDL and increase HDL. Also helps combat other risk factors for coronary artery disease such as obesity and high BP.
- Moderate walking on level surface or riding stationary bike w/low resistance may be only exercise you need at first. Warm-ups and cool-downs should be at least 10 min. Never exercise to the point of chest pain, labored breathing or extreme fatigue.
Cancer

* Numerous studies show regular physical activity and exercise can produce variety of benefits for those with cancer
  * Better control of side effects
  * Maintenance of muscle tone and stamina
  * Reduced stress, improved health, and possibly even improved survival
* Because cancer treatment often affects whole body, activities that work entire body, such as swimming or walking, are especially recommended
* Precautions needed depend on specific condition, so talk to your doctor
Diabetes

- Regular exercise can help control blood sugar levels, manage weight, and improve cardiovascular health

- Guidelines
  - Try to exercise at least 30 minutes/day most days of week
  - Most recommended: low- to moderate-intensity aerobic activities such as walking, bicycling, swimming and rowing
  - Try to maintain a fairly steady intensity throughout each session to avoid altering your blood sugar levels
  - Engage in general strength training program to increase muscle mass and insulin sensitivity
  - Check blood sugar before, during and after exercising. Range should be between 100 mg/dL and 250 mg/dL
  - Drink plenty of fluids

- In type 2 diabetes, exercise can help lower blood sugar levels by tapping into your blood's sugar supplies for energy and increasing efficient use of insulin. Some are able to manage their type 2 with diet and exercise alone. In type 1, exercise alone can't normalize blood sugar levels, but it can increase your sensitivity to insulin and may reduce amount of medication you need
- Exercise contributes to weight loss, which also increases body's sensitivity to insulin, regardless of type. Can also help prevent some of cardiovascular complications of diabetes, such as high BP and cardiovascular disease.
- Range: DON'T exercise if numbers outside this range
- Also, take good care of your feet -- avoid blisters and keep feet dry
- Also, good idea to wear medical ID bracelet that lets others know you have diabetes
Exercise very effective in reducing pain

Need to move joints and strengthen muscles to keep joints functioning their best

Flexibility and ROM exercises, strength training, and aerobic conditioning are all recommended

Main precaution: protect your joints from further damage, so go low-impact

Main guide: if you feel pain for more than two hours after your workout, you need to cut back

Cross-training (alternating between a variety of exercises) helps prevent overworking a particular set of muscles or joints

A 2008 report in the Cochrane Database of Systematic Reviews looked at 32 studies of people with knee OA. Exercise as effective as non-steroidal anti-inflammatory drugs such as Aleve or Advil. Another review of 8 trials that studied the effect of exercise on pain in hip OA, published in the Apr 2009 issue of Evidence Based Medicine, found that exercise reduced patient’s experience of pain by almost 50%.

Flex and ROM: can help reduce pain and stiffness and increase mobility. Gentle forms of yoga and tai chi are examples; strengthening the muscles around your joints helps take pressure off your cartilage and bones; aerobics can strengthen muscles as well as improve joint stability and increase endurance/overall fitness.

Low impact: cycling, swimming, cross-country skiing. Don’t overdo. Swimming/water exercises reduce stress on joints. Also provides form of strength training
Physical activity must be combined with dietary modifications

First goal: simply increase daily activity

Foundation of exercise program is aerobic conditioning

To reduce stress on joints caused by excess weight, go for low-impact aerobic activities such as walking, cycling, elliptical machine. If feet or joints hurt when standing, try non-weight-bearing activities such as water activities, cycling.

- When you look at the Biggest Loser, exercise seems to get the most attention. But if you have a lot of weight to lose, exercise alone simply won’t get the job done. You’ve got to cut out 3,500 calories to lose just one pound. The best way to do this is to combine exercise with diet mods. For example, if you burn 250 calories/day exercising and consume 250 less calories a day eating, you’ll cut 500 calories a day. This would result in loss of 1 pound/week. You’ll probably want to lose more, so unless you can spend hours a day in the gym, you’ll need to cut back more on calories eaten.

- Exercise is extra difficult if you’re very overweight. Simple movements such as bending over may be difficult, and you may not be able to stay on your feet very long. Many overweight people avoid exercise because it hurts, they’re out of shape, they’re embarrassed. So overcoming such obstacles are difficult but so worth it. First goal is to simply get moving, even just a few minutes a day. Things like: walking around living room a few times each day; taking 2-3 min walking breaks at work a few times each day; parking farther from destination and walking; putting away the TV remote and getting up to change channel; marching in place during TV commercials or while talking on phone; walking dog; climbing stairs; gardening; housecleaning. Start slowly. Warm up for any activity (shrug shoulders, tap toes, swing arms, march in place), cool down, stretch

- While strength training is still important, the centerpiece of your exercise program will be the aerobics. That’s because you can maintain the activity for longer time and burn more calories. Start trying to walk 5 minutes at least 3 days a week. Aim for 30 minutes most days of week. Then, working up to 60 minutes a day will bring most benefits. Shorter sessions of 10-15 min. are OK
Osteoporosis

- Regular exercise great for bones and muscles
- Three types of activities often recommended:
  - Strength training (especially exercises for the back)
    - Focus on exercises that gently arch back and ones that focus on muscles between shoulder blades (rows, prone cobras, core exercises)
  - Weight-bearing aerobic activities
    - Exercises on your feet that work directly on the bones in legs, hips and lower spine (e.g. walking, dancing, low-impact aerobics, gardening)
  - Flexibility exercises
    - Having full ROM around joint helps prevent muscle injury
    - Helps improve posture
  - AVOID: high impact exercises; jerky, rapid movements; bending (flexing your spine) and twisting forward at the waist

Exercise helps maintain, and even increase, bone density. Also strengthens muscles and improves overall fitness. Together, strong bones and muscles will improve posture and balance, which can reduce risk of falls.

Avoid high-impact exercises such as jumping, running or jogging -- these produce added compression in your spine and lower extremities and can lead to fractures in weakened bones. Avoid jerky, rapid movements in general. Also avoid bending and twisting, including touching your toes, doing sit-ups and using a rowing machine. These also have a high compressive effect on the bones in spine. If severe osteoporosis, avoid golf, tennis and bowling -- may require bending or twisting forcefully at waist. HOWEVER, if you have only mild bone deterioration and don’t have osteoporosis, these exercises may be beneficial.
## Exercise prescriptions for common conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Mode of exercise</th>
<th>Intensity</th>
<th>Duration</th>
<th>Frequency</th>
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<tbody>
<tr>
<td>Cardiovascular Disease</td>
<td>Aerobic and strength training</td>
<td>Moderate</td>
<td>30 to 60 min</td>
<td>3 or more days/week</td>
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<tr>
<td>Arthritis</td>
<td>Flexibility, aerobic and strength training</td>
<td>Low to moderate</td>
<td>30 to 60 min</td>
<td>3 or more days a week</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>Weight-bearing, flexibility, aerobic and strength training</td>
<td>Moderate</td>
<td>30 to 60 min</td>
<td>Strength: up to 3 days a week, Weight-bearing: most days</td>
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<tr>
<td>Diabetes</td>
<td>Aerobic and strength training</td>
<td>Low to moderate</td>
<td>30 to 60 min</td>
<td>Most days of week</td>
</tr>
<tr>
<td>Overweight/obesity</td>
<td>Aerobic and strength training</td>
<td>Low to moderate</td>
<td>60 min</td>
<td>5 to 6 days a week</td>
</tr>
</tbody>
</table>
Coming up with a plan

- There's no one size fits all: everybody is unique
- Where to start:
  - Set goals and determine which exercises will help you meet them
  - Recognize your limitations...the exercises you can't do
  - Establish your workout space and time
  - Decide what equipment you need
  - Track your progress
  - Enjoy yourself
  - Add variety
  - Stay motivated and overcome barriers
  - Reward yourself

- OK. You're convinced you need to begin a fitness program. So where do you start?? How can we package all this information into something that you can take home and use?
- First, remember you are unique. No one has the same set of body and medical characteristics that you do. Some of what you do will have to be trial and error until you find what really works for you. What experts can tell you is what medical research and studies have shown to generally be the case -- what seems to work for most people. But we've all heard of people who smoke 2 packs of cigarettes a day and live to over 100. Or they eat fast food all the time and live a long time. Often you can lay this to genes. There are 3 types of genetic combinations (genes from your mother and father): 1 combination, very rare, will predispose you to disease no matter how good you are; another, also rare, will predispose you to health no matter how bad you are, and third (vast majority of us) predisposes you to neither -- lifestyle will make a huge difference. Up to age 75, genes will account for around 30% of your health, 70% is lifestyle; after age 80, 100% is based on lifestyle. My Dad will be 101 in January, and he has never eaten what would be called a nutritious diet. His favorite food is a Big Mac. But he has been active all his life (mostly walking), and he is very light. So he’s avoided any conditions related to overweight or a sedentary lifestyle. He just now is having to deal with a heart condition (atrial fibrillation), which for the first time is really slowing him down. So any exercise program must be designed around you: your goals, health, medical conditions, past experience with exercise, motivation.
- So let’s look at where to start. Set your goals based on how much exercise you need and an assessment of your current readiness for exercise. First, understand the difference between physical activity and exercise. Physical activity is any movement you make that burns calories (gardening, golfing, playing with your grandkids, housework). Exercise is planned, structured and repetitive physical activity that you do to improve fitness. (lifting weights at the gym, taking brisk 30-minute walks each morning, swimming laps) Physical activity, as long as it’s at least moderate, can count toward the 30–60 minutes required most days of the week. But to be sure you get the recommended amount of physical activity into your schedule, it’s best to establish a structured exercise program. Also keep in mind that the recommendations of experts are very general in nature and they pertain primarily to
Sample walking program

<table>
<thead>
<tr>
<th>Week</th>
<th>Warm-up Time</th>
<th>Brisk Walk Time</th>
<th>Cool-Down Time</th>
<th>Total Time</th>
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<tr>
<td>1</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 5 min</td>
<td>Walk slowly 5 min</td>
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<tr>
<td>2</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 8 min</td>
<td>Walk slowly 5 min</td>
<td>18</td>
</tr>
<tr>
<td>3</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 11 min</td>
<td>Walk slowly 5 min</td>
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</tr>
<tr>
<td>4</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 14 min</td>
<td>Walk slowly 5 min</td>
<td>24</td>
</tr>
<tr>
<td>5</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 17 min</td>
<td>Walk slowly 5 min</td>
<td>27</td>
</tr>
<tr>
<td>6</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 20 min</td>
<td>Walk slowly 5 min</td>
<td>30</td>
</tr>
<tr>
<td>7</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 23 min</td>
<td>Walk slowly 5 min</td>
<td>33</td>
</tr>
<tr>
<td>8</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 26 min</td>
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<td>36</td>
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<tr>
<td>9</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 29 min</td>
<td>Walk slowly 5 min</td>
<td>39</td>
</tr>
<tr>
<td>10</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 33 min</td>
<td>Walk slowly 5 min</td>
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<tr>
<td>11</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 37 min</td>
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<tr>
<td>12</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 42 min</td>
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</tr>
<tr>
<td>13</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 47 min</td>
<td>Walk slowly 5 min</td>
<td>57</td>
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<tr>
<td>14</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 53 min</td>
<td>Walk slowly 5 min</td>
<td>63</td>
</tr>
<tr>
<td>15</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 60 min</td>
<td>Walk slowly 5 min</td>
<td>70</td>
</tr>
</tbody>
</table>

Walking is an excellent relatively low-impact exercise; simple, inexpensive, requires no equipment other than good pair of shoes (important!)

- This program starts you out slowly and gradually increases the duration. This type of program would be especially good for weight loss. Walking briskly means you feel somewhere between “warm and slightly out of breath” to “out of breath and sweaty”.
- Crank up the intensity, in addition to walking more briskly, by walking hills. But begin on a level surface.
### Sample Strength Training Program

<table>
<thead>
<tr>
<th>Muscle Group</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest</td>
<td>Off</td>
<td>Chest presses or push-ups</td>
<td>Off</td>
<td>Chest presses or push-ups</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Shoulders</td>
<td>Off</td>
<td>Dumbbell presses or side laterals</td>
<td>Off</td>
<td>Dumbbell presses or side laterals</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Back</td>
<td>Off</td>
<td>Lat pull-downs, rows or prone cobra</td>
<td>Off</td>
<td>Lat pull-downs, rows or prone cobra</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Biceps</td>
<td>Off</td>
<td>Curls</td>
<td>Off</td>
<td>Curls</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Triceps</td>
<td>Off</td>
<td>Triceps extensions or kickbacks</td>
<td>Off</td>
<td>Triceps extensions or kickbacks</td>
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</tr>
<tr>
<td>Quadriceps</td>
<td>Off</td>
<td>Leg presses, lunges or squats</td>
<td>Off</td>
<td>Leg presses, lunges or squats</td>
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<td>Off</td>
</tr>
<tr>
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<td>Leg curls</td>
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<td>Leg curls</td>
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<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Glutes</td>
<td>Off</td>
<td>Bridge</td>
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<td>Bridge</td>
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<td>Hip abduction/adduction</td>
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</tr>
<tr>
<td>Core</td>
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<td>Crunches, Side bridge, Standing cable rotation</td>
<td>Off</td>
<td>Crunches, Side bridge, Standing cable rotation</td>
<td>Off</td>
<td>Front Plank or other core stability</td>
<td>Off</td>
</tr>
</tbody>
</table>

—This is an example of a total body workout on 2 days a week. If you want to do strength training 3 days a week (a good thing!), you could do the same workout on Saturday or Sunday. Keep in mind that the body will hit a plateau if you do the same thing forever -- it adapts to whatever challenge you give it. So you need to change your program from time to time to keep making progress (or even to maintain). You might want to get with a personal trainer for recommendations.
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<td>Off</td>
<td>Off</td>
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<tr>
<td>Back</td>
<td>Off</td>
<td>Lat pull-downs, rows or prone cobraas</td>
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<td>Curls</td>
<td>Off</td>
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<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Triceps</td>
<td>Off</td>
<td>Triceps extensions or kickbacks</td>
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<td>Off</td>
<td>Bridge</td>
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<td>Off</td>
</tr>
<tr>
<td>Abductors/Adductors</td>
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<td>Hip abduction/adduction</td>
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<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Core</td>
<td>Off</td>
<td>Crunches, Side bridge, Standing cable rotation</td>
<td>Front Plank</td>
<td>Crunches, Side bridge, Standing cable rotation</td>
<td>Front Plank</td>
<td>Off</td>
<td>Off</td>
</tr>
</tbody>
</table>

-- Example of splitting workout: upper body Tues and Thurs; lower body Wed and Fri. This works well if you don't want to spend as much time on strength one day and would rather spread the workout to the next day. --
## Sample Exercise Schedule

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday rest</th>
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</thead>
<tbody>
<tr>
<td><strong>Balance</strong></td>
<td>Balance exercises before walking, 10 min</td>
<td></td>
<td><strong>Tai chi class, 30 min</strong></td>
<td><strong>Balance exercises before walking, 10 min</strong></td>
<td></td>
<td><strong>Balance exercises before walking, 10 min</strong></td>
<td>Use as a recovery day, or engage in light physical activities such as gardening, walking dog</td>
</tr>
<tr>
<td><strong>Flexibility</strong></td>
<td>Stretch after walking, 10 min</td>
<td>Stretch after strength training, 10 min</td>
<td>Stretch after walking, 10 min</td>
<td>Stretch after strength training, 10 min</td>
<td>Stretch after walking, 10 min</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Strength training and core stability</strong></td>
<td>Strength training (total body), 30-40 min</td>
<td>Strength training (total body), 30-40 min</td>
<td>Strength training (total body), 30-40 min</td>
<td><strong>Core stability exercises, 15 min</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aerobic</strong></td>
<td><strong>Walk, 30-40 min</strong></td>
<td><strong>Walk, 20 min</strong></td>
<td><strong>Walk, 20 min</strong></td>
<td><strong>Walk, 30-40 min</strong></td>
<td><strong>Walk, 30-40 min</strong></td>
<td><strong>Water aerobics class, 45 min</strong></td>
<td></td>
</tr>
</tbody>
</table>

- This is an example of a program that includes all 4 components of exercise and takes 60 minutes/6 days a week. While optimum, you may not have this much time. Assess your goals and what is most important to you and then cut back the time on the activities not as critical. For example, if you’re trying to lose weight, don’t cut back the aerobic time. Choose to perhaps reduce the balance time to 5 min and stretching to 5 on Monday and reduce the strength to 20–30 min on Tues. But try to make exercise a top priority, discover the difference it can make in your life, and make time for it.
* Use it or lose it!
* Consistency is the key!
* Enjoy it!
REMEMBER

There are 1,440 minutes in a day.

Take 30 of them to exercise.