

## Lifestyle Medicine: Physical Activity

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### Exercise Basics:

- Goal of 150 minutes of moderate intensity physical activity per week
- Start slow as you build strength, endurance, and flexibility
- Break it up into 10- or 15-minute intervals
- Find movement you enjoy so exercise doesn't feel like a chore



### Bringing More Movement to Your Day:

- Park farther away, take the stairs, stand up once per hour to walk around or march in place
- Keep resistance bands or free weights visible (i.e. on your coffee table), so you can use these while you are idle or watching TV
- Move your muscles for 5-10 minutes after eating
  - Go for a short walk, climb stairs, clean up around the house, dance



### YouTube Home Workout Channels:

- More Life Health – resistance bands
- Yes2Next – seated and walking exercises
- Senior Fitness with Meredith – beginner free weight exercises
- Yoga with Adrienne – chair yoga, 30-day introduction to yoga series
- Yoga with Travis Eliot – Yin Yoga and Yoga Nidra (for relaxation before bed)

