Week at a Glance

# Physical exercise is simply using energy to move the body. Walking, gardening, pushing a baby stroller, walking up the stairs, playing soccer, or dancing are all ways to be physically active.

## Benefits of Aerobic Exercise

* Helps the lungs get oxygen around the body.
* Reduces stress, anxiety, and tension.
* Helps you have more energy.
* Reduces risk for type 2 diabetes.
* Reduces body fat and increases muscles
* Helps you sleep.
* Strengthens the heart.

## Benefits of Resistance Training

* Helps muscle & bone health.
* Reduces body fat & builds muscle.
* Lowers blood pressure.
* Lowers LDL or “bad” cholesterol.
* Helps to prevent injury.
* Helps self-confidence.

## Benefits of Balance & Flexibility

* Decreases the risk of injury.
* Helps range of motion.
* Decreases sore muscles.

Below is an example of a week at a glance for physical activity:

### Monday:

### Aerobic Exercise

#### Morning

* 5 minutes dynamic stretching.
* 15 minutes jogging/walking.
* 5 minutes static stretching.

Evening

* 5 minutes dynamic stretching.
* 15 minutes bike riding.
* 5 minutes static stretching.

### Resistance training

#### Morning, Afternoon, or Evening

* 5 minutes dynamic stretching
* 10 repetitions of push-ups
* 5 repetitions of seated row with a band
* 10 repetitions of shoulder raise with a band
* 10 repetitions of squats
* 10 repetitions of crunches
* 10 repetitions of bicep curls with a band
* 5 minutes of static stretching

Repeat all the exercises except stretching 2 times

## Tuesday:

Active Rest Day. Find activities that you need to move throughout the day but will still help you recover from the day before. 30-60 minutes of active rest is recommended.

## Wednesday:

### Resistance training

#### Morning, Afternoon, or Evening

* 5 minutes dynamic stretching
* 8 repetitions of chest fly with a band
* 8 repetitions of bent over row with a band
* 8 repetitions of shoulder press with a band
* 8 repetitions of walking lunge
* 8 repetitions of Russian twist
* 8 repetitions of triceps kickback with a band
* 5 minutes static stretching

Repeat all the exercises except stretching 2 times

### Aerobic Exercise

* 5 minutes of dynamic stretching
* 5 minutes light elliptical training
* 30 minutes of hiking
* 5 minutes static stretching

Thursday:

Active Rest Day. Find activities that require you to move throughout the day but will allow you to recover from the day before. 30-60 minutes of active rest is recommended.

## Friday:

### Aerobic Exercise

Morning

* 5 minutes dynamic stretching
* 10 minutes jogging/walking stairs
* 5 minutes static stretching

### Afternoon

* 5 minutes dynamic stretching
* 10 minutes playing basketball
* 5 minutes static stretching

Evening

* 5 minutes dynamic stretching
* 10 minutes dancing
* 5 minutes static stretching

## Saturday

Physical Activities with the Family. Go to the park, walk the dog together, play sports, etc.

## Sunday

Rest Day.

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