

Benefits of Aerobic Exercise



LUNGS

Enhances the lungs ability to get oxygen to tissues throughout the body



MENTAL HEALTH

Reduces stress, anxiety, and tension

ENERGY

Improves energy, stamina, and endurance



DIABETES

Reduces risk for developing type 2 diabetes



HEART

Strengthens and enlarges the heart making it easier to pump blood throughout the body

BODY COMPOSITION

Reduces body fat and increases lean body mass



SLEEP

Improves sleep



MUSCLES

Strengthens muscles throughout the body

Benefits of Resistance Training

- Improves muscle & bone health
- Reduces body fat & increases lean body mass
- Lowers blood pressure
- Lowers LDL or “bad” cholesterol
- Helps to prevent injury
- Improves self-confidence

Benefits of Balance & Flexibility

- Decreases the risk of injury
- Increases your range of motion
- Decreases soreness associated with other exercise

Extension
UtahStateUniversity.



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WEEK AT A GLANCE

Physical exercise is simply the use of energy to move the body. Walking, gardening, pushing a baby stroller briskly, climbing the stairs, playing soccer, or dancing are all examples of being physically active.

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 reps push-up
 - 5 reps seated row w/band
 - 10 reps shoulder raise w/band
 - 10 reps squat
 - 10 reps crunch
 - 10 reps bicep curl w/band
 - 5 minutes static stretching
- repeat twice



Tuesday

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.

Wednesday

Resistance Training

MORNING, AFTERNOON, OR EVENING

- 5 minutes dynamic stretching
 - 8 reps chest fly w/band
 - 8 reps bent over row w/band
 - 8 reps shoulder press w/band
 - 8 reps walking lunge
 - 8 reps Russian twist
 - 8 reps tricep kickback w/band
 - 5 minutes static stretching
- repeat twice

Aerobic Exercise

- 5 minutes dynamic stretching
- 5 minutes light elliptical training
- 30 minutes 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 Family Go to the park, walk the dog together, play sports, etc.)

Sunday

Rest Day