### Benefits of Aerobic Exercise

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LUNGS</strong></td>
<td>Enhances the lungs ability to get oxygen to tissues throughout the body</td>
</tr>
<tr>
<td><strong>ENERGY</strong></td>
<td>Improves energy, stamina, and endurance</td>
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<tr>
<td><strong>MENTAL HEALTH</strong></td>
<td>Reduces stress, anxiety, and tension</td>
</tr>
<tr>
<td><strong>DIABETES</strong></td>
<td>Reduces risk for developing type 2 diabetes</td>
</tr>
<tr>
<td><strong>HEART</strong></td>
<td>Strengthens and enlarges the heart making it easier to pump blood throughout the body</td>
</tr>
<tr>
<td><strong>SLEEP</strong></td>
<td>Improves sleep</td>
</tr>
<tr>
<td><strong>MUSCLES</strong></td>
<td>Strengthens muscles throughout the body</td>
</tr>
</tbody>
</table>

### 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

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**WEEK AT A GLANCE**

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active.

- ChooseMyPlate.gov
Monday

Aerobic Exercise

**MORNING**
- 5 minutes dynamic stretching
- 15 minutes jogging/walking
- 5 minutes static stretching

**EVENING**
- 5 minutes dynamic stretching

Resistance Training

**MORNING, AFTERNOON, OR EVENING**
- 5 minutes dynamic stretching
- 10 reps push-up
- 5 reps seated row w/band
- 10 reps squat
- 10 reps crunch
- 10 reps bicep curl w/band
- 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.

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.

Aerobic Exercise

**MORNING**
- 5 minutes dynamic stretching
- 15 minutes jogging/walking
- 5 minutes static stretching

**EVENING**
- 5 minutes dynamic stretching

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

Wednesday

Aerobic Exercise

**MORNING**
- 5 minutes dynamic stretching

**AFTERNOON**
- 10 minutes light elliptical training

**EVENING**
- 5 minutes static stretching

**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