

Pro-motion

2018 mn

Guidelines

Exercise and physical activity helps you feel better, and boosts your health. Aim for at least 150 minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise.

Try to engage in a combination of vigorous and moderate aerobic exercises.

Plan on strength training at least twice per week by lifting free weights, using weight machines or doing body weight exercises.

Vary your activities throughout the week. Build your program one day at a time.

Remember, talk to your doctor before starting a new exercise program.

Do what you like

Walking
Dancing
Band Stretching
Stretching
Recumbent Bike
Chair Yoga
Qi Gong
Water Movement
Strength Training

Life begins at the end
of your comfort zone.

References:
Department of Health and Human Services

Mayo Clinic: www.mayoclinic.org/healthy-lifestyle/fitness/expert.../exercise/faq-20057916

1. **Decide** what your maximum pro-motion program should look like 90 days from today.

2. **Design** your pro-motion program:

- Create a balanced routine
- Start low and progress slowly
- Build activity into your daily routine
- Plan to include different activities
- Allow time for recovery
- Put it on paper

3. **Equipment;** Keep it simple, get good shoes and make it fun

4. **Get started:** Start slowly and build up gradually. Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting overly tired. As your stamina improves, gradually increase the amount of time you exercise. Work your way up to 30 to 60 minutes of activity most days of the week. Listen to your body. You can spread out your activities during the day if you need to. Be flexible and persistent.

5. **Monitor your progress:** Adapt your plan if need be. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.

Focus on the future

Praise yourself daily for making a commitment to your health

Schedule pro-motion time as an important appointment

Ask others to respect for your efforts and commitment

Monday: Stretching, Dancing, Yoga, Walk

Tuesday: Stretching, **ST**, Water Movement, Walk

Wednesday: Stretching, Recumbent Bike, Qi Gong, Walk

Thursday: Stretching, **ST**, Water Movement, Walk

Friday: Stretching, Band Stretching, Dancing, Walk

Saturday: Stretching, Recumbent Bike, Qi Gong, Walk

Sunday: Stretching, Recumbent Bike, Qi Gong, Walk

month 1: 30 minutes a day minimum
month 2: 45 minutes a day minimum
month 3: 60 minutes a day minimum
month 4: 90 minutes a day **goal met**

**EXAMPLE
ONLY**