

# MOVE FOR HEALTH



DO-IT-YOURSELF HEALTH

FEBRUARY EDITION



## Tips to Remember

- Cardiovascular exercise is key to maintain good heart health. Aim for 30 minutes at a moderate intensity most days of the week, for a total of 150 minutes weekly.
- The heart healthy benefits of exercise can be accumulated in as little as 10-15 minutes at a time. If time is a factor for you, aim for two 15 minute workouts each day.
- For the cardio/strength exercises below, complete each move for one minute and cycle through the routine three times. Do the move as fast as you can while maintaining good form. Rest for 30 seconds between each cycle.



## How Will You Move For Health This Month?

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Cardio/Strength Exercises:</b> Single Leg Run; Jump Squats; Spider Planks; Jumping Jacks; Burpees		<b>Cardio/Strength Exercises:</b> Single Leg Run; Jump Squats; Spider Planks; Jumping Jacks; Burpees	
<b>Strive to Add Cardio and Stretching to Your Strength Workouts Each Week</b>				
<b>Cardio Workout #1</b> Aim for 30 minutes of moderate (able to talk) <b>OR</b> 20 minutes of vigorous (talking is difficult) Cool down and stretch		<b>Cardio Workout #2</b> Aim for 30 minutes of moderate (able to talk) <b>OR</b> 20 minutes of vigorous (talking is difficult) Cool down and stretch		<b>Cardio Workout #3</b> Aim for 30 minutes of moderate (able to talk) <b>OR</b> 20 minutes of vigorous (talking is difficult) Cool down and stretch

\*Work at a level that is comfortable and safe for you. Consult with your physician before beginning a new exercise program.