Check with your primary care provider to make sure beginning an exercise program is the right thing for you to do. Also, be aware of the source of the information. The resources below are from reputable government agencies or organizations.

**Physical Activity Guidelines and Background—Information**

- Centers for Disease Control and Prevention—Physical Activity and Health
  http://www.cdc.gov/physicalactivity/index.html
  http://www.cdc.gov/physicalactivity/basics/pa-health/index.htm

- Office of Disease Prevention and Health Promotion—Physical Activity Guidelines
  http://health.gov/paguidelines/

**Exercise Library or Workout Builders—Cardiovascular Exercise, Strength Training and Flexibility**

- American Council on Exercise—Exercise Library

- IDEA Health and Fitness Association—Exercise Library and Workout Builder
  http://www.ideafit.com/exercise-library

- International Sports and Sciences Association
  https://www.issaonline.edu/personal-training-resources/hyperstrike/
Calculating Heart Rate—Cardiovascular Exercise

- Centers for Disease Control and Prevention
  http://www.cdc.gov/physicalactivity/basics/measuring/heartrate.htm

- American Council on Fitness
  https://www.acefitness.org/acefit/healthy_living_tools_content.aspx?id=7

Nutrition, Physical Activity, and Obesity—Information
http://www.cdc.gov/nccdphp/dnpao/index.html

Physical Activity: Walking—Cardiovascular Exercise
http://www.cdc.gov/physicalactivity/walking/index.htm

Muscle Strengthening—Strength Training
http://www.cdc.gov/physicalactivity/basics/videos/index.htm

Consult with your physician prior to beginning an exercise program.

Wespath's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor other professional advice or services on any specific matter.