



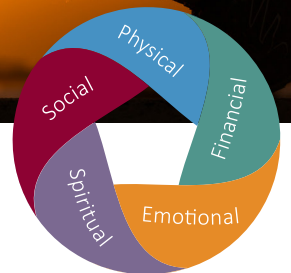
Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

REIMAGINE PHYSICAL ACTIVITY

Making It Work Physical Activity Toolkit



Warm-up: Before starting an exercise session it is important to warm up for 5-10 minutes. Warming up gets the body ready to exercise and can be easy walking or light calisthenics. Warming up is as simple as taking a walk.

1—Cardiovascular Exercise Suggestions

Consistency is key. 5 minutes for 7 days > 30 minutes just 1 day.

You're doing great! Try a high-intensity workout once a week.

Vary workouts. Take at least 1 day off.

	Beginner	Moderate	Advanced
Frequency	2-3/week	3-4/week	4-6/week
Intensity	Easy	Should be able to talk but not sing	Should be able to talk but not sing
Time	20-30 minutes each time	30-45 minutes each time	40-60 minutes each time
Type	Walking, beginner yoga, tai chi, group exercise	Brisk walking, jogging, swimming, cycling, group exercise	Jogging/running, cycling, group exercise
Potential Goals for Competitive People	Walk a charity 5K, consistent with exercise	Walk/jog a 5K, sprint, triathlons, hiking, cycling, swimming, circuit training	5K/10K, half marathons, triathlons, hiking, cycling, masters swimming, circuit training

(See back for *Strength Training Exercise Suggestions* and *Flexibility*)

Get started—make it fun—and exercise regularly for maximum impact!

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.

2—Strength Training Exercise Suggestions (Choose Column 1, 2 or 3)

Begin by completing one set of 8-12 repetitions of one exercise for each body area. **Repetitions** are the number of times the exercise is performed. A **set** is the number of repetitions that are performed. Work up to completing three sets of 8-12 repetitions between 2-3 days per week. Just make sure you take a day off between strength training days to allow your muscles to recover.

Experts recommend exercising the large muscles before the small muscles.

If you have access to a gym, consider using these **Machines**.

Recommended Body Area Exercise Order	1 Body Weight Resistance	2 Machines	3 Free-Weight
Chest	Push ups	Seated chest press	Dumbbell chest press
Back	Pull ups	Lat pull down	Pull ups
Shoulders	Arm circles	Shoulder press	Dumbbell lateral raise
Biceps	Curls with milk jugs	Cable curls	Dumbbell curls
Triceps	Chair Dips	Cable press downs	Dumbbell kickbacks
Quads	Lunges	Leg extension	Squats
Hamstrings	Heel to butt	Leg curl	Stiff legged deadlifts
Abs	Crunches/planks	Crunches/planks	Crunches/planks

If you do not have access to a gym, or are a frequent traveler, try these **Body Weight** exercises.

For those with some experience strength training, try the **Free-Weight** exercises.

3—Flexibility: Improved with Regular Stretching

	Beginner	Moderate	Advanced
Frequency	2-3/week	3-4/week	4-6/week
Time	5-8 minutes	10-12 minutes	15 minutes
Suggestion	Beginner yoga or tai chi, regular stretches	Yoga or tai chi, regular stretches	Yoga or tai chi, regular stretches

Remember to breathe, and not bounce while stretching.

At a minimum, stretch the muscles you used during exercise.

If you've used them all, stretch them all.



See the toolkit resources for ideas.