

HealthLinc

YOUR COMMUNITY HEALTH CENTER®

Exercise Packet

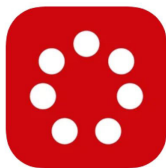
Here are some exercises to help you on your health journey. Always make sure to stretch before and after working out to lower your risk of injury. Drink plenty of water and aim for 30 minutes of moderate-intensity cardiovascular exercise five days a week. A good way to know that you are reaching moderate-intensity exercise is that you are slightly out of breath while moving. You should also include 30 minutes of strength training two to three times a week.

For more ideas, look on websites like YouTube for tutorials.

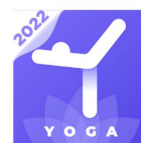
You can also download these free exercise apps on Apple or Android devices.



7 Minute Workout Free
Daily HIIT Exercises At Home
Bythesize
Designed for iPad
★★★★☆ 4.8 + 5k Ratings
Free - Offers In-App Purchases



J&J Official 7 Minute Workout Free
Work out anywhere, anytime.
Johnson & Johnson Health and Wellness Solutions, Inc.
Designed for iPad
★★★★☆ 4.7 + 85.5k Ratings
Free



Daily Yoga: Fitness+Meditation
Yoga for Everyone Health & Fitness
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Easy Cardiovascular Activities

These exercises can also be used as warmups before higher-intensity activities.

Walking

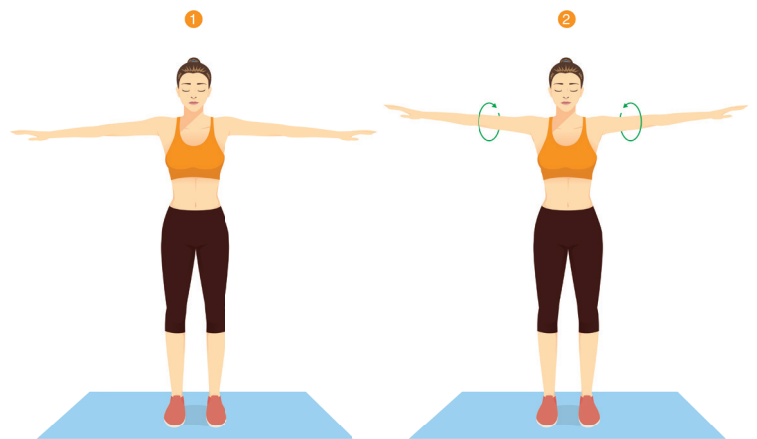
Go for a walk around your neighborhood. This is a great way to get some fresh air while exercising. Try exploring your local nature areas.

Wading

If you go to the beach or the pool, wade through the water. Don't go out past your waist, especially if you are not a strong swimmer.

Arm Circles

Arm circles can be done sitting or standing. If standing, stand with your feet shoulder-width apart. If sitting, move to the edge of the seat so your back does not touch the backrest. Raise your arms to the sides in a straight line. In small motions, start circling your arms forward. As you warm up, start to make bigger motions. Change the direction of the circles after 10-15 seconds.



Marching in Place

While standing, start walking in place. Lift your knees higher and move faster if you want to raise the intensity of the workout. You can also do this while sitting down. Sit with your back touching the backrest and begin lifting your feet off the ground like you are walking.

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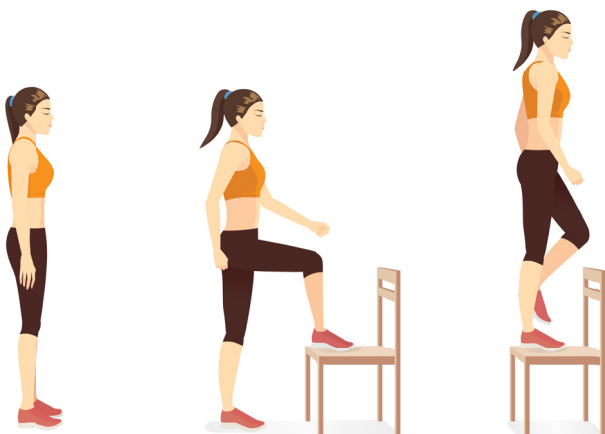
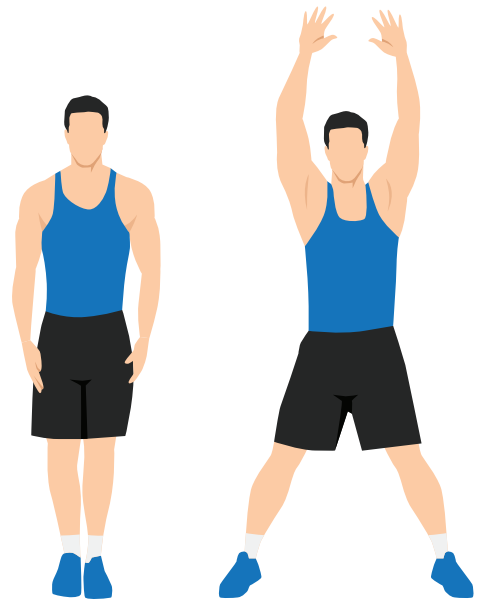
Medium Cardiovascular Activities

Jogging

This is a happy medium between walking and running. Jogging gets your heart rate up higher than if you were walking, but is less intense than running.

Jumping Jacks

Stand with your legs together and your knees slightly bent. Your arms should be at your sides. Open your legs out to the sides while swinging your arms above your head. Bring your legs back together and your arms back to your side. Start slow and then raise the speed as you warm up.



Step Ups

You will need your stair stepper for this exercise. Place the stair stepper in front of you. Step up with your right leg and raise your left leg in front of you. Step back down and repeat this 10 times for each leg. Repeat each leg 5 times. You can make this exercise easier by holding onto a chair or counter as you step up and down.

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Medium Cardiovascular Activities

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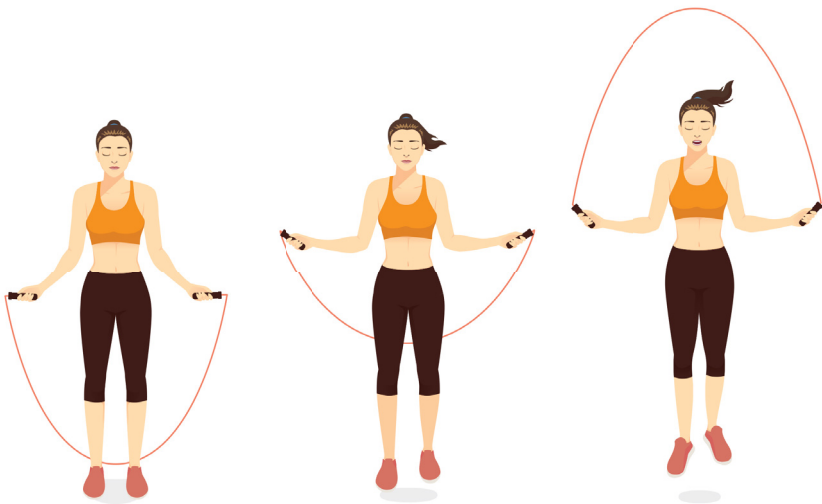
Mountain Climber

You will need the stair stepper for this exercise. Place the stair stepper on the floor in front of you. Place your hands on the top of the stair stepper, slightly bend your arms and stretch your legs straight out behind you. Keep your back straight as you pull one knee to your chest. Lower it back to your starting position then repeat with the other leg. Do this 10-15 times, going as fast or slow as you like.



Swimming

Swimming and playing in the water gets your heart rate up. If you are not a strong swimmer, swim with other people and don't go past where you can touch the bottom.



Jump Rope

Holding the rope handles at waist level, stand with the rope behind you. Start swinging the rope in front of you while jumping with both feet. Keep your knees slightly bent as you jump.

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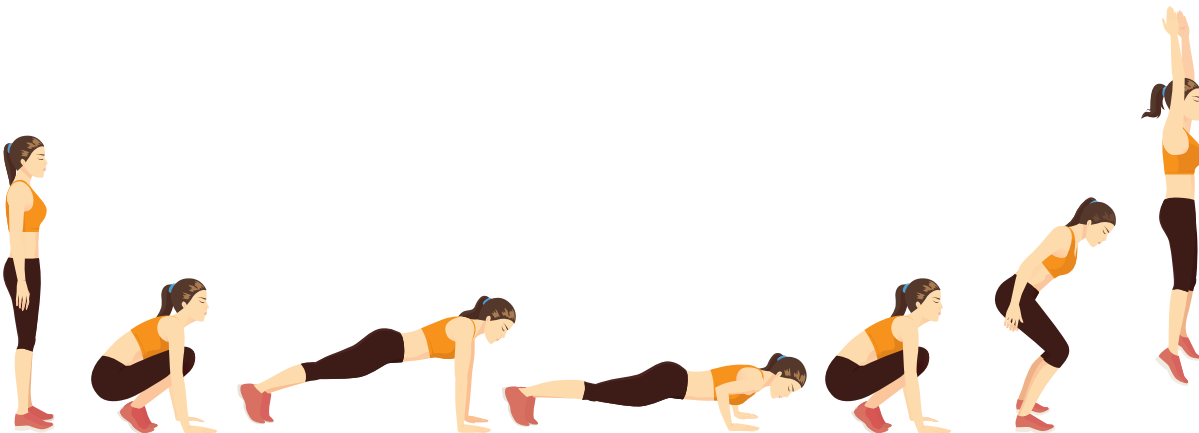
Hard Cardiovascular Exercises

Running

This will get your heart rate higher than jogging or walking. To increase the intensity, take your weights with you while you run. You can also try running up a set of stairs as another challenge.

Burpees

Start in a squat with your knees bent, your back straight and your feet about shoulder-width apart. Place your hands on the floor so they are just inside your feet. Placing your weight on your hands, kick your feet back so you're in a push-up position. Do one push up and then kick your feet back into the starting position. While jumping into a standing position, reach your hands into the air. After jumping, resume your starting position and repeat.



Skaters

Stand with your feet hip-width apart and slightly bend your knees. Jump to the right with your right foot, landing lightly on the ball of your right foot and lifting your left foot behind your right leg. Immediately jump to the left with your left foot, allowing your right foot to sweep behind your left leg. Continue to alternate sides.

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Easy Strength Training

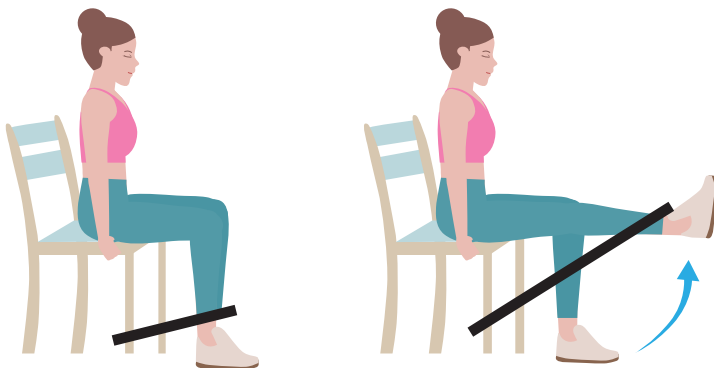
Incline Push-Up

This is a modified version of a push-up. Stand several feet away from a table or bench and place your hands flat on the surface. Lower yourself until your elbows are at a 90-degree angle, then raise back up. Keep your core engaged throughout the movement. You can also use your stair stepper for this exercise.



Leg Extension

Place a loop band in a low position on a support, like a bench or heavy chair. Loop the other end around your ankle with the band positioned behind you. While seated, place your feet hip-width apart, then lift the leg that the band is looped around away from the support. Extend your knee until it straightens out in front of you, then slowly return to the starting position. Repeat for 8-12 reps before switching legs.



Squats

Stand with your feet shoulder-width apart. Pull your belly button in towards your spine and bend your knees and reach your bottom back as if you're sitting in a chair. (Look down to make sure your knees are not reaching past your ankles). Press down through your heels, then stand back up to the starting position. You can practice this by slowly rising from a chair without using your hands and slowly lowering into a seated position.

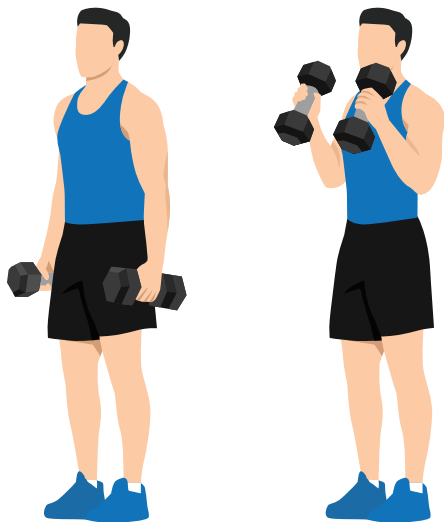
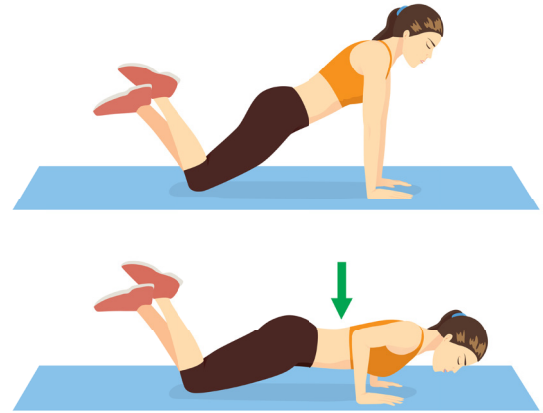


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Medium Strength Training

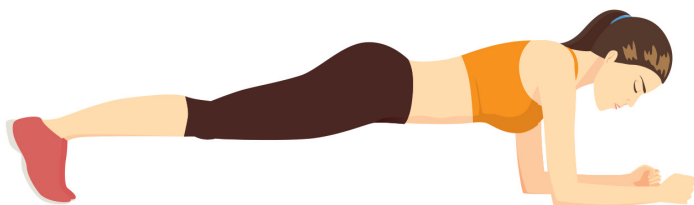
Bent-Knee Push-Up

This is a modified version of the standard push-up. Place your hands and knees on the floor and cross your feet. Keep your back straight and slowly lower your upper body until your chest almost touches the floor, then push back up to starting position. Keep your knees, hips and shoulders in a straight line and do not bend at the hips. Do this 15 times.



Hammer Curl

Stand with your feet hip-width apart. Hold a dumbbell in each hand with your arms at your sides and your palms and fingers facing your body. Without moving your elbows, lift both arms up toward your shoulders. Slowly lower both arms back down to your sides. Repeat 5 times, rest and then repeat 2 more times.



Planks

Lay flat on your stomach, rest your hands directly under your shoulders and place your feet in line with your shoulders so that you are laying in a straight line. Raise yourself up and hold yourself in a straight line for 30 seconds. To make this exercise easier, hold yourself up with your forearms instead of your hands.

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Hard Strength Training

Push Ups

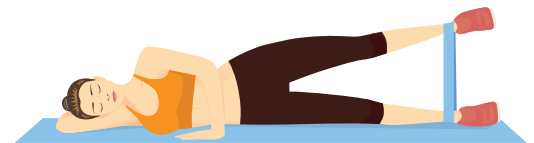
Get on the floor and place your hands slightly wider than your shoulders.

Keep your elbows slightly bent. Extend your legs back so you are balanced on your hands and toes, your feet hip-width apart. Contract your abs and tighten your core by pulling your belly button toward your spine. Inhale as you slowly bend your elbows and lower yourself to the floor until your elbows are at a 90-degree angle. Exhale while contracting your chest muscles and pushing back up through your hands, returning to the start position. Repeat this 15 times.

Side Plank with Resistance Band

Lie on your right side with your legs straight and feet on top of each other. Place a resistance band around your ankles. Keep your neck and spine straight and breath out while lifting your hips off the floor so your weight is supported on your elbow. Start with both feet on the floor, then lift the top foot into the air while keeping your toes pointed in front of you.

Do 5 reps and then switch to the other side.



Dumbbell Shoulder Press

Set the dumbbells to a weight that you can comfortably lift. Sit or stand with a dumbbell in each hand with your palms facing forward and your elbows out to your side at 90-degree angles. Without leaning back or arching your back, lift the dumbbells up over your head until your arms are almost straight. Slowly return them to the starting position. Do this 5 times, rest and then repeat 2 more times.

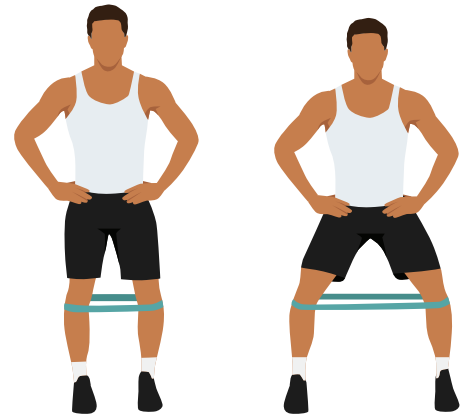
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Hard Strength Training

continued

Lateral Walk

Choose whatever resistance band is most comfortable for you and wrap it around your thighs or ankles. Slowly sink your bottom into a half-squat position. Lift your right foot and take one step to the right, then lift your left foot and take a step to the right. Reverse the movement to return to starting position. That's one rep. Repeat 10-12 times on each leg.



Beginner Yoga

Yoga is a great way to improve balance and flexibility.



Mountain Pose

Stand with your big toes barely touching, keeping them parallel to your shoulders. Take a deep breath and roll your shoulders up and back while breathing in. Breathe out once your shoulder blades are resting towards each other.

For more ideas, look on websites like YouTube for tutorials.

Beginner Yoga

continued

Forward Fold

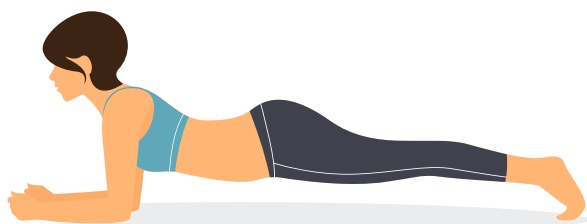
Inhale while lifting your arms to your side and over your head. When you exhale, release your arms in front of your body as you bend your torso over your legs. You should have a slight bend in your knees as you warm up.

Repeat this exercise 2-3 times as your body warms up.



Plank Pose

From the forward fold pose, place your hands flat on the floor and step your feet back one at a time. Keep your knees bent as you need. Press into your hands, keep your knees in line with the floor and pull your belly button toward your spine. Take some deep breaths as you focus on keeping your hands pressed into your mat. To make this exercise easier, hold yourself up with your forearms instead of your hands.



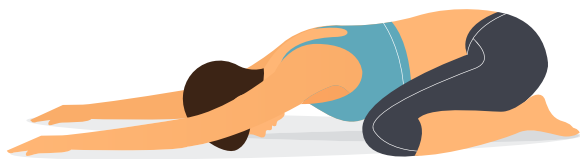
Downward Facing Dog

In the plank pose, push into your hands and, while inhaling, lift your hips up and back. Do your best to keep your shoulders engaged and your spine straight. Your legs should be straight and your heels towards the floor. Your heels may not be touching the floor, and that's ok. You can "pedal" your legs as you warm up.



Child's Pose

In the downward facing dog position, take a deep breath. As you exhale, release your knees to the mat, pull your hips to your heels and place your forehead on the floor. Your arms can either stay in front of you with your palms down, or they can rest by your body with your palms up.



For more ideas, look on websites like YouTube for tutorials.