

# EXERCISE EXAMPLES

Use proper form and control. Start at your current level and progress gradually.



## AEROBIC EXERCISE



**FREQUENCY:** 5 days/week



**TIME:** 30 minutes/session  
(total 150 minutes/week; if performing high intensity exercise, such as running – goal 75 min/week).



**INTENSITY:** Moderate  
You should notice increased breathing and heart rate, but still be able to hold a conversation (“talk but not sing”).



Brisk Walking



Cycling



Swimming



Dancing



Elliptical



Tennis



## RESISTANCE TRAINING



**FREQUENCY:** 2–3 non-consecutive days/week



**INTENSITY:** Moderate; last 2–3 repetitions should feel challenging



**TIME:** 30 minutes/session, 8–12 repetitions



**REST:** 1–2 min rest between rounds, 2–4 rounds total

Include one from each of 6 exercise patterns below involving major muscle groups.

### 1 VERTICAL PUSH



Wall Slides



Arm Raises  
(with or without weights)

### 2 VERTICAL PULL



Resistance Band  
Pull-Down

### 3 HORIZONTAL PUSH



Wall Push-Up



Progression:  
Wall → Countertop → Floor  
Push-Up

### 4 HORIZONTAL PULL



Resistance Band Rows  
(anchor at door or  
stable object)

### 5 HIP HINGE



Glute Bridge

OR



Band / Deadlift /  
Hip Hinge

### 6 SQUAT



Sit-to-Stand  
from Chair

OR



Bodyweight Squat  
or Band-Resisted Squat

**Tip:** Start with a resistance that allows you to complete 8–12 reps with good form. When the last 2–3 reps no longer feel challenging, increase resistance or progress to the next level.



## BALANCE TRAINING

(Especially important for adults ≥65 years or those at risk of falls)



**FREQUENCY:** 2–3 days/week



**TIME:** 10–20 minutes/session



**INTENSITY:** Progressively challenging while maintaining safety



Single-Leg Stands



Heel-to-Toe Walking



Tai Chi



Standing Marches

### Progression:

- Use support (e.g., chair or wall)
- Reduce support (use one hand)
- No hands
- Add movement or head turns
- Increase time



## FLEXIBILITY / MOBILITY



**FREQUENCY:** 2–7 days/week



**TIME:** 5–10 minutes/day



**INTENSITY:** Stretch to the point of mild tension, not pain



Hamstring Stretch



Calf Stretch



Chest Stretch



Hip Flexor Stretch



Shoulder Mobility  
Exercises



Yoga

**Prescription:** Hold each stretch for 10–30 seconds, repeat 2–4 times.

### ★ REMEMBER:



Start slowly and progress gradually.



Consistency is more important than intensity.



Listen to your body and rest when needed.



Stop and consult your healthcare provider if you experience pain, dizziness, shortness of breath, or chest discomfort.