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Flexibility Training

Recommended: 7 days a week

Increase blood flow to muscles and prevent injury

Static Stretching: holding a stretch for 20-60 seconds

Dynamic Stretching: repeated, controlled muscle movements (arm circles, walking lunges)

TIP: Try to fit in 10-15 minutes of stretching each day.

Not everyone enjoys exercising in the same way. If you are unhappy with your current exercise routine, be creative. Here are a few suggestions to help you get started.

- Biking
- Kayaking
- Basketball
- Kickball
- Skiing
- Gardening
- Yoga
- Swimming
- Dancing
- Zumba®
- Jump Rope
- Ice Skating
- Hiking
- Rock Climbing
- Cross-Country Skiing
- Walking

