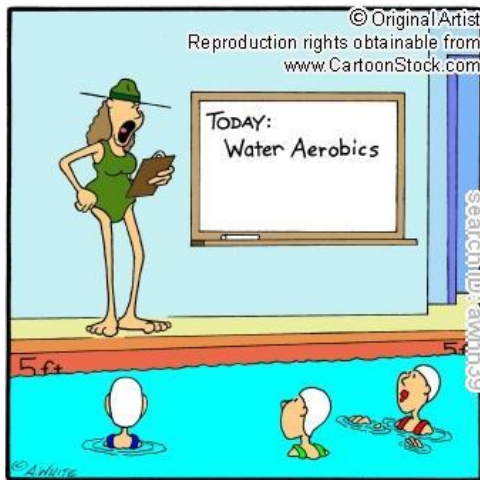


# Maximize your Exercise!

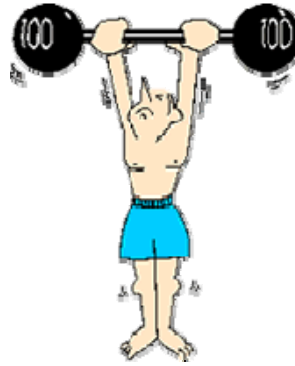
Exercise provides an amazing array of health benefits. But did you know that a well-balanced routine consists of aerobic exercise for conditioning your cardiovascular system, strength training for toning muscles, and stretching for greater flexibility and mobility.

## 3 Ways to Work Out



"Okay, ladies! We're not just going to burn those calories, we're going to *drown* them!"

**Aerobic**, or cardio, activates increase your breathing and hear rate. Its best to start slowly...walking, riding and stationary aerobic machine or swimming. Your goal: Gradually work up to a moderately intense pace for 30 minutes or more, most days. Alternate your activities for variety.



**Strength** training builds muscle and increase metabolism. It can include resistance bands; push-ups; sit-ups; garden work such as digging, shoveling or raking; yoga; free weights; and weight machines. Your goal: Do twice a week with 48 hours between sessions.



**Stretching** improves flexibility and eases muscle tension. Target major muscle groups (arms, legs, back) after moderate activity while your muscles are still warm and limber. Your goal: Stretch just 5-10 minutes per day. Note: Get your health care provider's OK before significantly increasing your activity level.