

Movement & Exercise

Consistency matters more than intensity. Clear significant changes with your provider if you have heart or joint disease.

Core

- Daily walking. Strength 2-3 days per week. Progress gradually. Keep protein and hydration up.

Beginner week

- Mon/Wed: full-body strength 25-35 min. Tue/Thu: walk or light cycling 20-30 min.
- Fri: strength or mobility 25-35 min. Sat: longer walk 30-45 min. Sun: rest or stretch.

Beginner strength

- Sit-to-stand, wall/knee push-ups, glute bridges, band or light-dumbbell rows, modified planks. 2-3 x 8-12 reps.

Intermediate week

- Mon: lower body + core 40-50 min. Tue: cardio 30-40 min. Wed: upper body + core 40-50 min.
- Thu: recovery walk 20-30 min. Fri: full-body 40-50 min. Sat: longer cardio 45-60 min. Sun: rest or light movement.

Safety

- Stop for chest pain, severe shortness of breath, dizziness, or unusual symptoms. Call 911 if needed.