

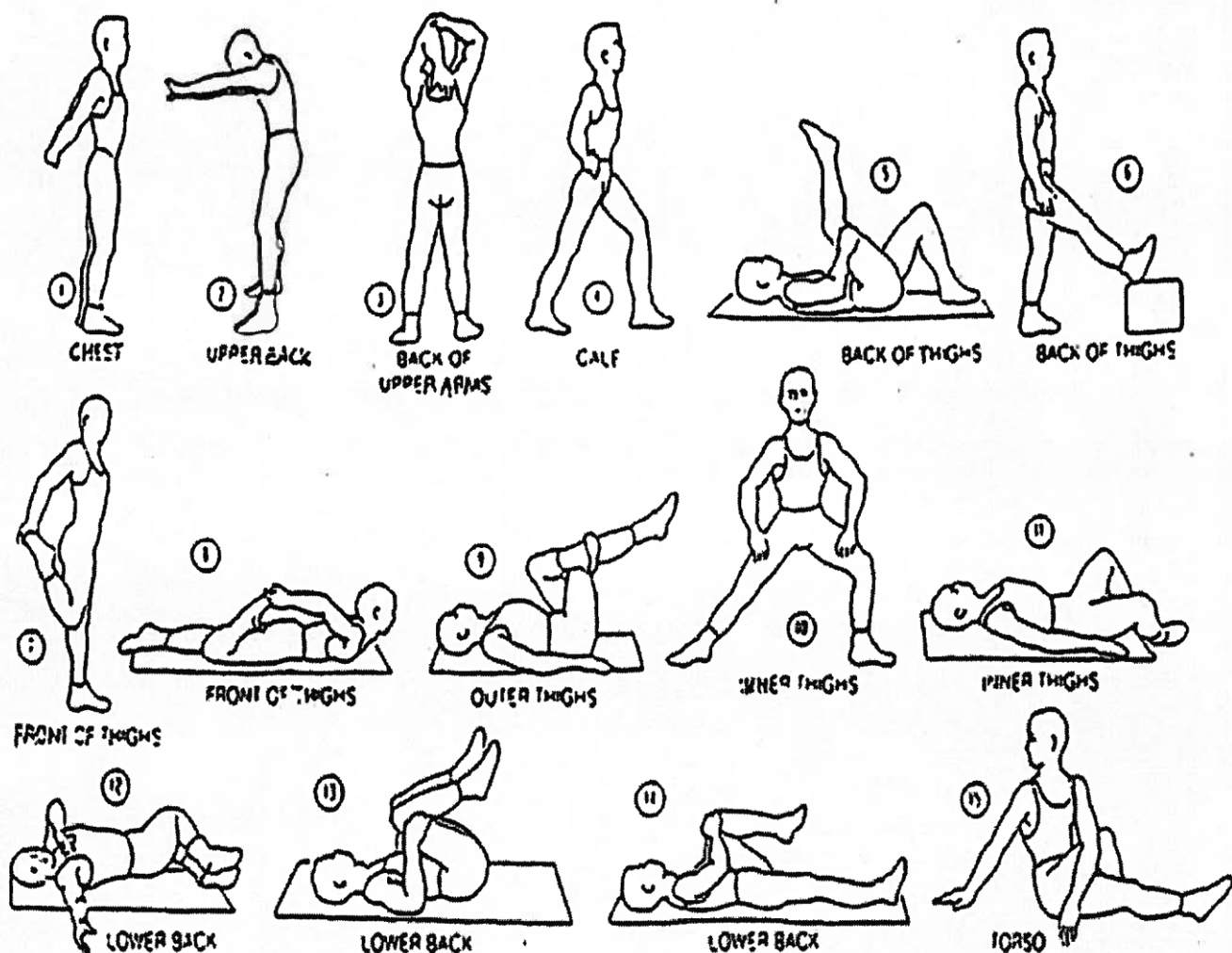
BENEFITS OF EXERCISE

Compiled by Heather Milton (MSc. Health & Exercise Science) in 2011

- ❖ **Decreased Blood Pressure**
- ❖ **Increased control of blood sugar (less risk of developing Diabetes, better control if diagnosed with diabetes)**
- ❖ **Decreased risk of Cancer**
- ❖ **Better ability to complete chores and activities of daily living with ease**
- ❖ **More energy**
- ❖ **Less pain**
- ❖ **Less Depression**
- ❖ **Less risk of falls**

To achieve these benefits, you must achieve 30 minutes of MODERATE intensity physical activity per day

Moderate=increased breathing rate, unable to maintain full conversation but still answer questions



DO THESE STRETCHES ONCE IN THE MORNING
AFTER MORNING CHORES AND ONCE IN THE
EVENING BEFORE BED.

HOLD EACH POSE FOR 20 SECONDS EACH WITH
NO BOUNCING.

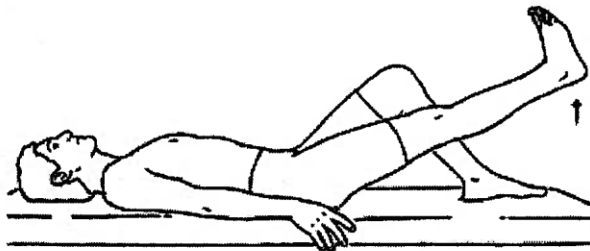
HOLD EACH POSE TO A POINT OF MILD
DISCOMFORT, WITH NO PAIN.

MAKE SURE YOU ARE ABLE TO TAKE DEEP, SLOW
BREATHS.

Knee Strengtheners

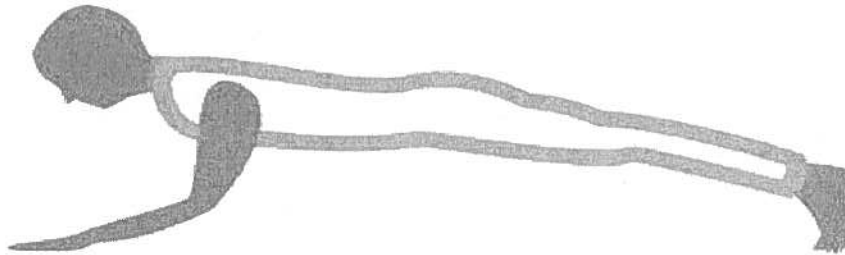


SLIDE DOWN WALL UNTIL IN POSITION SEEN ABOVE. HOLD FOR 30 SECONDS WHILE TAKING DEEP BREATHS. REPEAT 3 TIMES WITH 1:00 REST IN BETWEEN.

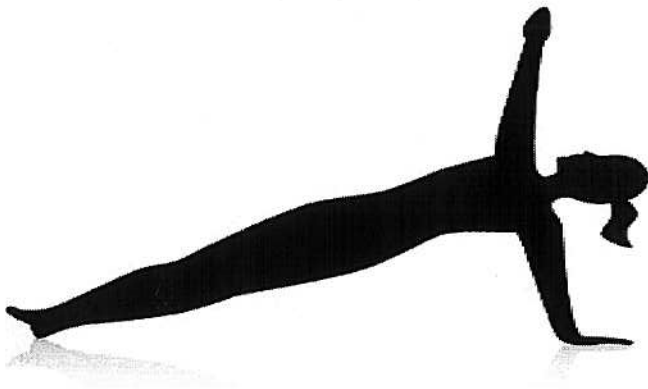


LYE ON YOUR BACK WITH ONE LEG BENT AND ONE LEG STAIGHT ON THE FLOOR. LIFT THE STRAIGHT LEG TO THE POSITION SEEN ABOVE THEN LOWER TOWARDS UNTIL LEG IS 1 INCH ABOVE THE FLOOR, THEN RAISE AGAIN. REPEAT 15 TIMES ON ONE LEG THEN SWITCH TO THE OTHER LEG. DO 3 THIS 3 TIMES FOR EACH LEG.

CORE STRENGTHENERS



HOLD THE ABOVE POSITION FOR 30 SECONDS. REPEAT 3 TIMES. ONCE THIS IS EASY, TRY HOLDING FOR 60 SECONDS. DO THE SAME FOR THE BELOW POSITION, ALTERNATING TO COMPLETE 3 TIMES ON EACH SIDE:



IF THE ABOVE EXERCISES HURTS SHOULDERS, HOLD THE BELOW POSE INSTEAD:

NAVASANA

(na-va-sana)
boat pose

