

Exercise Program

- A. **Warm-up**—you always need to warm up. It gets the heart and muscles ready to work and decreases the risk of injury. (3-5 minutes)
- B. **Stretch**—see below
- C. **Cardiovascular**—any type of cardio you enjoy. (20-30 minutes 3 days a week) 40 minutes is also okay, 60 minutes is not necessary.
- D. **Strength/Weight Train**—free weights, weight machines, body weight. To tone or build. (20-25 minutes 2-3 days a week)
- E. **Abs**—don't ever forget your abs. A strong torso and back is very important.
- F. **Cool Down & Stretch**—decreases your risk of injury. (5-7 minutes of cool down and 10-15 minutes of stretch)

Stretching

DO'S

- Stretch regularly. You'll extend and enhance your range of motion and keep your muscles healthy.
- Stretch all over...from your neck to your ankles.
- Stretch before and after exercise. This will prepare your muscles for work.

DON'TS

- Bounce when you stretch. Simply hold the stretch for at least 5 seconds.
- Force anything. Your body will tell you when you've hit the optimum stretch. The old adage "no pain, no gain" doesn't hold for stretching.
- Do a stretch only once. Repeat the stretch a few times for maximum benefit.

Helpful Websites

ACE (American Council on Exercise) acefitness.org
exercise.about.com
women-workout-routines.com
menshealth.com
shape.com
fitnessmagazine.com
thebestlife.com
oprah.com

Information provided by Karin Neal, Personal Trainer

