Exercise as Medicine

Exercise is good for almost everyone. It can improve mitochondrial quantity, muscle strength, and help reduce fatigue.

Having more healthy mitochondria means more energy for living our best life, let us show you how!

Before you Start

1. Consult your doctor to create a safe workout plan
2. Set your goals
3. Start slow with a low-intensity

Exercise Safely

- **Rule #1** Watch for signs of exhaustion & take frequent breaks
- **Rule #2** Have an exercise buddy to stay on track & feel safe while exercising
- **Rule #3** Do not exercise if you have a fever or flu and avoid exercising outside in extreme temperatures

Resistance (Strength) Training

Improves muscle strength & endurance

Building strength starts with a low number of high intensity repetitions using: body weight, free weights, ankle/wrist weights, therabands or a waterbottle!

Endurance (Aerobic) Training

Improves heart and lung health & muscle endurance

Select endurance activities you enjoy that will increase your breathing and heart rate, consider: walking, biking, swimming

Starting a Routine

Resistance Training:

- Start with a light 5 minute warm up
- Start with 1 set of repetitions (with or without weights) such as: leg extension, toe raises, bicep curls
- Add up to 3 sets over time
- Focus on upper and lower body

Endurance Exercises:

- Incorporate walking, biking or swimming
- Start with a short time period & gradually increase

Nutrition matters

- Eat a light meal 30 mins. before exercising
- Eat 20 grams of protein after exercising
- Stay hydrated during workouts
- Limit fats, protein & fibrous foods before exercising
- Stay hydrated during workouts
- \* Stay hydrated
- \* Don’t over exercise
- \* Rest and recover

Signs of Exhaustion:

- Severe soreness
- Light headedness
- Unable to talk
- Blurred vision
- Hearing loss
- Chest pain

It takes 3 weeks to form a habit, you can do it!