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

Types of Exercises

Nutrition matters
Eat a light meal 30 mins. before exercising
Limit fats, protein & fibrous foods before exercising
Stay hydrated during workouts
Eat 20 grams of protein after exercising
Stay hydrated

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!

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

Energizing Lives!