

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!

Types of Exercises



Before you Start

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



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

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



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
- Don't over exercise
- Rest and recover



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

