

Exercising for Health



Exercise is important for all adults. Working out can be especially helpful for those with heart or kidney disease. Regular exercise helps with weight management, blood pressure control, and blood sugar control (if you have pre-diabetes or diabetes). In some cases, it can also slow the progression of heart or kidney disease. In addition to keeping your body healthy, exercising can also help you feel better overall, both mentally and physically. Always talk to your doctor before starting a new exercise program.

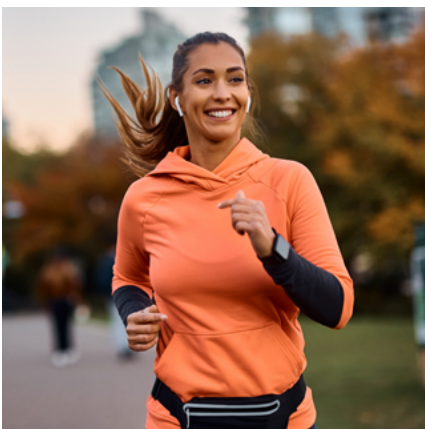
Getting Enough Exercise

The Centers for Disease Control and Prevention (CDC) recommends that adults engage in either 150 minutes of moderate aerobic activity each week, **or** 75 minutes of vigorous aerobic activity each week.



150 minutes of moderate aerobic activity each week

- Example: 30 minutes a day, 5 days a week (totaling 150 minutes per week)
- Examples of moderate activity include walking quickly, dancing, climbing stairs, or shooting a basketball. Activities around the house include sweeping the floor, washing windows, or vacuuming.



75 minutes of vigorous aerobic activity each week

- Example: 15 minutes a day, 5 days a week (totaling 75 minutes per week)
- Examples of vigorous activity include jogging or running, swimming, or jumping rope. A way to judge exercise intensity is breathing rate. If you are breathing quickly and it becomes harder to talk, this is a sign of more vigorous exercise.

REFERENCE: Centers for Disease Control and Prevention. (2023, December 20). *Adult Activity: An Overview*. <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>



Strength Training

The CDC recommends **two days of muscle-strengthening activities each week**. Strength training is an important part of any exercise program. It helps build muscle mass, keeps bones and joints healthy, and improves stability and posture.

Move your joints slowly at first to warm up. Begin with range-of-motion exercises for 5 to 10 minutes. Then, move on to strengthening or aerobic exercises. If you have not exercised in a while, start slowly. Don't push yourself too hard right away.

Recovery

Be sure to cool down and stretch after your workout. If you have joint pain, apply ice for up to 20 minutes as needed.

Sticking With It

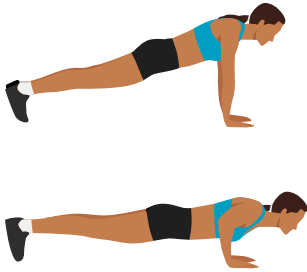
Starting to work out may seem hard at first, but it doesn't have to be. There are many ways to make working out fun and easy to fit into your day. See if the tips below can help you overcome some common challenges.

Common Challenges	Tips
Lack of time or inconvenience to exercise	Break up exercise throughout the day. For example, you can do 15 minutes before and after work, exercise during your lunch break, or work out on the weekend. If you have children or grandchildren, include them in the activity. For example, go on a walk with family or push a stroller.
Lack of self-motivation	Keep a journal to stay motivated. Have a partner who keeps you accountable. Use an exercise log to keep track of your workouts.
Non-enjoyment or boredom with exercise	Make it fun! Exercise with a friend or walk while talking on the phone. Try listening to podcasts or music or watching television while exercising.
Expensive cost or no access to facilities	Ask your job or health insurance if they offer discounted gym memberships or a stipend for exercise activities.
Illness or injury	Listen to your body. Take breaks when needed, and start fresh the next day. Do not be too hard on yourself for a missed workout.
Transportation	Carpool with friends or use public transportation to get to the gym.
Conditions: hot/cold weather or unsafe neighborhood	If it is too hot or too cold and you don't have a gym membership, you can walk laps at the mall or a large store.

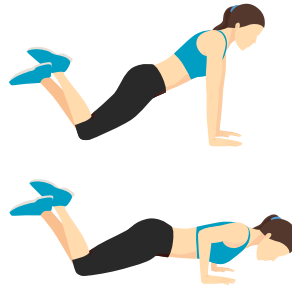
At-Home Strength Training Exercises

If you need ideas to get started, try the exercises below. Start by doing each one for 20 seconds. Rest, then go on to the next one. Try doing the circuit twice. As you get stronger, you can increase the time per exercise and the number of times you do the full circuit.

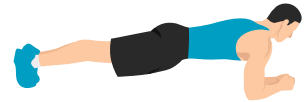
Push-Ups



Knee Push-Ups



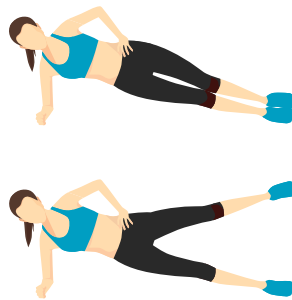
Plank



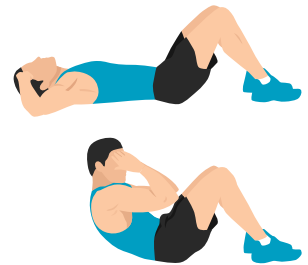
Side Plank



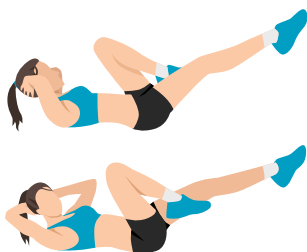
Side Plank Leg Raise



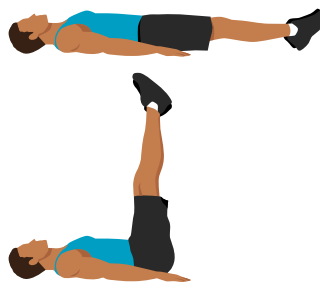
Sit-Ups



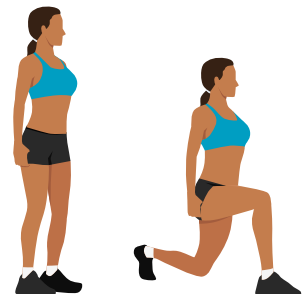
Bicycle Crunch



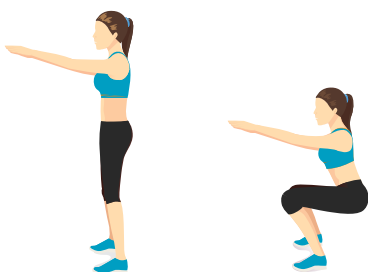
Leg Raises



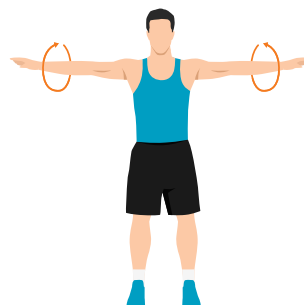
Lunges



Squats



Arm Circles



High Knees



	Aerobic Activity	Strength Training	Total Time
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Goals
<i>Example: Walk/jog for 30 minutes 5 days this week. Do 10 push-ups every day.</i>