

Exercise Prescription

Take charge of your life. Prevention requires a commitment to a healthy lifestyle that includes good nutrition, exercise, and stress reduction. If in doubt, seek the help of fitness professionals to get you started safely.

Commit to an active lifestyle

- Exercise is like a savings account – the more you put into it, the more you get out of it.
- The goal is to improve from wherever you are right now.
- Researchers have found that you don't have to do strenuous exercise to gain health benefits.

What types of exercises and why?

Endurance or Cardiovascular

- Accumulate 20 to 40 minutes of cardiovascular activity each day. Activities such as walking, sweeping the garage, or walking up stairs.
- The key to understanding what is or is not aerobic is to ask yourself the question: "do you expend energy while performing the activity that causes you to breathe harder?"

Strength Exercises

- Strive to do activities that challenge the major muscles (legs, arms, shoulders, and abdominals) to work harder. You can lift weights or use your body weight (push ups).
- Warm up the muscles you plan to strengthen by any activity that moves them for about 5 minutes to improve blood circulation and decrease the risk of injury.
- Twice or three times per week is enough. Be sure to have a day of rest between sessions.
- Start slow, and progress gradually.

Balance and coordination activities

- Help prevent falls.
- Practice balancing on one foot or walking heel to toe.
- Find a sport or recreation that challenges coordination (dancing, ball sports, skiing).

Flexibility Activities

- Stretching helps keep the body limber and flexible.
- Stretching helps to prevent injuries to muscles and joints.
- Stretch all the muscles that you have used during aerobic and strengthening activities.
- Hold stretches while breathing; never push to the point of pain.

How do you start and stay motivated?

- Stick with things you like to do. Have fun.
- You will benefit from doing physical activities, although you may not see immediate results.
- Try to fit physical activities into your schedule.
- Remember, if you miss a few days don't worry just keep trying to maintain a routine.
- Keep an activity log or record what you do on your calendar.
- Set a goal and plan a reward for yourself when you reach it.
- Plan ahead for vacations, bad weather, and house guests
- The encouragement of an exercising group or buddy is a proven way to keep you motivated.



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020