



MODULE NINE

Pump Up Your Physical Activity



How do I progress my physical activity?

Now it is time to start thinking about how to progress your activity. There are several kinds of programmed activities you can engage in like cardiovascular (cardio), strengthening, stretching, and engaging your core (stability). Cardio activity works your heart and large muscle groups. Walking is a fun and simple way to be physically active and increase your cardio. Strengthening is important for building strong muscles and bones. Stretching will improve flexibility and help prevent injuries. Engaging your core is vital for good posture and back care.

“My life is so much more active now. My husband and I take walks after dinner instead of planting ourselves in front of the television!”

— Amber, lost 92 pounds

This module will help you evaluate your current physical activity level and determine how to make progress in your activities as they become easier over time. Sample plans with exercise examples are provided to get you started. If you would like assistance with your physical activity plan, talk to your MOVE! Team.

In This Module You Will:

1. Learn the importance of a warm-up and cool-down.
2. Identify cardio activities and strengthening and flexibility exercises.
3. Create an activity plan that works for you.

Progress Check-In



I met my previous healthy eating goal ☐

I met my previous physical activity goal ☐

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

How Active Am I?

Reflect on your current physical activity plan.

Target Activity Level	Current Activity Level
Be active at least 5 days per week	I am active _____ days per week.
Be active for at least 10 minutes at a time	I am active for at least _____ minutes at a time.
Do strengthening activities at least 2 days per week	I do strengthening activities _____ days per week.
Do 150 minutes of moderate-intensity activity or Do 75 minutes of vigorous-intensity activity per week	I do _____ minutes of _____-intensity activity per week.

Are you more active now than at the start of MOVE!? If so, in what ways?

Are you ready to increase your activity now? If so, what will you do?



What's in a Warm Up?

Warming up prepares your body for activity. Warming up before physical activity can help prevent injury and reduce muscle soreness.

A warm up may take 5 to 15 minutes.

1. Do your planned activity, such as walking, but at a lower intensity (slower pace) for a brief time. This may mean walking slowly for a few minutes before speeding up.
2. If you plan to do something more vigorous than walking, do a few minutes of gentle stretching after you warm up.

Engage Your Core

Your body's core muscles are those around your trunk, pelvis (hips), and back. This is where your center of gravity is located. All body movement involves the core muscles. You should strive to be aware of your core muscles at all times when you are active. Weak core muscles can lead to poor posture, back pain, and increased risk for injury. Strong core muscles can improve your posture, balance, and movement, and support your back.



Smart Alex

To locate your core muscles, you can do the following: cough once and notice the muscle in your lower abdomen that is active when you do.

This is the transversus abdominis muscle. Work on keeping this muscle active while you are exercising and it will engage more of the core muscles, too. As with any exercise or activity, remember to keep breathing throughout and don't hold your breath."

Increase Your Cardiovascular Activity

Cardio activity requires the body's large muscles to move in a rhythmic manner for a sustained period. Cardio causes a person's heart to beat faster than usual. Brisk walking, running, bicycling, jumping rope, and swimming are all examples.

Cardio activity has three parts:

1. **Intensity**, or how hard a person works to do the activity. Intensity can be moderate (for example, brisk walking) or vigorous (for example running or jogging).
2. **Frequency**, or how often a person does cardio activity.
3. **Duration**, or how long a person does an activity in any one session.



Teresa's Tips

"Moderate-intensity activity makes you breathe a little harder and sweat a little. You should be able to carry on a conversation, but not sing. Examples include brisk walking, slow cycling, dancing, or gardening."

Vigorous-intensity activity makes you sweat and breathe hard, and makes your heart beat fast. Examples include jogging, lap swimming, and aerobics classes."

You can use the Rate of Perceived Exertion (RPE) chart, shown on the next page, to rate how hard you are exercising.

- Cardio activities, like walking and cycling, should be done at levels 4-8.
- As you become more fit, you may find that activities become easier and earn a lower RPE score. When this happens, you can choose to gradually make your activities harder to increase the challenge and advance your fitness.
- For example, slow walking on level ground may be a level 7 effort for you in the beginning. As your fitness improves, it may take brisk walking up a slight hill to get to that same level 7 effort.



Rate of Perceived Exertion Chart**10****MAX EFFORT ACTIVITY**

Feels almost impossible to keep going. Completely out of breath/unable to talk.

9**VERY HARD ACTIVITY**

Very difficult to maintain exercise intensity. Can barely breathe or speak a single word.

7-8**VIGOROUS ACTIVITY**

On the verge of becoming uncomfortable. Short of breath/can speak a sentence.

4-6**MODERATE ACTIVITY**

Feels like you can exercise for hours. Breathing heavily/can have a short conversation.

2-3**LIGHT ACTIVITY**

Feels like you can maintain for hours. Easy to breathe and have a conversation.

1**VERY LIGHT ACTIVITY**

Anything other than sleeping. For example, watching TV, riding in a car.

**Teresa's Tips**

"Another way to measure your exercise intensity is the Talk Test: During moderate-intensity exercise, you should be able to talk with a friend. If you cannot talk comfortably, you are exercising at a vigorous level. If you are just starting to exercise, begin with light-intensity or moderate-intensity activities and build up."



Hannah's How-To Up Your Cardio

"This is a sample 12-week plan to help meet a goal of 30 minutes of moderate-intensity physical activity on most days of the week. The best types of activities for this plan are ones that use large muscle groups (arms, legs, trunk), like walking, jogging, dancing, cycling, or swimming. Remember to start with a 5-10-minute warm up and end with a 5-10-minute cool down."

Tip: You can adjust the days of the week on this plan to fit your schedule."

	Day	Effort/Intensity RPE Scale	Total Duration
Weeks 1 - 3	Sunday	Rest	
	Monday	4 – 6	10 – 15 minutes
	Tuesday	Rest	
	Wednesday	4 – 6	10 – 15 minutes
	Thursday	Rest	
	Friday	4 – 6	10 – 15 minutes
	Saturday	Rest	
Weeks 4 & 5	Sunday	Rest	
	Monday	4 – 6	20 – 30 minutes
	Tuesday	Rest	
	Wednesday	7–10 minutes at 4 – 6 7–10 minutes at 7 – 8 7–10 minutes at 4 – 6	20–30 minutes
	Thursday	Rest	
	Friday	4 – 6	20 – 30 minutes
	Saturday	Rest	
Weeks 6 & 7	Sunday	7 – 8	20 – 30 minutes
	Monday	4 – 6	20 – 30 minutes
	Tuesday	Rest	
	Wednesday	7–10 minutes at 4 – 6 7–10 minutes at 7 – 8 7–10 minutes at 4 – 6	20 – 30 minutes
	Thursday	Rest	
	Friday	4 – 6	20 – 30 minutes
	Saturday	Rest	

This sample plan was adapted from: How to Write an Exercise Prescription by MAJ Robert L. Gauer, MD and LTC Francis O'Connor, MD, FACSM, Department of Family Medicine, Uniformed Services University of the Health Sciences.

Weeks 8 & 9	Sunday	Rest	
	Monday	4 – 6	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
	Thursday	Rest	
	Friday	4 – 6	30 – 40 minutes
	Saturday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
Week 10	Sunday	Rest	
	Monday	3	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	8	30 minutes
	Thursday	Rest	
	Friday	3	30 – 40 minutes
	Saturday	8	30 minutes
Week 11	Sunday	Rest	
	Monday	4 – 6	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
	Thursday	Rest	
	Friday	4 – 6	30 – 40 minutes
	Saturday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
Week 12	Sunday	Rest	
	Monday	4 – 6	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
	Thursday	Rest	
	Friday	7 – 8	30 – 40 minutes
	Saturday	Rest	
Maintenance	30-60 minutes at 7-8 or higher, 5-6 times/week		

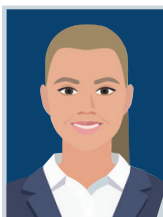
Increase Your Steps

Walking is a fantastic way to be more physically active. It's free, fun, and you can do it almost anywhere. Walking a little every day is better than an occasional weekend bout of activity. Consider using a pedometer or fitness tracker to measure the number of steps you take. Challenge yourself to see how many steps you can get!



Six Reasons to Get Up and Walk

1. Brisk walking has many health benefits.
2. Walking burns calories, which, in addition to a healthy diet, can help you manage your weight.
3. More than half of the body's muscles are designed for walking, which makes it a very natural movement for the body.
4. Brisk walking is a cardio activity. It makes your heart, lungs, and muscles stronger.
5. Walking refreshes the mind, reduces fatigue, increases energy, and improves sleep.
6. During a walk can be a fun time to share and socialize with friends and family.



Hannah's How-To Walk More

"Start with short, 10-minute walks and build from there. Here is a 10-week walking plan to get you started."

For Beginners

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	10	10	15	18	20	20	25	30	32	35
Walks per week	2	3	3	3	3-4	4	4	4	4	4

For Those Who Are Already Active

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	20	22	25	30	30	35	35	40	42	45
Walks per week	3	3	3	3	4	4	4-5	4-5	4-5	4-5

“I realized that you have to start small. Even if you can’t do 2,500 steps in a day, you do what you can. Once you do 2,500 and that gets easy, you can go ahead and do a little bit more. It’s like building a brick building one brick at a time.”

– James, lost 350 pounds over a 20-year lifestyle-change journey

Increase Your Strength Training

Strength training improves endurance, muscle and bone strength, coordination and balance. You can perform strength training with or without equipment. To increase resistance and intensity of your strength workout, you can use your body weight, free weights, resistance bands or resistance tubes.



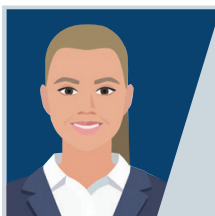
Six Reasons to do Strengthening Activities

1. Helps your body burn more calories.
2. Stronger muscles decrease stress on your joints.
3. Prevents muscle loss associated with aging.
4. Makes it easier to do household chores and other daily activities.
5. Improves your body’s ability to use insulin and maintain healthy blood sugar levels.
6. Protects your independence as you age and makes falls less likely.



“Even if I don’t feel like it, I go to the gym 5 days a week because I am determined to reach and stay at my goal weight. I do a little strength training and a little cardio.”

– Michael, lost 87 pounds with MOVE! and bariatric surgery



Hannah's How-To Increase Strengthening Activities

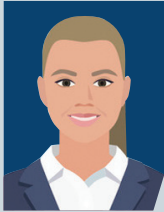
"It is important to do strengthening activities for all your major muscle groups at least twice a week, but no more than three times per week. Using the RPE Scale, rate how hard you are working when exercising. Strengthening activities, like lifting free weights and doing pushups, should feel like a level 9 (very hard) on the RPE Scale. Start with a weight you can easily move and gradually add to it to increase the challenge. Instructions for completing these strengthening activities are located at the back of Module 9."

Tip: You can perform strength training with just your body weight, free weights, or with resistance bands or tubes."

Muscle Group	Strength and Balance Exercises	Body Weight Free Weight Tube or Band	# of repetitions per set	# of sets per session	# of sessions per week
Legs	Seated knee extension	Body weight	8–12 per side	2 per side	2–3
	Knee flexion	Body weight or Tube or band	8–12 per side	2 per side	2–3
	Plantar flexion (heel raises)	Body weight	8–12	2	2–3
Hips	Standing abduction	Body weight	8–12 per side	2 per side	2–3
	Side steps	Tube or band	8–12	2	2–3
	Standing hip flexion	Body weight	8–12 per side	2 per side	2–3
Chest	Wall push ups	Body weight	8–12	2	2–3
	Chair push ups	Body weight	8–12	2	2–3
Abdominals	Twists	Tube or band	8–12	2	2–3
	Chair stands	Body weight	8–12	2	2–3
	Crunches	Body weight	8–12	2	2–3
Shoulders	Shoulder abduction (arm raises)	Free weight	8–12	2	2–3
	Shoulder flexion	Free weight	8–12	2	2–3
Arms	Chair dips	Body weight	8–12	2	2–3
	Biceps curl	Body weight or Tube or band	8–12 per side	2 per side	2–3
	Triceps extension	Body weight or Tube or band	8–12 per side	2 per side	2–3

Increase Your Flexibility

Stretching can increase your freedom of movement to do the things you need to do and the things you like to do. Always warm up your body with some light activity **before** you stretch. It is also beneficial to stretch **after** you do your strength or cardio activities. You should stretch every day. If you cannot stretch every day, aim for at least 3 times a week for 20 minutes each session.



Hannah's How-To Increase Flexibility

"Stretching is a low-intensity activity. As you progress your stretching, remember that increasing your range of movement may feel slightly uncomfortable, but should not be painful. Push yourself to stretch farther, but not so far that it hurts. Also remember to keep breathing while holding each stretch. No bouncing! Instructions for completing these stretching activities are located at the back of Module 9."

Flexibility Exercise/ Stretch	# of repetitions per set	# of sets per session	# of sessions per week
Calf and hamstring	4 per side	1	After cardio or strength training
Inner thigh	4 per side	1	After cardio or strength training
Quadriceps muscle	4 per side	1	After cardio or strength training
Lower back and hamstring	4 per side	1	After cardio or strength training
Trunk rotation	4 per side	1	After cardio or strength training
Shoulder and neck	4 per side	1	After cardio or strength training
Arm and side	4 per side	1	After cardio or strength training

What's in a Cool Down?

You can help prevent injury and reduce muscle soreness if you cool down after physical activity. Cooling down slows your heart rate gradually and helps prepare your muscles for the next time you're active.

A cool down may take 5 to 15 minutes.

1. To cool down, continue your activity, but slow down the pace for a brief time to slow your heart rate.
2. Stretch all major muscle groups used during the activity. Stretching the muscles while they are warm will help to increase flexibility.

Putting it All Together

How will you increase your physical activity over the next few weeks?



In the table on the next page, write down a weekly plan for physical activity.

Remember you should aim for a total of at least 150 minutes of moderate-intensity physical activity per week and include:

1. Daily stretching.
2. Cardio 3-4 days a week.
3. Strengthening 2-3 days a week.

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walking: How many steps?							
Cardio: How many minutes?							
Strength: How many sets?							
Stretching: How many repetitions?							

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week.
Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Why Warm Up and Cool Down

You can prevent injury and reduce muscle soreness if you warm up before and cool down after physical activity.

- Warming up prepares your muscles and heart for activity.
- Cooling down slows your heart rate gradually and helps prepare your muscles for the next time you're active.

Engage Your Core

Your body's core muscles (around your trunk, pelvis (hips), and back) are where your center of gravity is located. When doing any movements or exercise, you should try to engage your core muscles. Strong core muscles can help with proper posture, balance, and back health.

Progressing Your Physical Activity

As you start thinking about how to increase your activity, remember to include a combination of cardiovascular, strengthening, and stretching. Each component has different benefits for your health and your weight. It is important to find a plan that will work for you. Be sure to start small and build your activity level as needed to maintain the right intensity. Remember, if you would like assistance with your physical activity plan, talk to your MOVE! Team.

When you feel like quitting, think about why you started.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider ways you can pump up your physical activity. Can you find a way to make cardio activity, strengthening, and stretching a part of your weekly physical activity routine?
4. Review Module 10 in preparation for your next meeting.

Strength and Balance Exercises

Knee Extension:

Strengthens quadriceps muscles (front of thigh). Progress to ankle weights when you feel ready.

- Sit upright in chair with hips and knees flexed at 90 degrees if possible. Start with your feet flat on the floor. Rest your hands on your thighs or to the side of the chair.
- Slowly extend one leg in front of you as straight as possible, toes pulled back towards you, if possible.
- Hold for 1 to 2 seconds.
- Slowly bend knee and rest foot flat on the floor. Pause.
- Repeat with other leg.
- Alternate legs until you have done 8 – 12 repetitions with each leg.
- Rest, then do another set of 8 – 12 alternating repetitions.



Knee Flexion:

Strengthens hamstring muscles (back of thigh). Progress to ankle weights when you feel ready.

- Stand upright, feet hip-width apart, and hold onto a table, chair or counter for balance.
- Slowly bend one knee as far as possible lifting foot up and off floor. Keep both knees close to each other.
- Hold for 1 to 2 seconds.
- Slowly lower foot back down to the floor. Pause.
- Repeat with other leg.
- Alternate legs until you have done 8 – 12 repetitions with each leg.
- Rest, then do another set of 8 – 12 alternating repetitions.



Knee Flexion:

Using resistance bands or tubes.

- You may wish to hold onto a wall or chair for this exercise.
- Loop one end around standing ankle.
- Loop other end under the left foot.
- With knees touching, focus on bringing the heel of the right foot to the gluteus muscle (buttocks). This should be felt in the back of the right thigh.
- Repeat 8 – 12 times for each leg.
- Rest, then do another set of 8 – 12 repetitions per side.



Plantar Flexion (heel raise):

Strengthens calf muscles.

- Stand upright, feet flat on floor hip-width apart, holding onto a table, chair or counter for balance.
- Slowly raise heels, standing on tiptoe, as high as comfortable.
- Hold for 1 -2 seconds.
- Slowly lower heels all the way back down. Pause.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Standing Hip Abduction (lateral raise):

Strengthens the hip abductor (side of the hip) muscles.

- Stand upright with both hands on a wall or chair for support, feet hip-width apart.
- With standing knee slightly bent, lift the other leg to the side of the body using the muscles at the outside of your hip. Keep your knee and toes pointing forward.
- Slowly lower the raised leg back to starting position. Repeat for 8-12 repetitions and switch to the other side.
- Rest, then do another set of 8 – 12 repetitions for each side.



Side Steps for Abductors:

Strengthens the hip abductor (side of the hip) muscles.

- Step into the resistance tube or band so that both feet are inside. Make sure you are wearing socks or something around your ankles.
- Start with the ankles touching; take 2 large steps to the right and then 2 large steps back to the left.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8-12 alternating repetitions.



Hip Flexion:

Strengthens hip flexor muscles.

- Stand upright using a chair or table to balance.
- Slowly bend one knee and lift thigh toward chest, without bending at the waist.
- Hold for 1 second.
- Slowly lower leg back to floor. Pause.
- Repeat with other leg.
- Alternate legs until you have done 8 – 12 repetitions per side.
- Rest, then do another set of 8 – 12 alternating repetitions.



Wall Push-ups:

Strengthens pectoral (chest) and triceps (back of arm) muscles.

- Stand a step or two away from the wall with feet hip-width apart. Extend both arms and place hands on the wall at chest height. Engage your abdominal muscles to keep your body aligned (plank position).
- Slowly bend elbows and let your body tilt toward the wall, keeping the abdominal muscles tight.
- Straighten elbows and repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Chair Push-ups:

Strengthens pectoral (chest) and triceps (back of arm) muscles.

- Using a sturdy chair instead of the wall, extend both arms and place hands flat on the chair seat. Engage your abdominal muscles to keep your body aligned (plank position).
- Slowly bend elbows and let your body tilt toward the floor, keeping the abdominal muscles tight.
- Straighten elbows and repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Chair Stands:

Strengthens glutes (buttocks), quadriceps (front of thigh) and challenges balance.

- Start by sitting upright, abdominals engaged, on the edge of your seat, hands resting on thighs, feet hip-width apart.
- Slowly rise to standing, pressing hands into thighs if needed for assistance.
- Slowly return to a seated position using hands on thighs to assist if needed.
- Remember to keep knees behind the toes when sitting.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Crunches:

Strengthens the abdominal muscles.

- Lay on the floor or a mat with knees bent and back flat.
- Gently, slide fingers toward the heels while tightening the abdominals, raising your shoulders and head slightly. Keep your eyes up toward the ceiling to avoid straining the muscles at the front of your neck.
- Return to starting position and do 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Twists:

Strengthens trunk muscles and challenges balance.

- Wrap the tube around a fixed object (tree, railing, door handle, etc.)
- Standing with feet hip distance apart and both hands grasping the tube, tighten the abdominal muscles and twist your upper body to the right.
- Return to center with abdominals still tightened, and twist to the left.
- Focus on the abdominal muscles and make sure they are engaged. This will help improve your posture overall and protect your low back.
- Repeat 8 – 12 full repetitions right and left.
- Rest, then do another 8 – 12 alternating repetitions.



Shoulder abduction (arm raise):

Strengthens middle deltoids (side shoulder muscles).

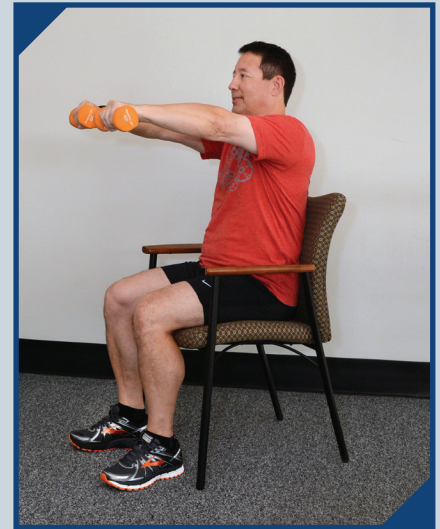
- Start with a light weight, 2-3 lbs., and only progress when you feel ready. Maximum weight 7 lbs.
- Sit upright in a sturdy chair with your abdominals engaged to support your back.
- Rest feet flat on floor about hip-width apart.
- Hold hand weights with arms extended down at your sides, palms facing inward.
- Raise both arms to side, shoulder height.
- Hold for 1-2 seconds.
- Slowly lower arms to sides. Pause.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Shoulder Flexion:

Strengthens anterior deltoids (front shoulder muscles).

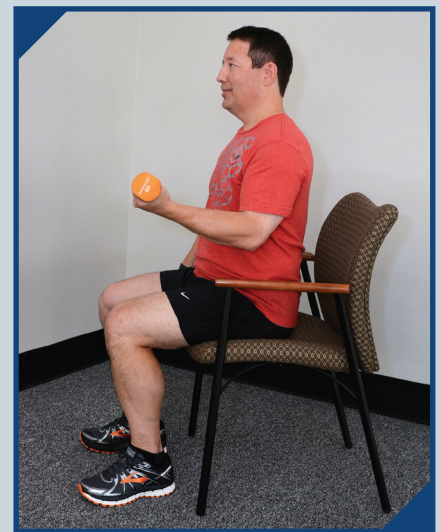
- Start with a light weight, 2-3 lbs., and only progress when you feel ready. Maximum weight 7 lbs.
- Sit upright in a sturdy chair with your abdominals engaged to support your back.
- Rest feet flat on floor about hip-width apart.
- Hold hand weights with arms down at your sides, palms facing inward.
- Raise both arms in front of you to shoulder height with elbows extended, and hands rotated so palms now face downward.
- Hold position for 1-2 seconds.
- Slowly lower arms to sides. Pause.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Biceps Curl:

Strengthens biceps (arm muscles).

- Sit upright in a sturdy chair with your abdominals engaged to support your back (can also be performed standing).
- Keep feet flat on floor hip-width apart, knees and hips at 90 degrees.
- Hold weight with arm extended at your side, palms facing inward.
- Slowly bend the elbow, lifting weight toward shoulder and rotate palm to face shoulder while lifting weight.
- Hold for 1-2 seconds.
- Slowly lower arm to starting position. Pause.
- Do 8-12 repetitions and then switch to the other arm.
- Do 2 sets of 8-12 repetitions with each arm.



Biceps Curl:

Using a resistance band or tube.

- Place the resistance band under your right foot and grasp the handle or other end with your right hand.
- Stand tall with the abdominal muscles engaged. Keep your elbow close to your body.
- Bend your elbow and bring the hand up towards the shoulder.
- Hold for 1-2 seconds.
- Slowly lower arm to starting position.
- Do 8 – 12 repetitions and then switch to the other arm.
- Do 2 sets of 8-12 repetitions with each arm.



Chair Dips:

Strengthens triceps muscles (back of arms).

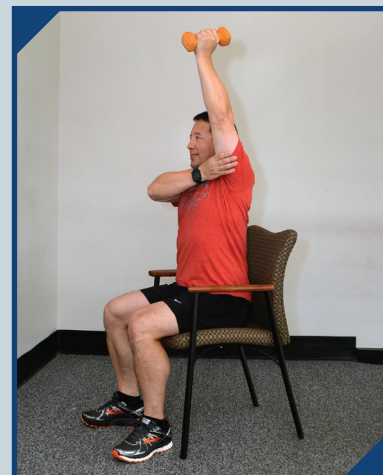
- Sitting in a sturdy chair with knees and hips at a 90-degree angle, place hands on the edge of the chair, fingers pointing forward.
- Slowly bend elbows behind you, lowering your buttocks in front of the chair, keeping your knees behind your toes.
- Return to straight elbows and repeat. Avoid using the legs to assist if possible.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Triceps Extension:

Strengthens triceps muscles (back of arm). Support your working arm with the opposite hand throughout the exercise. (If your shoulders are limiting you from doing this exercise, focus on shoulder stretching exercises. Ask for guidance.).

- Sit upright in a sturdy chair with your abdominals engaged to support your back.
- Hips and knees are bent to 90 degrees, feet flat on the floor hip width apart.
- Hold a weight in one hand. Raise that arm up, elbow extended, palm facing in.
- Support this arm, below elbow, with other hand.
- Slowly bend raised arm at elbow, bringing weight behind head toward same shoulder.
- Slowly straighten arm toward ceiling.
- Hold for 1-2 seconds.
- Slowly bend arm again. Pause.
- Repeat the bending and straightening until you have done 8 – 12 repetitions.
- Repeat 8 – 12 repetitions with your other arm.
- Rest, then do another set of 8 – 12 repetitions per side.



Using a resistance band or tube.

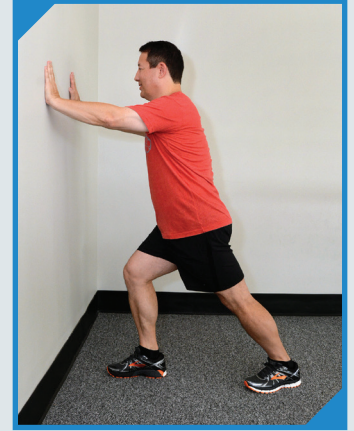
- With your left hand, hold one side of the band close to chest, while your right hand grips the other end with palm facing down.
- Right arm is bent to a 90-degree angle, with elbow close to body.
- Extend right arm until elbow is straight and right hand is alongside your hip.
- Slowly bend right arm until elbow is back to 90 degrees (starting position).
- Repeat 8 – 12 times. Perform the exercise with the left hand.
- Rest, then do another set of 8 – 12 repetitions per side.



Flexibility Exercises/Stretching

Calf and Hamstring Stretch:

- Stand one or two steps away from a wall or other structure and lean on it as shown.
- Bend one leg and place that foot flat on the ground in front of you, keep the other leg straight and behind you.
- Slowly glide your hips forward, keeping your lower back flat.
- Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in.
- Hold the stretch for 15–60 seconds without moving. Breathe normally throughout. Relax.
- Repeat at least 4 times. Now, stretch the other leg.



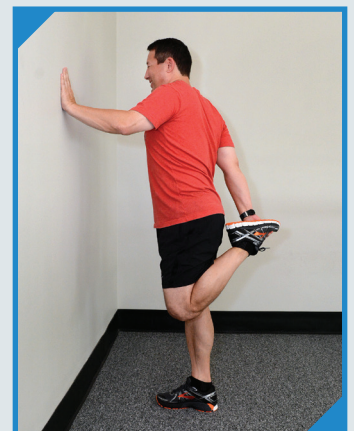
Inner Thigh Stretch:

- Start with your feet a little more than shoulder-width apart.
- Bend your left knee slightly, pointing it out toward the side, and move your right hip downward toward the left knee.
- This stretches your right inner thigh.
- Hold for 15–60 seconds. Breathe normally throughout. Relax.
- Repeat at least 4 times. Now, stretch the other thigh.



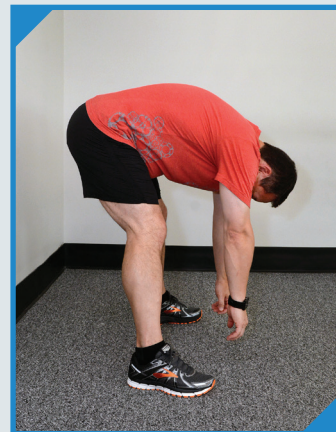
Quadriceps Muscles Stretch:

- Standing close to a wall or a chair, place one hand on the wall or chair.
- Bend one knee and bring that foot close to your buttocks, grasping with your hand if possible.
- Stand upright with your shoulders back and hips extended.
- Hold for 15–60 seconds. Breathe normally throughout. Relax and slowly move back to your starting position.
- Repeat at least 4 times. Now, stretch the other leg.



Lower Back and Hamstring Stretch:

- Start in a standing position with feet about shoulder-width apart and pointed straight ahead.
- Slowly bend forward from the hips. Keep your knees slightly bent. Let your neck and arms relax.
- Go to the point where you feel a slight stretch in the back of your legs and lower back.
- Hold this stretch for 15–60 seconds. Breathe normally throughout. Slowly come back to a standing position with knees still slightly bent and relax.
- Repeat at least 4 times.



Trunk Rotation:

- Lie on your back on the floor with your knees bent and your back in a neutral position.
- Cough once and hold to tighten your abdominals.
- Keeping your shoulders on the floor, let your knees fall slowly to the left. Go only as far as is comfortable—you should feel no pain, only a stretch. Breathe normally throughout.
- Use your trunk muscles to pull your legs back up to the start position and relax.
- Repeat the exercise to the right.
- Repeat at least 4 times.



Shoulder Shrug:

- Stand upright with your abdominal muscles engaged. Gently shrug both shoulders, as if you are trying to touch your ears to your shoulders.
- Hold for 15–60 seconds, slowly relax back to starting position.
- Repeat at least 4 times.



Arm and Side Stretch:

- Stand with feet hip-width apart and bend your knees slightly.
- Raise one arm and gently pull that elbow behind your head while you bend from your hips to the side.
- Hold the stretch for 15–60 seconds. Breathe normally throughout. Slowly return to starting position and relax.
- Repeat at least 4 times. Now, stretch the other side.

