

## Bicep Curl

- Step on the middle of the band with one foot, palms facing up.
- Keeping your elbows at your side, bring your hands up to your shoulders; hold for 1-2 seconds.
- Slowly lower your arms to starting position.



## Abdominal Crunch

- Lie on your back with your knees bent, feet flat on the floor - hip-width apart, and hands on your thighs.
- Inhale and as you exhale, slide your hands up to your kneecaps, making sure your head, neck and shoulder blades are lifted off the floor (about 30 degrees); hold for 1-2 seconds.
- Slowly lower back down to starting position.



## Triceps Extension

- Hold one end of the band against your left hip; do not move this hand while performing the exercise.
- Hold the middle of the band in your right hand at shoulder height, parallel to the floor.
- Without moving the shoulder, straighten your elbow and hold for 1-2 seconds.
- Slowly return to starting position.



## Spinal Balance

- Come to all fours, wrists under shoulders and knees under hips, keeping your back flat.
- Inhale and raise your left leg and then raise your right arm.
- Reach through your fingertips and toes to make yourself as long as possible; hold for 1-2 seconds.
- Slowly lower your arm and leg to starting position.



## Exercise Basics

So, you don't have time for an hour-long aerobics class? You can't squeeze in 30 to 40 minutes on the treadmill? That's ok. Recent research has shown that getting the exercise our bodies need is a lot easier and quicker than we once thought.

### Looking at Exercise in a New Way

#### Take It Easy

Many experts now say that moderate exercise can benefit you as much as intense exercise.

### Get Your Exercise Bit by Bit

Research has shown that you don't have to fit your daily exercise into one session. Instead, you can split your workout into short sessions spread out throughout the day.

### The Three-Part Exercise Program

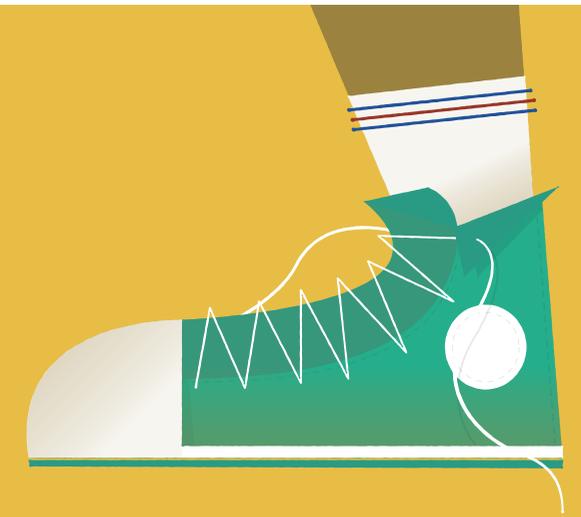
To be complete, your exercise program should combine the three types of exercise discussed below.

- 1 Aerobic**  
(at least 150 minutes per week)
- 2 Muscle Strengthening**  
(2 days a week)
- 3 Stretching**  
(5-10 minutes a day)

[www.cabarrushealth.org/EIM](http://www.cabarrushealth.org/EIM)



Made possible with funding from the Centers for Disease Control and Prevention.



# Exercise is Medicine

## Muscle Strengthening Activities

Patient Name:

Date of Prescription:



Learn more about the health benefits of exercise at:

[www.cabarrushealth.org/EIM](http://www.cabarrushealth.org/EIM)

# Muscle Strengthening Essentials

Before you begin, make sure you can do it safely and effectively. There are many ways you can strengthen your muscles such as lifting weights, working with resistance bands, or doing exercises that use your body weight (i.e. push-up, sit-ups, yoga).

## 1 Do 2 days per week

The National Physical Activity Guidelines recommend at least two days per week of muscle strengthening activities. You can do muscle strengthening activities on the same or different days that you do aerobic activity, whatever works best.

## 2 Work all major muscle groups

Choose activities that work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

## 3 Do 1 set (8-12 repetitions)

Do 8-12 repetitions of each activity (1 set). A repetition is one complete movement of an activity like lifting a weight or doing a sit-up. To gain even more benefit, do 2-3 sets.

## 4 Challenge yourself

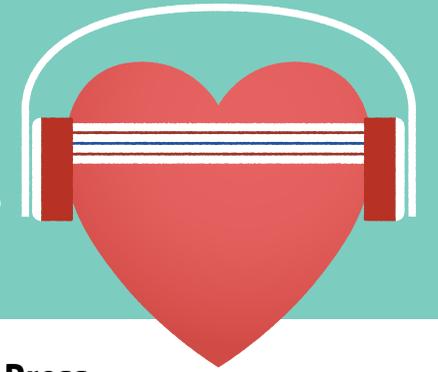
To gain health benefits, muscle strengthening activities need to be done to the point where it's hard for you to do another repetition without help. If you can do more than 12 repetitions, you will need to increase your resistance by adding hand weights or shortening your resistance band.

## 5 Don't hold your breath

Holding your breath while straining can cause changes in blood pressure.

# Muscle Strengthening Benefits

Muscle strengthening activities can help boost your stamina and balance. Even small changes in muscle strength can make daily activities like getting up from a chair, climbing stairs, and carrying groceries easier. These activities can also improve bone strength, control your weight, and manage your chronic conditions such as arthritis, obesity, heart disease and diabetes. Most of all, you will preserve and enhance your muscle mass –at any age.



**Start with 1 set of 12 repetitions of each exercise. Repeat on the other side if necessary.**

## Chair Squat

- Sit in the middle of the chair with your hands on the opposite shoulder crossed at the wrist.
- Keep your feet flat on the floor, your back straight, and your arms against your chest.
- Rise to a full standing position and sit back down again.

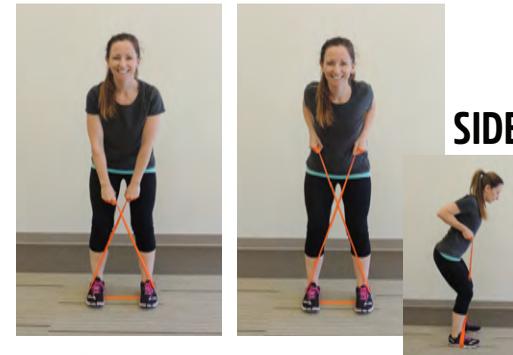


## Wanting to learn more?

To watch our professionals guide you through each exercise and learn more about muscle strengthening visit: [www.cabarrushealth.org/EIM](http://www.cabarrushealth.org/EIM)

## Back Row

- Stand on your band and cross it.
- Keeping a slight bend in your knees, pull the band up to your waist, keeping your elbows tucked into your side; hold for 1-2 seconds.
- Slowly lower to starting position.



## Chest Press

- Wrap the band around your upper back, palms facing down.
- Push the band forward, extending your arms; hold for 1-2 seconds.
- Slowly bring arms back to starting position.



## Shoulder Press

- Stand on the middle of the band with your right foot.
- Raise your right arm to shoulder height forming a 90 degree angle with the band behind your arm.
- Extend your arm overhead; hold for 1-2 seconds.
- Slowly lower arm to starting position.



## Looking to save time and still get results?

Try doing 8-12 repetitions of each exercise without resting. This should take about 15 minutes. If you plan to add another set, rest one minute and complete another round of 8-12 repetitions of each exercise.