

# Find a Fitness Program That You Love

Research suggests the most effective approach is combining multiple types of exercise. The American College of Sports Medicine recommends:

- 150+ minutes of moderate aerobic activity or 75+ minutes of vigorous activity weekly
- Strength training 2-3 times per week
- Flexibility work 2-3 times per week
- Balance training for older adults or those at fall risk



## 1 Aerobic/Cardiovascular Exercise

Activities like running, swimming, and cycling, and even dance greatly boost heart function, lower cardiovascular risks, enhance lung capacity, and support brain health by increasing beneficial protein production.



## 2 Strength Training/Resistance Exercise

Incorporate weightlifting or bodyweight workouts into your routine to boost muscle mass and bone strength. This not only aids in metabolism but also enhances your daily functional strength and helps guard against injuries.



## 3 High-Intensity Interval Training (HIIT)

Short, intense activity bursts with rest can boost calorie burn and aerobic capacity, enhancing cardiovascular and muscular fitness efficiently in your exercise plan.



## 4 Flexibility/Mobility Work

Flexibility and mobility work, such as yoga, stretching, and mobility drills, enhances range of motion and reduces the risk of injury while decreasing muscle tension and soreness. Additionally, these practices can lower blood pressure and stress levels, improve posture and body awareness, and may help alleviate chronic pain conditions.



## 5 Balance/Stability Training

Incorporating tai chi, dance, single-leg exercises, and stability ball work into your fitness routine can significantly reduce fall risk (by up to 45% in studies), especially for older adults, while improving proprioception, body control, core strength, and posture.



## 6 Racket Sports

Racket sports offer remarkable health benefits, including a 47% reduction in all-cause mortality risk and an average gain of 9.7 years in life expectancy. These sports also enhanced bone density, muscle engagement, and metabolic function, but also boost cognitive abilities, mental well-being, and social connections.