If you want to lose weight, you may need to increase your activity per day. **60-90 minutes per day**

Break up exercises throughout the day, and incorporate physical activity into your everyday activities:

- Use stairs instead of elevators and escalators
- Do yard work such as mowing the lawn or gardening
- Housework burns calories
- Physical play with children

**MAKE TIME**

**10 minute sessions**

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If you are at a healthy weight, try to get 150 minutes of moderate exercise per week.

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Physical fitness combines endurance, strength, balance, and flexibility and offers several advantages including weight management, improving cholesterol and blood pressure, increasing energy, and lowers stress and depression.

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**SIMPLE HOME EXERCISES**

**WHAT YOU NEED:**

- Sturdy chair
- Dumbbells (start with light weight)
- Can any small enough to grip
- Filled water bottles
- Plastic sand-filled bags (securely fastened)

**Biceps curl**

1. Hold dumbbells with your arms straight down and your palms facing forward.
2. Bending your arms from the elbows, raise the weights to shoulder height.
3. Lower the dumbbells to the starting position. Repeat.

**Standing leg curl**

1. Stand behind a chair and hold on to the back for balance.
2. Bend one knee to raise your leg 90 degrees.
3. Return to the starting position. Repeat with the other leg.

**Knee extension**

1. Sit in a chair. Be sure to sit up straight with good posture.
2. Bend one knee to raise your leg 90 degrees.
3. Return to the starting position. Repeat with the other leg.

**Side hip raise**

1. Stand behind a chair and hold on to the back for balance.
2. Keeping your leg straight, raise one leg to the side.
3. Return to the starting position. Repeat with the other leg.

**Bent forward fly**

1. Sit with feet on floor. Lean slightly forward, holding weights down.
2. Raise arms out to your sides until straight.
3. Lower to the starting position. Repeat.

**Toe stand**

1. Stand behind a chair and hold the back for balance.
2. Rise up on your toes.
3. Lower to starting position. Repeat.

**Overhead press**

1. Hold dumbbells with arms outstretched to the sides, elbows bent, palms forward.
2. Lift your arms overhead, straightening your elbows.
3. Lower dumbbells to starting position. Repeat.

**THE WOMEN’S BREAST & HEART INITIATIVE**

Designed by KarBel Multimedia

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