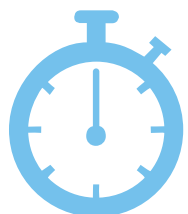


REDUCING YOUR RISK

FOR BREAST CANCER AND HEART DISEASE

MAKE TIME



10 minute sessions

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
- Walk and explore** your neighborhood with children
- Physical play** with children

60-90 minutes per day

If you want to lose weight, you may need to increase your activity per day.

150 minutes per week

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

Note: The information in this brochure is not intended to be used for diagnosing illness or prescribing treatments. Please see your healthcare provider to discuss symptoms, care options, or other medical concerns.

PHYSICAL ACTIVITY RECOMMENDATIONS

Make Physical Activity Part of Your Life

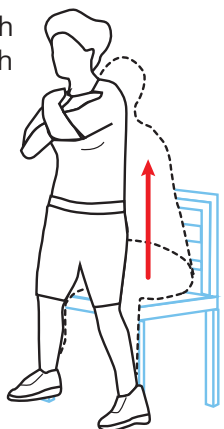
Physical fitness combines endurance, strength, balance, and flexibility and offers several advantages including weight management, improving cholesterol and blood pressure, increasing energy, and lowering stress and depression.

SIMPLE HOME EXERCISES Here are some exercises you can do at home. Start with a low number of repetitions and increase as you build strength.

WHAT YOU NEED: Sturdy chair **AND** Dumbbells (start with light weight) **OR** Canned goods small enough to grip **OR** Filled water bottles **OR** Plastic sand-filled bags (securely fastened)

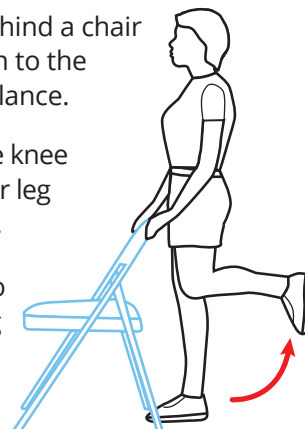
WIDE LEG SQUAT

1. Sit in a chair with your legs even with the chair's legs.
2. Cross your arms over your chest and stand up.
3. Squat to an almost sitting 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 behind you.
3. Return to the starting position. Repeat with the other leg.



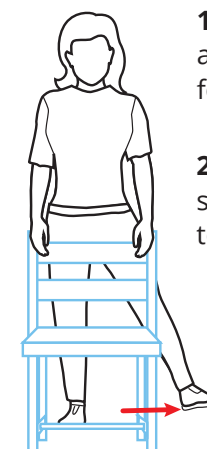
KNEE EXTENSION

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



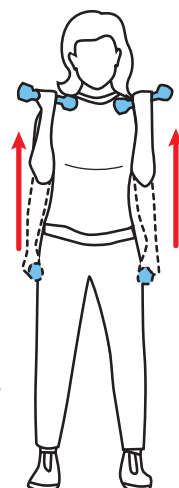
SIDE HIP RAISE

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 other leg.



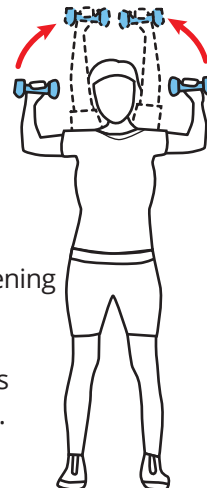
BICEPS CURL

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.



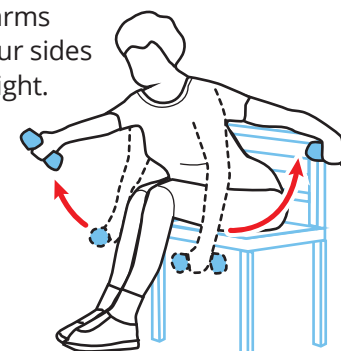
OVERHEAD PRESS

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.



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.

