



MY

MEDICINAL MOVEMENT ROUTINE

HIRING A TRAINER

Start with a trainer twice a week to help you learn how to move safely, then build up from there.

FIND YOUR JOY

Find something you enjoy. Try new things. Try tennis or racquetball. Go get swimming lessons. Start fast walking, then jogging. Try martial arts. Put on your favorite music, go to the gym, and try cycling. Hire a personal trainer and have them teach you the ins and outs

MEDICINAL MOVEMENT (SAMPLE SCHEDULE)

(Based on the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans, 2nd edition) Here is a sample schedule I've designed.

Monday, Wednesday, Friday: 30 minutes of yoga or qigong followed by 30 minutes of light-moderate intensity exercise like swimming, fast walking, light cycling or jogging. You can split this up morning and afternoon or do them back to back.

Tuesday and Thursday: 30 minutes of strength training using bodyweight calisthenics, gymnastics, free weights, weightlifting or powerlifting + 30 minutes of vigorous intensity exercise like faster running, a spin class, cardio kickboxing, faster cycling, or Crossfit.

of lifting weights safely and effectively. Take a zumba class, try dancing, start golfing, try Crossfit, get a coach, and stay committed to the process.

Saturday: 30 minutes of yoga or qigong followed by 60 minutes of light-moderate exercise like jogging, cycling or swimming - again you can split these up or do them back to back.

Sunday: Rest

Disclaimer:

This may contain general information relating to various medical conditions and their treatment. Such information is provided for informational purposes only and is not meant to be a substitute for medical advice. You should not use the information contained herein for diagnosing a health or fitness problem or disease. You should always consult with your physician or other qualified health care professional for medical advice or information about diagnosis and treatment.