

Your guide to a fresh take on exercise.

Being active is one of the best things we can do to support our health.
Here are some creative ways to add more movement to your day.

Balance

Do balancing exercises 2 or more times a week. Hold each exercise for 5–60 seconds, as you are able.

- As you wait for your morning tea or coffee to brew, place one hand on the counter, balance on one leg and lift the other in front of you. Then switch.
- While brushing your teeth, place one hand on the counter, shift your weight onto your right foot and lift your left leg slightly off the ground. Then switch.
- After meals, stand up from a seated position without using your hands.

Flexibility

Stretch each major muscle group at least 2–3 times a week. Hold each stretch for 10–60 seconds, as you are able.

- When getting out of bed, reach your arms up toward the ceiling and do a side stretch by taking your left arm up and over to the right while holding. Then switch.
- While at a stop light, stretch your neck by moving your right ear toward your right shoulder, and gently press your left shoulder down. Breathe. Then switch.
- After getting in bed, lengthen out your whole body. Then take your hands and draw your knees toward your chest.

Endurance

Get 150–300 minutes of moderate activity or 75 minutes of vigorous activity each week. For daily steps, aim for 8,000 if less than 60 years old and 6,000 if 60+ years old.

- When watching TV, try jumping jacks or marching in place during commercial breaks.
- Do one household chore each day that gets your heart rate up (mowing the lawn, cleaning floors, etc.).
- Turn on some music and dance while cooking or take a short walk after eating dinner.

Strength

Work all major muscle groups 2 or more times per week.

- After washing your hands, try a wall squat and hold as long as you are able.
- While chatting on the phone, lift and lower your heels with hands on the counter.
- Before getting dressed, do some push-ups (hands on wall, knees on floor, or classic).

Get personalized guidance on movement—and more.

Connect with a MOBE Guide for one-to-one support. To schedule your next call, use the MOBE Health Guide app or call **844-841-9725**.

This information is for educational purposes only. It is not meant to diagnose, prescribe, or provide medical treatment. Consult with your health care provider before starting any exercise program and only attempt movements that feel safe for your body.

References: U.S. Department of Health and Human Services. (2018). *Physical Activity Guidelines for Americans, 2nd edition*. Retrieved from https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf



MOBE does not provide medical advice, diagnosis, or treatment. MOBE services and content are for informational purposes only and should not replace your relationship with your health care provider. Any discussions about drug therapy with a MOBE Pharmacist are meant to educate and prepare you to talk with your physician. Not for further distribution or commercial use.

©2023 MOBE, LLC