Worksheet 6-3 Types of Exercise

We suggest brisk walking. It’s easy to do and good for you. Here are some other activities that are usually similar to brisk walking:

- Aerobic dance (high impact, low impact, step aerobics)
- Bicycle riding (outdoors or on a stationary bike indoors)
- Dancing (Zumba, square dancing, line dancing). Note: Be careful not to include breaks.
- Hiking
- Jogging (outdoor, indoor, treadmill)
- Karate
- Rope jumping
- Rowing (canoeing)
- Skating (ice skating, roller skating, rollerblading)
- Skiing (downhill, cross-country, Nordic Track)
- Soccer
- StairMaster
- Swimming (laps, snorkeling, scuba diving)
- Tennis
- Volleyball
- Walking (outdoor, indoor at mall, on indoor track at fitness center, treadmill)
- Water Aerobics

Here are some safe and easy stretches:

1. Arm reaches
   *Stand up straight with your feet approximately shoulder-width apart.
   *Count to five as you stretch your right arm to the ceiling, making sure to keep your feet flat on the floor. Lower your right arm and repeat with your left arm.
   *Do this 10 times. When you have completed 10 sets of arm reaches, gently shake out your arms.

2. Arm circles
   *Stand with your feet approximately shoulder-width apart with your knees slightly bent.
   *Extend your arms straight out from the shoulders to the side (left arm out to the left, right arm out to the right) with your fingers spread apart and your palms facing down toward the floor. Keep your buttocks and stomach flexed as you reach out your arms.
   *Rotate your arms in circles forward 10 times. Once you have completed forward circles, rotate your arms backward 10 times. Once you have completed 10 forward and 10 backward arm circles, gently shake out your arms.
   *Gradually work up to performing 20 circles forward and 20 circles backward.
3. **Waist bends**
   - Stand up tall with your feet approximately shoulder-width apart.
   - While looking straight ahead, bend to the right, bringing your right arm down the side of your body and extending your left arm gently over your head. Count to 10 and then slowly return to the straight-up, standing position.
   - Repeat on the left side (bend to the left, bring your left arm down the side of your body, and extend your right arm over your head).
   - Gradually work up to performing five sets on each side.

4. **Sitting toe touch**
   - Sit on the floor with your feet placed flat against a wall, legs outstretched, with your knees slightly bent. While sitting, reach out your hands and slowly stretch them toward your toes. Breathe as you reach toward your toes for 10 seconds.
   - Repeat this two or three times.
   - Gradually work up to repeating 10 times.

5. **Back press**
   - Lie on your back on the floor with your knees bent, your feet flat on the ground, and your hands clasped behind your neck. Take a deep breath and relax.
   - Press your lower back against the floor and tighten your stomach and buttock muscles. This should cause your back to flatten against the floor as the lower part of your pelvis rotates forward slightly.
   - Hold this position for five seconds and then relax your stomach and buttock muscles.

6. **Back stretch**
   - Lie on your back with your knees bent, your feet flat on the floor, and your arms flat on the floor at your sides. Take a deep breath and relax.
   - Grasp the back of one knee (the underside—not the top of the knee) with both hands and pull your leg as close to your chest as possible. Keep your other leg bent with your foot on the ground as you do this. Return to the starting position.
   - Repeat with the other leg.

7. **Heel cord (Achilles) stretch**
   - Stand facing a wall approximately an arm’s distance away. Stand with your knees straight (but not locked) and your heels flat on the floor.
*With your hands resting on the wall, allow your body to slowly lean forward by bending your elbows and allowing your forearms to move toward the wall. Keep your legs and body straight and your heels on the floor as you slowly lean forward, noticing the stretch in the back of your ankles.
*Return to the original position and repeat.

8. Calf stretch
*Stand up straight with your feet approximately shoulder-width apart.
*Step forward 1 to 2 feet with your right foot and bend your right knee slightly. Make sure that the front of your knee is in line with the front of your toes (and that your knee does not forward beyond your foot). Keep your left leg relatively straight and your left heel on the floor as you do this. Hold this position for 10 to 20 seconds.
*Return to the original position. Repeat on the left side.