

Start Your Exercise Routine

with Julie Hossack,
Certified Personal Trainer

Purpose Demonstrate basic exercises to improve flexibility, balance and strength.

Audience Video is intended for those of you that may be new to exercise or be out of condition from illness.

Length This is a 15-20 min program that can be completed every day, in segments or in full.

Equipment You won't need any special equipment, just somewhere to stand, sit and lay down.

► How to Proceed

1. Be honest. Start with the body. Be forgiving of your body if you need to. But also don't let yourself off the hook. If you can do more, do more!
2. Be accountable. In your job you are expected to show up and do your work. Yes, you get periodic holidays and flexibility in today's world. But in the end you are expected to complete a task. Create a schedule! Include the number of times you will exercise each week and pencil in an appointment.
3. Set a goal. It's the only way to make progress. See where you find yourself with our workout today. Write down what you were able to do and number of reps. Set a goal to reach more reps by the end of this week. By the end of this month.
4. Find your reason. Why is it important for YOU to exercise? Is it to be able to do fun activities with your kids or grandkids? To reduce pain in your daily life? To have stamina to be able to garden? Now find a picture of that reason and use it as your phone screen saver or print it out and put it on your bathroom mirror.

► Beginner Exercise Routine Frequency

Month 1

- Week 1: 3 days 10 repetitions each exercise
- Week 2: 4 days 10 reps each exercise, balance 45 sec
- Week 3: 5 days 10 reps each exercise, balance 1 min
- Week 4: 6 days 10 reps each exercise, balance 1 min but add skiing arm movement

Month 2

- Increase reps to 12-15; balance 1 min move arms by rotation, circling

Month 3

- Increase reps to 15-20, balance 1 min on uneven surface

► Beginner Exercise Routine Sequence

Warmup (repeat 1-3 times)

- March in place
- Arms up
- Hinge
- Repeat 2 times

Standing

- 10 reps Pushups to the wall
- Balance one leg 30 sec each side
- 10 reps Hinge, Row, Stand. Drive elbows to the ceiling and squeeze the space between your shoulder blades
- 10 reps Wall slides. Stand with your feet 6-8 inches from the wall. Rest your back on the wall. Bring your arms to 90 degrees. Try to get your forearms to the wall then slide your arms overhead.

Seated

- Seated in chair, nod head yes 2 times and no 2 times)
- Bring your right ear to your right shoulder. Repeat on the left
- 10 each direction Hold arms out to sides, do arm circles then stretch arms
- 10 reps Chair sit to stand
- 10 reps Seated leg extensions (kick each foot up 10x)
- Figure 4 stretch (cross your legs and lean forward)

Laying down

- 10 reps each leg Single leg marching while laying on back
- 10 reps Bridges (Lay on your back. Bend your knees. Lift hips.)
- Knee hugs Roll to side to finish