






# Easy exercises to help you reach your goals

Adding regular exercise to your routine has many health benefits and can help you reach your goals. Remember, always check with your care team before starting a new exercise program.

## Benefits of exercise

Regular exercise can:

-  Lower your blood pressure
-  Maintain a healthy weight or lose weight, if necessary
-  Improve your cholesterol
-  Control your blood sugar if you have diabetes
-  Manage depression and boost your overall mental health

## Exercises to consider

You should aim for a moderate level of activity. Moderate exercise will noticeably increase your heart and breathing rates. You may sweat, but you should be able to comfortably carry on a conversation. Examples of moderate exercise:

- Brisk walking
- Easy jogging
- Wheeling yourself in a wheelchair
- Using an elliptical trainer
- Biking under 10 miles per hour on a relatively flat level or with few hills
- Swimming leisurely
- Water aerobics
- Ballroom dancing
- Gardening
- Housework, such as vacuuming



### We are here to help

Your care team can help answer your questions about exercise. Reach out for any support you need.