How to Get Started



Physical activity is for everybody, and regular physical activity is one of the most important things you can do for your health. Everything gets better when you get active and some of the benefits include **better sleep, reduced anxiety** and **lower blood pressure**.

The **24-Hour Movement Guidelines for Adults** and **Older Adults** recommend that you aim for 150 minutes of moderate to vigorous heart-pumping physical activity per week.

Try adding the workout below to your daily routine and remember all active minutes count!

Before beginning any new exercise routine, please consult with a health care provider.

Warm-up

To warm-up, practice each of the exercises (5 times each) in a slow and controlled manner. Pay special attention to your form and don't break between exercises to help build intensity. The warm-up should take 2-3 minutes.

The Circuit

Each day perform each exercise based on your level (beginner, intermediate, or advanced) as many times as you can while maintaining good form. Increase to the next level when you can complete the circuit with relative ease. Try completing the circuit for 7 days in a row!

Duration

You can perform these exercises at three levels. If, at any time, you feel breathless between any exercises or set, feel free to take longer rest periods in between exercises.

Beginner (~5 mins)	Intermediate (~10 mins)	Advanced (~12 mins)
20 seconds per exercise, 10 seconds rest between exercises	45 seconds per exercise, 20 seconds rest between exercises	60 seconds per exercise, 30 seconds rest between exercises

The Moves are found on page 2 →

Try our app!

Be sure to track this activity on the ParticipACTION app for a chance to win great prizes! Download it for free in **Google Play** or the **App Store**.

Speak to a Health Care Provider for more information on how physical activity can improve your life or visit www.gov.nl.ca/tcar

Newfoundland & Labrador

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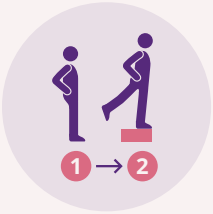
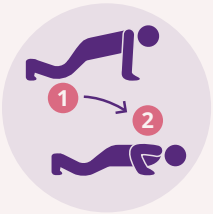
The Moves



Step Up

Facing a set of stairs, or a low and sturdy bench, step up with your right foot followed by lifting your left knee up to standing position. Step back down and alternate, stepping with your left foot next. Focus on tightening your core throughout.



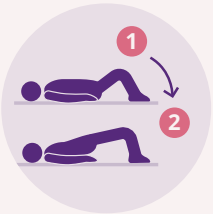
Push Up (on knees)

Lie on your stomach with your feet shoulder-width apart. Bring your hands directly under your shoulders. Keeping your back straight and core tight, push your bodyweight up on your knees until your elbows are extended (but not locked). Now, slowly lower yourself back to the ground. Then return to your starting position and repeat. This exercise can be modified by doing a push up on the wall.



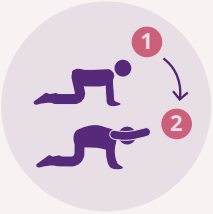
Chair Squat

From a standing position, lower your glutes down towards a chair with control. Let your glutes lightly touch the seat of the chair, then push through your heels to stand back up.



Glute Bridge

Lie face up with your knees bent, hip distance apart, and feet flat on the floor. Keeping your arms at your side with your palms down, contract your glutes. Lift your hips off the floor until your knees, hips and shoulders form a straight line, then slowly lower your body down. Repeat.



Tabletop with Extension

Start on all fours in a table top position. Pull your belly button to your spine. Extend right arm fully in front of your body. Return to start and perform alternate side. Control your breathing throughout and keep your hips and shoulders square during the motion.

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