

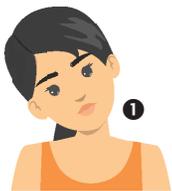
Let's Move Well Together!

Many people find that the hardest part about beginning a workout routine is committing to the first workout! It can feel overwhelming to try something new. Make a small goal to get started, such as promising yourself that you will repeat a workout four times. You will be amazed by how much easier the fourth time is compared to the first!

If there is an exercise that aggravates an injury or just plain hurts, modify it to an exercise that is more comfortable.

Why Should You Move?

- Minimize aches and pains that result from being too sedentary.
- Improve blood flow and flexibility.
- Promote longevity and quality of life.
- Burn some extra calories.
- Increase and maintain lean muscle mass; muscle burns calories even at rest.



5-Minute Stretch Sequence

- 1 Neck:** Stretch neck side to side and front to back. 30 seconds. Do not roll your neck!
- 2 Shoulders:** Pull left arm across your body to stretch shoulder. Repeat with other side. 20 seconds total.
- 3 Shoulders:** Lift left arm over your head, bend at the elbow, and reach behind your head. Use the opposite arm to press or pull your stretch deeper. Repeat with other side. 20 seconds each.
- 4 Shoulders:** Roll your shoulders forward and backward for 30 seconds.
- 5 Shoulders, Sides, and Back:** Bend laterally side to side, either alternating sides or holding 15 seconds each.
- 6 Shoulders:** Clasp hands behind your lower back, lift, and bend forward for 30 seconds.
- 7 Back, glutes, hamstrings:** Stand with feet shoulder width apart or a wide leg stance. Do a forward bend and touch the floor with your palms. 30 seconds.
- 8 Hamstrings:** From standing position, take a large step forward into a lunge, bending your knee and keeping your back leg straight. Repeat on opposite side. 20 seconds each.
- 9 Knees and hips:** Sit on the ground, bend your knees, and press the soles of your shoes together. Now bounce your legs (like a butterfly). 30 seconds.



ESTIMATED CALORIES BURNED WHILE STRETCHING	
Weight	Calories burned X 5 minutes
150 lbs	15
175 lbs	17
200 lbs	20
225 lbs	22
250 lbs	25

Stretching consistently can burn a significant amount of calories over time! Think of how many calories could be burned in a week if you took the time to stretch 3 times per day!



Calories burned per minute = (MET x body weight in Kg x 3.5) ÷ 200
Reference: http://prevention.sph.sc.edu/tools/docs/documents_compendium.pdf



Live Well
Sioux Falls
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For more resources on "moving well" in Sioux Falls, check out our website: <http://livewellsiouxfalls.org/move-well/>

You Don't Need Equipment

- The goal is to finish, no matter how many breaks you have to take.
- If the rep length is too long, try 30-second intervals and work up to 45 seconds.
- Pace yourself: the first time is the hardest.

15-Minute Sweat Routine

Perform each exercise for 45 seconds, then rest 15 seconds. Modify timing if needed. Repeat the circuit three times.

1. Jumping jacks
2. Mountain climbers
3. Bicycle crunches
4. Jump squats
5. Plank

Estimated calories burned:	
150 lbs	103
175 lbs	120
200 lbs	137
225 lbs	154
250 lbs	172

30-Minute Sweat Routine

Perform each exercise for 1 minute, then rest 30 seconds. Modify timing as needed. Repeat the circuit once.

1. Jumping lunges
2. Push-ups
3. Bird dogs
4. Side leg lifts
5. Leg drops
6. Glute bridges
7. Inch worm
8. Squat with calf raises
9. Standing bicycle
10. Side bends

Estimated calories burned:	
150 lbs	179
175 lbs	209
200 lbs	239
225 lbs	268
250 lbs	298

Many of these exercises start in "standing position." This means stand tall with feet shoulder width apart, planted firmly to the ground, and arms relaxed at your sides.

Butt kickers—From standing position, shift your weight to your left foot, bending your right knee to "kick your butt." Alternate legs as quickly as is comfortable.

High knees—From standing position, lift alternating knees to your chest rapidly.



Jumping jacks—From standing position, jump up and land with feet slightly more than shoulder width apart and arm extended upward into a "Y." Jump up again and return to starting position.

Jump rope jumping—From standing position, hop quickly with your feet together as if using a jump rope.



Punches—From standing position, clench your fist and hold it in front of your face, extend your arm (punch) forward slightly twisting your fist in as you straighten your elbow. Return to starting position.

Wall sit—From standing position, face away from a wall, lean back and slide down until your knees reach a 90-degree angle. Hold position.



Windmills—From standing position, raise arms parallel to the floor. Keeping your arms outstretched, fold and twist to touch your left hand to your right foot. Return to standing. Alternate sides.



Squats—From standing position, bend your knees to 90 degrees. Return to standing.

Calf raises—From standing position, rise up on your toes lengthening your calves, then return to standing flat footed.

Jump squats—Squat down, and jump back to standing position.

Squat with calf raises—Squat, return to standing, then rise up into a calf raise. Repeat.

For a Great Workout



Lunges—From standing position, take a large step forward bending your front knee to 90 degrees and your back knee until just hovering above the floor. Return to standing and repeat on alternate side.

Jumping lunges—Lunge, then jump to standing position.

Side Lunges—From standing position, lift your left foot and step straight (laterally) to the left, bending the left knee and keeping the right knee straight. Repeat on right side.



Warrior I—Lunge forward keeping your back leg straight, and raise your arms straight above your head. Alternate sides.

Crunches—Lie on your back, put your hands on or near your head, contract (or crunch) in pulling your head toward your belly button and your knees to your shoulders.

Standing bicycle—Standing straight with feet shoulder width apart and hand folded behind your head, lift one knee to opposite elbow and crunch. Alternate sides.

Bicycle crunches—Same as standing, but lying on your back.

Side bends—From standing position, crunch laterally driving your shoulder "into" your hip. Alternate sides.

Plank—Lie on your stomach, place your hands shoulder width apart, and extend (push up) keeping your back straight.



Inch worm—From a standing position, bend forward and place hands near your feet, keeping your feet still, walk your hands forward into plank position, then walk your feet forward to meet your hands. If you have limited space, turn around after each repetition.



Mountain climbers—Starting in plank position, bring one knee to chest and return to plank. Alternate as quickly as possible.



Push-ups—Lie flat on the ground face down, keeping your back straight, push up to plank position. Repeat.

Bird dogs—On all fours, fully extend opposite arm and leg, then return, alternate sides.

Make Your Own Workout

15-minute routine

Choose 5/10 of the listed exercises.

Perform each exercise for 45 seconds, and rest 15 seconds –or– repeat the exercise for 30 seconds, then rest 30 seconds. Repeat your circuit three times.

30-minute routine

Choose 10 of the listed exercises.

Perform each exercise for 1 minute, then rest 30 seconds. Repeat your circuit once.

Please note exercises that are left- and right-sided count as two when selecting your 5 or 10 exercises because they will take twice as long.

Superman—Lying on your stomach, lift your arms and legs away from the floor, with your arms extended past your ears and hold the position.



Glute bridges—Lie on your back with your feet on the floor, press feet down, lifting hips in the air.

Leg drops—Lie on your back with legs at 90 degrees bent at the hips, slowly lower legs to almost touching the floor and return to 90 degrees.

Side leg lifts—Lie on your side with your legs extended aligned with your spine. Keeping straight, lift top leg upward as high as is comfortable and return slowly to starting position. Repeat on opposite side.

Tricep dips—Sit on the edge of a stationary chair with legs outstretched and planted. Grip the edge of the bench and push up lifting yourself off of the chair and straightening your arms. Slowly lower yourself to a 90-degree elbow bend, push up straightening arms. Repeat.

No time to shower? No problem!



Warrior I



Chair pose



Wide-legged forward fold



Plank



Locust pose



Hero pose



Cat pose

- Static exercise builds muscle and tones while reinforcing good form to prevent injury.
- If this becomes too easy, hold for 30 seconds and rest for 30 seconds.
- If you're not sure of a pose, search YouTube for a demonstration.
- An active **warm-up** or **cooldown** can be anything from marching in place to using a treadmill to riding a bike.
- It is recommended to inhale through your nose and to exhale through your mouth. Use deep belly breathing.



Cow pose



Warrior II



Tree pose



Downward dog



Baby cobra



Child pose



Half seated twist

15-Minute No-Sweat Yoga

Perform an active **warm-up** for 3 minutes. Hold each pose 30 seconds, then rest for 30 seconds. Modify timing as needed.

1. **Warrior I (left and right)**
2. **Chair pose/squat with extended arms**
3. **Wide-legged forward fold**
4. **Plank**
5. **Locust pose**
6. **Hero pose**
7. **Cat pose**
8. **Cow pose**

Perform an active **cooldown** for 3 minutes.

Estimated calories burned:	
150 lbs	55
175 lbs	64
200 lbs	74
225 lbs	83
250 lbs	92

30-Minute No-Sweat Yoga

Perform an active **warm-up** for 5 minutes. Hold each pose for 30 seconds, then rest for 30 seconds. Modify timing as needed. Repeat the circuit twice.

1. **Warrior II (left and right)**
2. **Tree pose (left and right)**
3. **Downward dog**
4. **Baby cobra**
5. **Child pose**
6. **Hero pose**
7. **Half seated twist (left and right)**

Perform an active **cooldown** for 5 minutes.

Estimated calories burned:	
150 lbs	111
175 lbs	129
200 lbs	147
225 lbs	165
250 lbs	184