



## Complete Endocrine Care

### General Exercise Handout

**Cardiovascular/Aerobic Exercise:** Activities that causes one's heart rate and respiration to increase. It is an essential component of any workout routine. Cardio exercises involve constant movement of the larger muscle groups such as your arms, legs and hips.

**Resistance Exercise:** Causes the muscles to contract against an external resistance in order to increase strength, tone, mass and/or endurance. During resistance exercise, hormones such as testosterone, insulin, as well protein and other nutrients are absorbed into the muscles, making the muscles stronger.



CARDIO

- ✓ Burns fat/calories
  - ✓ Improves sleep quality
  - ✓ Increases bone density
  - ✓ Reduces pain and stiffness in the joints
  - ✓ Lowers stress level
  - ✓ Promotes a sense of wellness
- Strengthens the heart.



WEIGHTS

- ✓ Building muscle strength and mass,
- ✓ Increase bone mass
- ✓ Lowers blood pressure
- ✓ Increases metabolic rate
- ✓ Burns calories

Cardiovascular Recommendations: >30 minutes of cardio per day/30 - 40 minutes, 3 - 4 days a week.

Resistance Recommendations: 10 minutes of resistance per day/ 60 – 90 minutes, 3 times a week

Before and after your routine, stretch for at least 5 – 10 minutes before and after your workout as this will reduce your risk for musculoskeletal injuries

Examples of Cardiovascular Exercises	Examples of Resistance Exercises
<ul style="list-style-type: none"> <li>• Walking</li> <li>• Treadmill</li> <li>• Elliptical Trainer</li> <li>• Stationary Bike</li> </ul> <p>***Average steps a person should accumulate between 5,000 – 10,000 steps per day***</p> <p>TOTAL AMOUNT OF CARDIOVASCULAR EXERCISE = &gt; 150 MINUTES OF MODERATE TO VIGOROUS EXERCISE PER WEEK</p>	<ul style="list-style-type: none"> <li>• Using free weights, ankle and/or wrist weights</li> <li>• Using resistance bands</li> <li>• Yoga/Pilates</li> <li>• Zumba</li> <li>• Swimming</li> </ul> <p>*** If you do not have any weights or exercise equipment at home, substitute the weights for common household items such as shampoo bottles, can foods, water bottles, books etc.***</p> <p>*** Please note: 1 500mL water bottle is equivalent to 1 pound***</p> <p>TOTAL AMOUNT OF RESISTANCE EXERCISE = 60 – 90 MINUTES PER WEEK</p>

## SEATED EXERCISE HANDOUT

### Cardiovascular Exercises

#### Seated Jumping Jacks



While seated on a chair, sit tall with your knees bent and together, with your elbows bent and your arms open at your side. Then extend your legs out towards your sides and extend your arms over your head. Try to do 20 reps of this exercise.

#### Punching



While seated, raise your fists and keep your elbows in. Punch in front of you while rotating your torso slightly. Do this exercise slowly. Try to do 10 reps for each side.

## Chair Running



While seated, sit with your legs extended and toes pointed with your arms bend to the side. Brace back on to the back of the chair (your shoulder blade will slightly touch the chair). Lift your legs slowing in front of you. Bend your knee toward you, bringing your right elbow towards it (perform a running motion). Try to do 30 reps of this exercise.

## Tap & Reach



While seated, reach up diagonally with one arm and extend your leg in the opposite direction. Stretch your fingertips toward the ceiling. Try to form a straight line from your fingers to your toes. Hold this stretch for 20 – 30 seconds. Try to do 5 reps on each side.

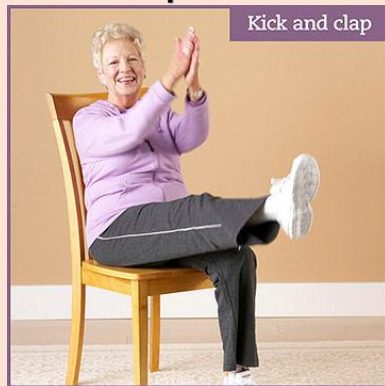
## Strength Exercises

### Hinge & Cross



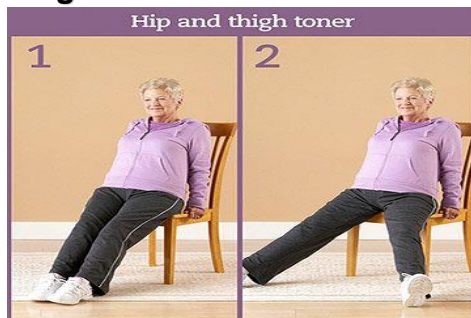
Sit tall on a chair, with your knees together. Have your toes pointed to the floor and place your hands behind your ears. Bring your body forward and aim your right elbow to the outside of your left knee. Then alternate with the left elbow. Try to do 8 – 10 reps on each side.

### Kick & Clap



While seated, extend one of your leg forward in, performing a kicking motion and extend your arms out. Perform a clap with your leg extended. Then repeat with the opposite leg. Try to do 8 – 10 reps on each side.

### Thigh Toner



Hold onto the sides of the chair and extend your legs in front of you with your feet on the floor. Separate your feet, making a V shape. Point your toes outwards and tighten your abdominal muscles. Try to do 8 – 10 reps. For more support, you can place a pillow behind you.



## Resistance Exercises

### Bicep Curl



While seated, hold the weight/s or water bottle/s in your hand/s. Keep your elbows against your torso and bring your arms towards your chest. Then return to starting position. Try to do 8 – 10 reps.

### Triceps Press



While seated, hold the weight in one arm and extend your arm, keeping it at shoulder height. Place your other hand underneath your elbow to support it. Move the weight back towards your shoulder and then bring it back slowly to starting position. Try to do 8 – 10 reps.

### Shoulder Raise



While seated, hold a weight or water bottle in each hand. Slowly raise your arms, extending your arms to your sides, keeping them at shoulder length. Then bring your arms slowly down. Try to do 8 – 10 reps on each arm.

### Leg Press



While seated, grab a resistance band or a towel and place it in the middle of your foot. Hold both ends of the resistance band/towel and pull your leg upward. While pulling the resistance band/towel, bend your knee towards you and then straighten it out. Return to starting position. Try to do 8 – 10 reps on each leg.

**IMPORTANT NOTE: If at any point during your exercise you feel lightheaded, dizzy or nausea, stop exercising and talk to your primary physician. Once you become comfortable with 8 – 10 reps, slowly increase the number of reps that reflects your current strength and comfort level.**