

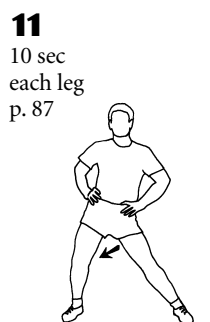
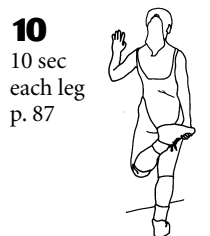
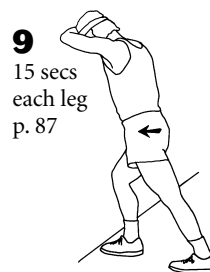
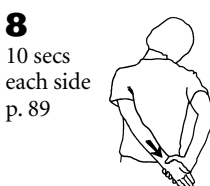
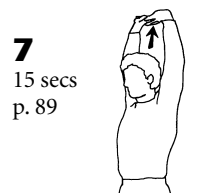
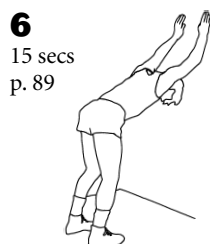
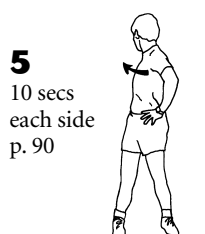
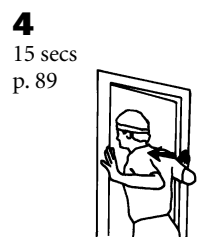
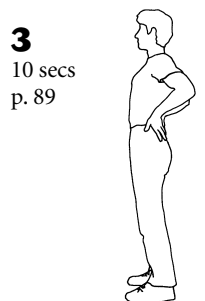
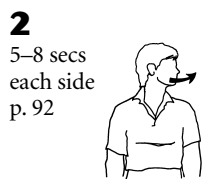
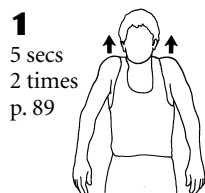
Stretch every day.  
Lift OR Move on alternate days.

# THE BUSY DAY

## Stretch

3½ min

- Breathe.
- Do not bounce.
- No pain!
- *Feel* the stretch.
- Relax.
- See Stretching Instructions, pp. 85–92.

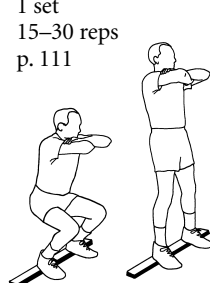
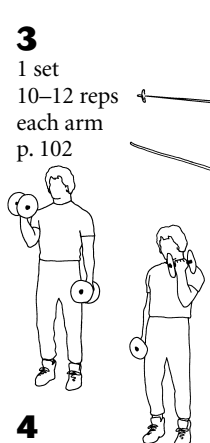
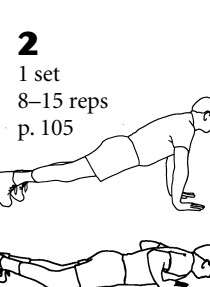
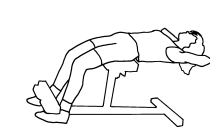
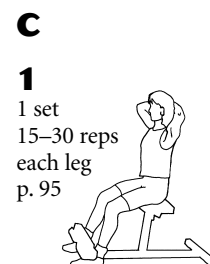
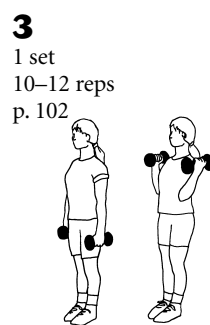
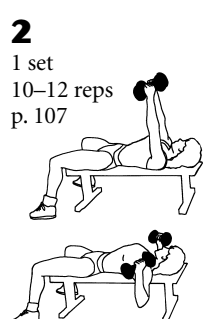
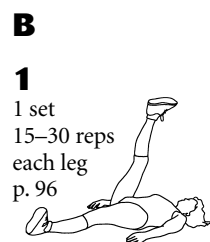
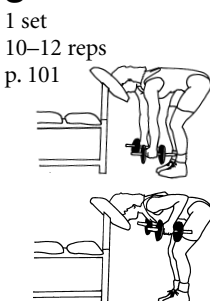
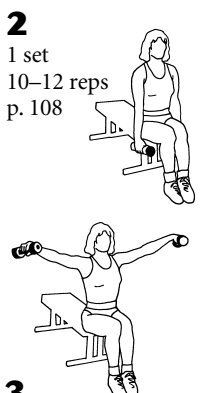
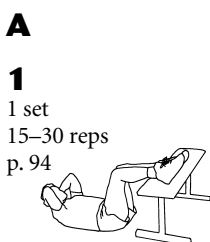


## Lift

10 min each set of 4 exercises

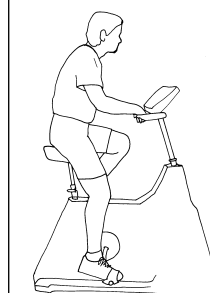
Here are 3 sets of exercises to do at different times of the day.

- These exercises require only your body weight or a set of dumbbells for resistance.
- Set = a fixed number of repetitions
- Rep = a repetition
- Use enough weight so last rep of set is slightly difficult.
- Increase weight only when last rep is easy.
- Never lift to failure.
- See Lifting Instructions, pp. 93–116.

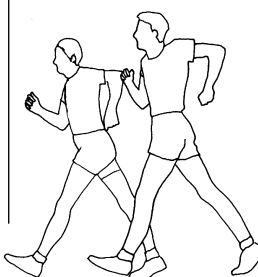


## Move

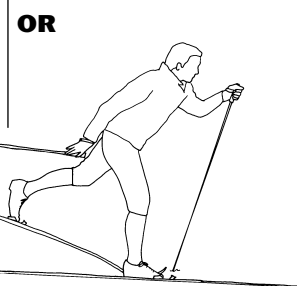
- Do anything that gets your heart rate up.
- See Moving Instructions, pp. 64–84.



Stationary bike  
10 min



**OR**  
Brisk walk  
10 min



Cross-country ski  
10 min

**OR**  
Climb stairs  
10 min