


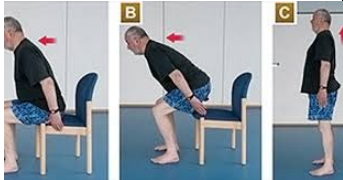







COVID-19 Exercise Program at Home and in the Community

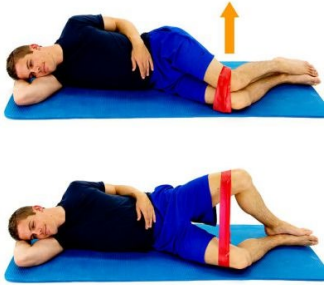
Frequency: 3-5x/week
Intensity: Moderate (40-<60% heart rate reserve or Rate of Perceived Exertion of 12-13)
Total time: 150 minute /week
Type: Cardiovascular exercise




Note: Heart Rate Reserve: [(HR max- Resting HR) x Intensity (0.40)] + Resting HR
 HR max: 208 – 0.7 x age

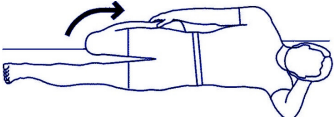

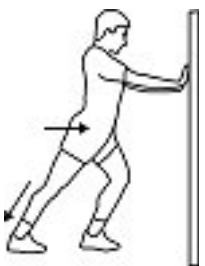
CARDIO				
Exercise	Picture	Warm up	Target Intensity Training	Cool down
Walking		5 minutes Effort: Light	5-30 minutes Effort: Somewhat hard	5 minutes Effort: Light
AND/OR				
Cycling		5 minutes Effort: Light	5-30 minutes Effort: Somewhat hard	5 minutes Effort: Light
AND/OR				
Your Choice	<input type="checkbox"/> Running <input type="checkbox"/> Yoga <input type="checkbox"/> Dancing <input type="checkbox"/> _____	5 minutes Effort: Light	5-30 minutes Effort: Somewhat hard	5 minutes Effort: Light

STRENGTH BUILDING EXERCISES			
Exercise	Picture	Sets/Reps	Explanation
Wall Push up		1 set of 5-15 reps	Place your hands wider than shoulder width apart on a wall at shoulder height and perform a push up. Breathe in as your approach the wall, and breathe out as you push out from the wall.
Sit to Stand		1 set of 5-15 reps	Sit on a chair with your back straight. Place your feet hip width apart and with your knees in line with your ankles. Place your hands on your knees, or to the side of the chair. Take a breath in and breathe out as your stand up, then breathe in as you sit back down. Repeat. Can also do without a chair.
OR			
Squat		1 set of 5-15 reps	Standing up tall with feet hip width apart, move your hips backward as though you were going to sit on a chair and then stand up. The knees should not go beyond your toes. Place the weight of your body on your heels and look straight ahead. Breathe out on the way up and breathe in on the way down.
Standing Calf Raises		1 set of 5-15 reps	Standing tall with feet hip width apart, come up onto your toes. Can place a chair in front of you for balance, or raise your hands above your head. Breathe out on the toe raise and in on the way back to the floor.
Knee Raises		1 set of 5-15 reps on each side	Standing tall, slowly lift one knee to hip height. Repeat on one side. If you can try not to touch the floor between repetitions. For balance, look down at the floor in front of you and tuck in your tailbone to keep your core engaged. Breathe out as your raise the leg and breathe in as you return to initial position.

STRENGTH BUILDING EXERCISES			
Exercise	Picture	Sets/Reps	Explanation
Bird Dog		1 set of 5-15 reps on each side	<p>Come down onto your hands and knees. If your knees are sensitive, place a pillow or mat under your knees. While keeping your belly button tucked into your spine, extend one leg out while also raising the opposite hand out. Repeat on one side before moving to the other side. Breathe out as you extend your leg keeping your belly tucked in, and breathe in as you bring your leg back to the floor.</p>
Plank		1 set of 10-30 seconds	<p>From your hands and knees, come down onto your elbows. Place a pillow under your elbows for comfort. Ensure elbows are under your shoulders and your hands are slightly apart. Lower your buttocks so that your body is straight from your knees to your head. Squeeze your buttocks and tuck your belly into your spine. Continue to breathe normally using abdomen during the exercise (avoid holding your breath).</p>
Glute Bridge		1 set of 5-15 reps	<p>Roll onto your back and place the heels of your feet under your knees. Tuck your belly in towards your spine so that there is no space between your lower back and the floor. Lift your hips and contract your buttocks. Then while keeping your belly tucked in, slowly lower your buttocks to the floor. Repeat. Breathe out as you raise the hips and in on the return.</p>

STRENGTH BUILDING EXERCISES			
Exercise	Picture	Sets/Reps	Explanation
Clamshell		1 set of 12-15 reps on each side	<p>Roll onto your side with your knees slightly bent, heels in line with your spine, and ankles stacked one on top of the other. Keeping the ankles together and the belly tucked into the spine, open your knees. You can keep your hand on your hips to ensure they do not roll as you open the knees. You can place a band around the knees to make the exercise more difficult. Breathe out as you open the knees and breathe in as you close.</p>

STRETCHING			
Stretches	Picture	Sets/ Duration	Explanation
Shoulder and Chest Stretch		2 sets of 10 seconds	Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold. Can be performed kneeling or standing.
Arm Across Chest Stretch		2 sets of 10 seconds for each arm	Place one arm straight across chest. Place hand on elbow and pull arm towards chest and hold. Repeat with other arm.
Triceps Stretch		2 sets of 10 seconds for each arm	Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.

STRETCHING			
Stretches	Picture	Sets/ Duration	Explanation
Side Lying Quadriceps Stretch		2 sets of 10 seconds for each side	Lying on your side, grab your ankle or use a towel to loop it around your ankle and bring it towards your buttocks.
Single Leg Hamstring Stretch		2 sets of 10 seconds for each leg	Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.
Standing Calf Stretch		2 sets of 10 seconds for each leg	Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Bring your hips towards the wall to increase the stretch. Hold and repeat with the other leg.