

# HEART STRONG

LIVE LONG

American College of Sport Medicine

Exercise Recommendations for Adults:

“150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.”

Warm Up: 10-15 minutes

Light walking, marching in place, arm circles, or any dynamic movements

## Bicep Curls

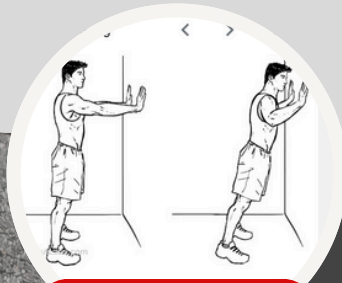
Stand or sit holding dumbbells, palms facing forward. Keep elbows close to your torso and curl the weights up toward your shoulders, then slowly lower them



10-15 Repetitions

## Wall Push Ups

Stand arm's-length from a wall, feet shoulder-width apart. Place palms on the wall at shoulder height. Bend elbows, bringing the chest toward the wall, then push back to starting position



10-15 Repetitions

## Supported Bent Over Row

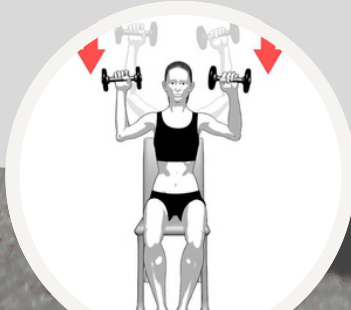
Stand, hinge forward at the hips while holding a chair for support. Hold a light weight (or water bottle) in one hand, and lift the elbow toward the ceiling, squeezing the shoulder blade



10-15 Repetitions

## Overhead Press

Sit or stand tall holding weights at shoulder level, palms facing forward. Press the weights straight up overhead, then slowly lower back to shoulder level



10-15 Repetitions

## Chair Squats

Sit on the edge of a sturdy chair, place arms across chest, stand up slowly, then sit back down



10-15 Repetitions

## Standing Calf Raises

Hold onto the back of a chair for balance, rise onto the toes, hold for a second, and lower down slowly



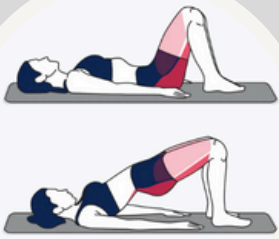
10-15 Repetitions

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## Glute Bridges

Lie on your back on a mat or rug, knees bent, feet flat. Lift your hips toward the ceiling, squeezing your glutes, then lower slowly



10-15 Repetitions

## Wall Sits

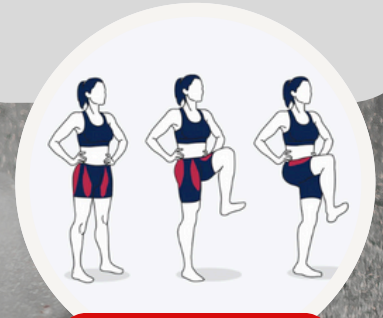
Lean your back against a flat wall and slide down until your knees are bent at a 90-degree angle (or as comfortable). Hold 10-20 secs



1-3 Sets

## Standing Marches

Stand near a wall or chair for support. Lift one knee to hip height, then the other



10-15 Repetitions

## Modified Bird-Dog

Start on hands and knees. Extend the right arm forward and left leg back simultaneously, keeping the spine neutral and abdomen tight. Hold for 2-3 seconds and alternate



10-15 Repetitions

## Wall Plank

Place palms and forearms on a wall at shoulder height, walk feet back so the body is at an angle. Tighten your core and hold for 10-20 seconds



1-3 Sets

## Additional Exercise Guidelines:

- Use free weights, body weight, or household items for resistance
- Perform 1-3 sets per exercise
- Increase resistance gradually once repetitions are exceeded comfortably
- Exhale during the lifting phase and inhale during the lowering phase

## Cool Down: 10-15 minutes

Slow walking followed by stretching

(American College of Sports Medicine, 2025)