



A Balanced Approach To Exercise.

Primary Aspects

Strength Training

Well balanced so as not creating or adding imbalances. eg. Functional Strength Training, resistance training. **2 or more days a week.**

Aerobic Activity

Cardiovascular system – steady state, interval. e.g. walking, running, swimming, circuits. **150-300 minutes a week**

Flexibility/Mobility & Posture

e.g. Stretches, mobility exercises, foam rolling, Pilates, yoga. Frequency depends on the individual body type, injuries and goals.

Secondary Aspects

Sport & Play

Agility, skill, multi-plane movement. e.g. Tennis, Football, Hockey, Basketball

Reference: Physical Activity Guidelines Advisory Committee. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: U.S. Department of Health and Human Services; 2018. p. 2018.

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