

# EXERCISE AND WELL-BEING



Ballater Surgery

This leaflet will be based on simple exercises for you to do at home. This can help increase your general fitness level, and ensure you have a level of physical activity every week.

Benefits of exercise are:

- Helps control of your bodyweight
- Reduces the risk of heart disease
- Helps quit smoking
- Improves mood and mental health
- Strengthens bones and muscles
- Improves sleep

## WHAT YOU WILL NEED:

This will require adequate space, free of any hazards. Ideally where you can stretch your arms sideways unobstructed. A chair will be required for some of the conditioning exercises. A mat or towel to lay down for floor exercises would be ideal. Make sure to stretch. Optionally, also have some water at hand in case you need hydration.

<u>Day</u>	<u>Type</u>	<u>Duration</u>
Monday	Cardio	30 minutes
Tuesday	Conditioning	15 minutes
Wednesday	Cardio	30 minutes
Thursday	Conditioning	15 minutes
Friday	Cardio	30 minutes
Saturday	Conditioning	15 minutes

Sundays are taken as rest days.

Feel free to modify the exercises according to your ability.

## MONDAY CARDIO:

### Jogging:

Low intensity: Jogging on spot for 3 minutes, 30 second break repeat as many times as you can.

Medium Intensity: Jogging on the spot for 5minutes, 30 second break, repeat as many times as you can.

High Intensity: Jogging on the spot for 6 minutes with weights e.g. 500ml water battles in each hand. 10 second breakrepeat as many times as you can.

## TUESDAY CONDITIONING:

### Squats:

Position your feet at shoulder width from one another and squat down as far as you can. From this position use your leg muscles to rise back up. Aim to do all squats in a set consecutively.

Low intensity: 3 sets of 5 squats. Have a 1 minute break in between each set.

Medium intensity: 5 sets of 10 squats. Rest for 2 minutes in between each set.

High intensity: 5 sets of 15 squats. Rest for 1 minute between each set.

### Dips:

Grab a sturdy chair. Position your back towards the chair and hold the bottom of the chair. Move your feet a few inches away from the chair. Using your arms, repeatedly lower and raise yourself.

Low intensity: 3 sets of 3 dips, resting 2 minutes between each set.

Medium intensity: 3 sets of 5 dips, resting 2 minutes between each set.

High intensity: 5 sets of 5 dips, resting 1 minute between each set.

## WEDNESDAY CARDIO:

### **Skipping & Jumping Jacks:**

Low Intensity: Skip for 3minutes, 30sec break, 3 jumping jacks repeat as many times as you can.

Medium intensity: Skip for 5minutes, 30sec break, 5 jumping jacks repeat as many times as you can.

High intensity: Skip for 6minutes, 10sec break, 5 jumping jacks repeat as many times as you can.

## THURSDAY CONDITIONING:

### **Plank:**

Lay down a mat or towel to soften a hard floor. Making sure your back is straight lay stomach side down, using your elbows and forearms to prop your body off the floor. Hold this position.

Low intensity: Aim to plank for a total of 20 seconds

Medium Intensity: Aim to plank for a total of 45 seconds

High Intensity: Aim to plank for a total of 1 minute and 30 seconds

### **Pushups:**

Lay stomach side down on the floor. Position your hands underneath your shoulders and use your arms to lift yourself off the floor. Keep your elbows tucked into your body.

Low Intensity: Aim to complete 2 sets of 3 pushups. Rest 2 minutes between each set.

Medium Intensity: Aim to complete 3 sets of 5 pushups. Rest 1 minute between each set.

High Intensity: Aim to complete 5 sets of 5 pushups. Rest for 1 minute between each set.

## FRIDAY CARDIO:

### **Outdoor Jogging:**

You can use smartphone applications to record your distance. Take breaks as you require.

Low intensity: Aim to jog 2KM in 25minutes

Medium intensity: Aim to Jog 3KM in 25minutes

High intensity: Aim to jog 4KM in 30minutes

## SATURDAY CONDITIONING:

### **Squat:**

Position your feet at shoulder width from one another and squat down as far as you can. From this position use your leg muscles to rise back up. Aim to do all squats in a set consecutively.

Low intensity: 3 sets of 5 squats. Have a 1 minute break in between each set.

Medium intensity: 5 sets of 10 squats. Rest for 2 minutes in between each set.

High intensity: 5 sets of 15 squats. Rest for 1 minute between each set.

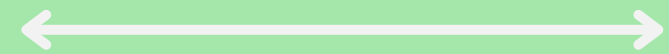
### **Crunches:**

Lay your mat or towel on the floor to soften the surface. Lay back side down, and put your hands behind your head. Try to bring your elbows to your knees.

Low Intensity: Aim to complete 5 consecutive crunches.

Medium Intensity: Aim to complete 2 sets of 5 consecutive crunches.

High Intensity: Aim to complete 5 sets of 5 consecutive crunches.



Use the following table to record your progress. We recommend marking every square with L, M, or H depending on the intensity of the exercise you have completed that day.

This can help visualise your improvement in these exercises.

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
Wk 1						
Wk 2						
Wk 3						
Wk 4						
Wk 5						
Wk 6						
Wk 7						
Wk 8						
Wk 9						
Wk 10						
Wk 11						
Wk 12						

Thank you very much for participating in our GP project.

If you would be so kind to provide feedback on how you found this specific leaflet. It would be very appreciated

