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# Why Exercise?

- § **More Energy**
- § **Better Sleep**
- § **Better Balance**
- § **Less Sickness**
- § **Happier**



# Why Exercise? (Cont.)

§ Stay Smart

§ Speed Recovery from various traumatic treatments

§ Improves Strength

§ Improves Memory

§ Better Sex



# What Should I Do?

Walk  
Yoga  
Dance  
Surfing  
Swim  
Run  
Tennis  
Boxing  
Bowling  
Golf  
Stretching  
Zumba dance  
Ballet  
Tap dance  
Gardening  
Cycling  
Hiking  
Meditation  
Kayaking  
Canoeing  
Volleyball  
Water skiing  
Cross country skiing  
Skiing  
Spinning  
Recumbent bike  
Gymnastics  
Circuit training  
Power walk  
Elliptical trainer  
Lift weights  
Wii fit  
Stair climbing  
Hip Hop Dance  
Paddle Tennis  
Sand Volleyball  
Triathlons  
Soccer  
Hula Hoop Class  
Yogilates  
Racquet Ball  
Snow Shoeing  
Functional Fitness  
Hot Yoga  
Pilates  
Power Pump Class  
Squash  
Snow Boarding  
TRX  
Boot Camp



# Helpful Guidelines

- § **Brisk exercise: 5x/week**
- § **Strength Class / Personal Trainer: 2x/wk**
- § **SSSSTTTTRRRRREEEECCCHHHH daily**



# Linda's Exercise Recipe

*61 yrs. old*

- Dancer
- Personal Trainer
- Stretching Class



# Steve's Exercise Recipe

*52 yrs. old*

- Walks dog
- Strength Training Video
- Stretching: daily at home



# Mort's Exercise Recipe

*75 yrs. old*

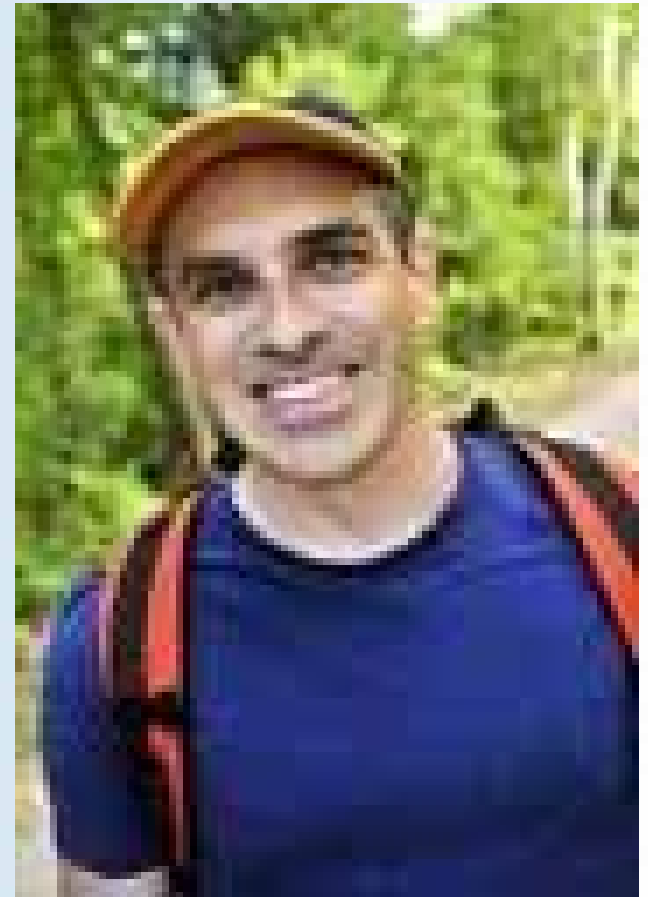
- **Treadmill Guy**
- **Personal Trainer**
- **Golf**



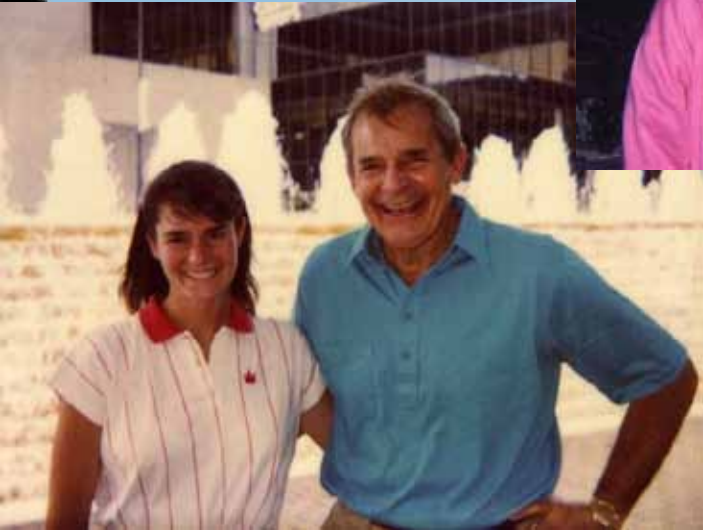
# MATT'S RECIPE

*49 yrs. old*

- **Stationary Bike guy**
- **Yoga**
- **Walks with wife**



# My Inspiration!



# What is *Your* Inspiration?





forever*fitness*

personal training for lifelong health



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