

	Why	Format	Frequency
Get Your Heart Rate Up	<i>Condition the heart for both long-duration activities and short bouts of intense output.</i>	<p><i>Low and slow: any enjoyable activity with a consistent moderate output.</i></p> <p><i>Intervals: 5 minute warm-up, 10–15 minutes of alternating highest output for 15–45 seconds with active recovery until heart rate normalizes.</i></p>	<p><i>Low and slow: 3–4 days per week for 30–90 minutes.</i></p> <p><i>Intervals: Start with once per week and increase to 2–3 times per week with no less than 48 hours between sessions.</i></p>
Get and Stay Strong	<i>Maintain posture, increase muscle tone, increase bone density, etc.</i>	<p><i>Push, rotate, isolate, and pull.</i></p> <p><i>5–10, 10–15, or 15–20 reps per exercise.</i></p> <p><i>2–5 sets.</i></p> <p><i>About 30 minutes</i></p>	<i>2–4 times per week</i>
Keep Your Balance	<i>To be fully functional your whole life and not fall down!</i>	<p><i>Start easy, and try being barefoot.</i></p> <p><i>Add challenge with eyes closed, moving your head, and changing the stimulus under your feet.</i></p>	<p><i>As often as you can. We need balance all day, so you can and should practice whenever possible.</i></p> <p><i>Remember the teeth-brushing ;)</i></p>
Don't Get Too Tight	<i>To prevent injury and keep a good range of motion.</i>	<p><i>After a warm-up, target tight areas along fascial lines.</i></p> <p><i>You can hold stretches, use foam rollers or balls, and even do a yoga class.</i></p>	<i>After most workouts or any time your body feels stiff.</i>
Rest and Recover	<i>To allow your muscles, joints, and cardiovascular system to gain strength and improve.</i>	<i>Either taking time off completely or doing complementary movements on alternate days.</i>	<i>Ideally 24–48 hours' rest for each muscle group or movement.</i>