



Keep It Simple: The anytime, anywhere exercise program

If everyone took a brisk half-hour walk each day, the health of our world would be remarkably improved. And if everyone did minimal strength training and stretching, there would be tremendous added benefits.

MyExercisePlan.com provides you with the necessary resources to create an exercise program, from the very simple to the fairly complex. Let's take a look at a "keep it simple" routine in each of the three components of an exercise program.

Aerobic Exercise

For most people, the simplest aerobic activity is walking or jogging. Minimal equipment is required; just put on your shoes and head out. But if you have easy access to equipment, then all the types of aerobic activity can be very simple. What aerobic activities are the easiest access for you?

- Walking
- Walking - treadmill
- Jogging
- Jogging - treadmill
- Swimming
- Cycling
- Indoor Cycling

- Rowing
- Stationary Rowing
- Elliptical Trainer
- Group Exercise
- Stepper
- _____
- _____

Remember: Aerobic exercise that is moderate in intensity is also part of the "keeping it simple" theme. It is more difficult to keep up a habit that involves "hard" aerobic exercise—not impossible, just more difficult at the beginning of your exercise program.

Strength Exercise

Bodyweight exercise a great way to keep your strength training simple. Here are some bodyweight exercises that work most of the major muscle groups:

- Push-up – chest, triceps
- Crunches – middle and side abdominals
- Pull-ups – biceps and upper back (you do need a bar – if you can't do one pull-up, then jump up and lower yourself)
- Squats and Lunges – gluteals, quads and hamstrings (that's butt, front thigh and back thigh)
- Dips – triceps (from the front of a chair or bench)

If you have easy access to equipment then things can really open up for you. Exercise tubing is great anytime/anywhere equipment.

Stretching

Stretching certainly can be done almost anytime and anywhere. An exercise mat or towel is a very "nice to have."

Pick at least one stretch for each of the following muscle groups. MyExercisePlan.com provides tutorials on how to perform these exercises.

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|------------|--------------------------|
| Upper Back | Front Thigh (quadriceps) |
| Lower Back | Back Thigh (hamstrings) |
| Chest | Inner Thigh |
| Triceps | Hips |
| Shoulders | Gluteals (butt) |
| Neck | Calves |

Keep your exercising as simple as it needs to be. There is tremendous return on investment from the simplest of routines.