

Mix-and-Match Training Menu

Place a check mark (✓) in the boxes for activities you do now or will put in your exercise plan.

Activity	Body Benefits	Training Key	Caution
<input type="checkbox"/> Aerobic Dancing/ Step Aerobics (low to high-impact)	Excellent for cardiovascular health and overall body toning.	Find an instructor who works in a style and tempo you feel comfortable with.	High-impact aerobics can strain the knees, hips and ankles. Step aerobics is lower-impact but should be avoided by anyone with knee problems.
<input type="checkbox"/> Bicycling (low-impact)	Excellent for aerobic endurance and weight control. Develops strong legs and thighs without pounding the feet, knees and ankles.	Find riding partners to reduce wind resistance; learn to maintain a high pedal tempo (80 to 100 revolutions per minute)	Beginners should learn hand signals and rules of the road and should ride in a traffic-free setting. Local cycling clubs offer courses on proper signaling and road etiquette.
<input type="checkbox"/> Running (high-impact)	Excellent for leg strength, aerobic fitness and weight control.	Run at a pace that feels comfortable to you and walk should you feel the need. Whenever possible, seek out a soft training surface such as grass, dirt or a running track.	If you feel any aches or pain in your hips, knees, legs, feet or ankles, stop immediately and take several days off before resuming. If the pain lasts more than a week, see a doctor.
<input type="checkbox"/> Stair Climbing (low-impact)	Excellent for aerobic fitness, leg and buttock strength and overall toning.	Short, quick steps work best.	Over striding can strain your knees.
<input type="checkbox"/> Stationary Bicycling (low-impact)	Excellent for cardiovascular fitness, weight control and leg strength. Because it develops the quadriceps, it's a good complement to running.	Varying the effort helps combat boredom. New bikes offer computerized workouts, which add interest to the session.	The exercise bike is most effective when supplemented with other activities.

Mix-and-Match Training Menu continued on the next page.

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<input type="checkbox"/> Swimming (low-impact)	Excellent for developing arms and shoulders and great for aerobic endurance. Also good for overall flexibility and fair for weight control. Reduces stress, too.	Vary your stroke to keep interest. It's only aerobic if you don't stop.	Swimming skills take time to perfect. If yours are rusty, start off with a few lessons. Novice swimmers should always swim with a partner or under a lifeguard's supervision.
<input type="checkbox"/> Tennis Racquetball (medium-impact)	Excellent for eye-hand coordination, balance and leg and arm toning. Moderately good for aerobic fitness and weight loss.	Work on developing a smooth, consistent swing. Lessons will help your game improve more rapidly.	Wear shoes with good lateral support to prevent foot and ankle injuries.
<input type="checkbox"/> Walking (medium-impact)	Good for leg strength and cardiovascular health.	Pump your arms faster and your legs will follow suit. Try to fit walking into your daily routine. Find a friend to walk with you.	Make sure your shoes fit and are broken in before taking long walks.
<input type="checkbox"/> Weight Training (medium-impact)	Excellent for overall muscle, tendon and bone strength; mildly beneficial for the heart. Done properly, weight training can improve your performance in virtually any sport.	Do between 8 and 12 repetitions of each exercise.	Don't overdo it! If you use barbells, always have a friend spot you. Take at least 1 day to recover between weight-training sessions.
<input type="checkbox"/> Yoga (low-impact)	Excellent for flexibility, relaxation and stress reduction.	Find a good instructor who can modify yoga to suit your individual needs rather than someone who insists on "classical" yoga positions.	Don't push. Develop your skills slowly and yoga will give you a lifetime of satisfaction.