

AEROBIC AND ANAEROBIC ACTIVITY RECOMMENDATION

Aerobic exercises (30 min/day)	Strength exercises (3 to 5 times per week for 15-20 minutes)
Walk for half an hour every day. Walk lightly and without pauses around a park, along the street, countryside, ...	Exercise muscles slowly, involving the main areas of the body (legs, chest, arms and back).
If the condition allows it, it can be combined with other activities such as dancing, cycling, gentle running, supervised activities, swimming...	See muscular exercises table.

MUSCULAR EXERCISES

Chest. This exercise consists of two sets of ten repetitions. Slowly start by placing your hands apart on the edge of a table or countertop, as shown in the figure, keeping a tight abdomen. Lower your chest to the edge of the table and return to the starting position.



Leg squats. Perform two sets of ten repetitions of leg squats. Start with a straight back and keeping your feet hip-width apart. Send the hips back and bend your knees, making sure they do not go beyond the tips of your toes.



Back and triceps. Perform two sets of ten repetitions. Keeping arms apart, begin by slowly leaning on the edge of a table whilst keeping a tight abdomen, as shown in the figure. Lower your chest to the edge of the table and return to the starting position.



Biceps. Grab a rubber band with your hands and step on it with your feet. Perform sets of ten repetitions of forearm flexion up to the shoulders.



Back. With the help of a rubber band, perform two sets of ten repetitions of push-ups. Start with your elbows close to your body, stretch your arms as far out as possible, and bring your elbows back to your body.



Balance. With only one foot on the ground, pick up an object on the floor close to you and return to the starting position.

