

exercise

Session 6



Reasons NOT to be active:

I don't have time!

It's too hard!

It's not fun!

I don't know what to do!



A low-angle, close-up shot of a person's feet running on a track. The runner is wearing dark-colored athletic shoes with a prominent white, grid-like tread pattern on the soles. The background is heavily blurred with horizontal streaks of light and color, suggesting high speed and motion. The lighting is bright, creating a sense of energy and movement.

exercise

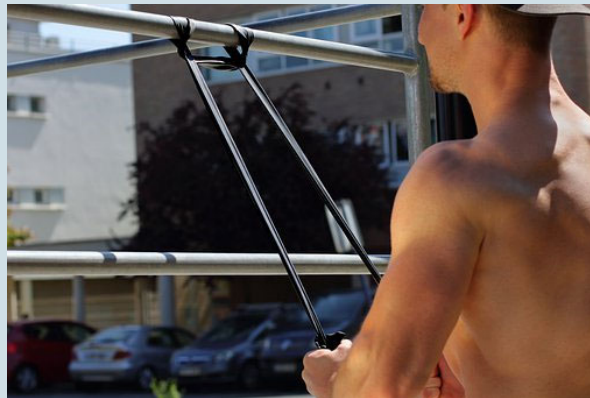
**20 minutes
three times per week**

Complete Activity

Aerobic



Weight/Resistance



Stretching



Warming up and Stretching





Heating and Stretching

Heating Exercise

To put to work

To muscles

Let's Practice!



Flex



Rotate



Stretch Sideways



Extend



Rotate

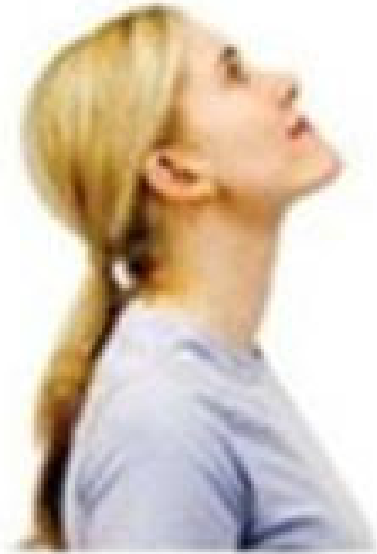


Stretch Sideways

¡Practiquémos!



Flex



Extend

¡Practiquemos!



Rotate



Rotate

¡Practiquémos!



**Stretch
Sideways**



**Stretch
Sideways**

Let's Practice!



Flex



Rotate



Stretch Sideways



Extend



Rotate



Stretch Sideways

Aerobic activity



Lose Weight

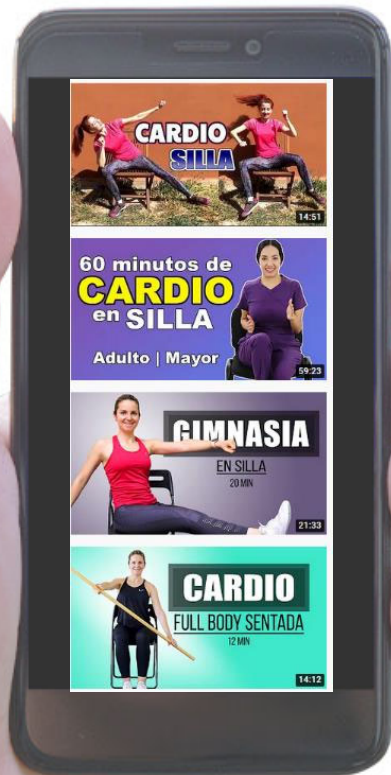


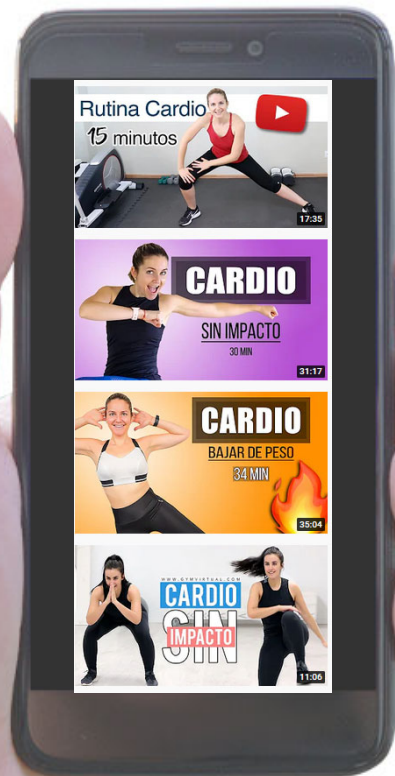
Control disease

AEROBICS

CARDIO IN CHAIR

Putting the heart to work





AEROBICS

LOW IMPACT CARDIO

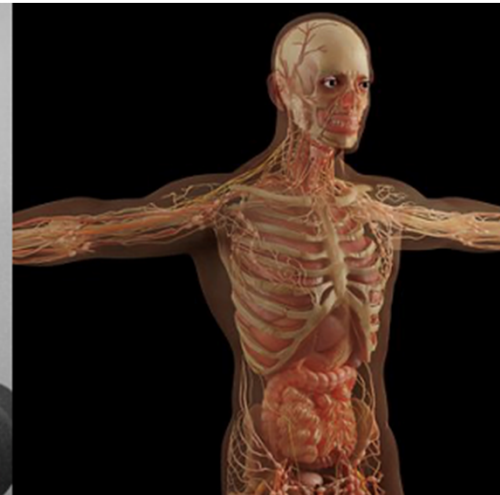
Putting the heart through a little more work

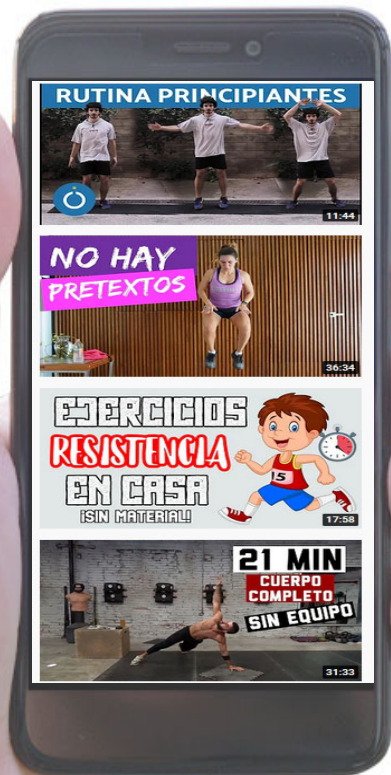
How many calories did you really burn?



Be careful with
“rewarding”
yourself!

Weight/Resistance





RESISTANCE

LOW-IMPACT CARDIO

to put the heart to work a little more

How much
exercise should I
have each week?



20 minutes
3 times per week



20 minutes
3 times per week

Do you help getting started
with exercise?

Your CHW can help CONNECT you

Let's practice –
what are your
exercise goals?



exercise
should be
fun...

4/23/2026



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References

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