



Movement - ToDo

Aim for Consistency. Growth will follow.

START SMALL TO GO FAR

Choose one or two small changes that are doable for you.

#1 HEAVY LIFT STRENGTH TRAINING 2x / week

5 sets of 5 reps near to failure: keep 1-2 lifts in reserve.

Full recovery between sets

First time? Start low - higher reps with fewer sets (Ex. 8-15 reps x 3 sets)

#2 AEROBIC - SIT (Sprint Interval Training) 2x/week

30 second all out, then 3 to 4 minutes recovery movement

Repeat 3 to 4 times (Full recovery between each push)

#3 JUMP FOR BONE AND MUSCLE (Plyometrics) 3x/wk

10 minutes per session

Bound, jump, hop, skipping (If not doing activities like tennis or basketball)

OPTIONAL - DUAL TASK TRAINING

Example: Taiji for combination movement, balance and brain training

Remember:

Intensity beats volume (relative to your baseline)

Recovery is essential (between reps and daily sessions)

Keep moving on the hour (or more)

WHEN THINGS DON'T GO AS PLANNED

Find a routine that you enjoy and works for you.

Typical details we all need to experiment with.

What to add first. Ex. Walk? Bike? Taiji? Strength training. At home? In Gym?

Intensity level. What level of intensity works without it creating avoidance in future.

Anchors. Tie to another activity. Ex. After some stretching or main meal?

Time of Day. Wake-up? Afternoon? Early evening?

These notes summarize an understanding of current evidence and personal learning at the time of writing. They are intended to support more informed decisions and do not replace professional medical advice.