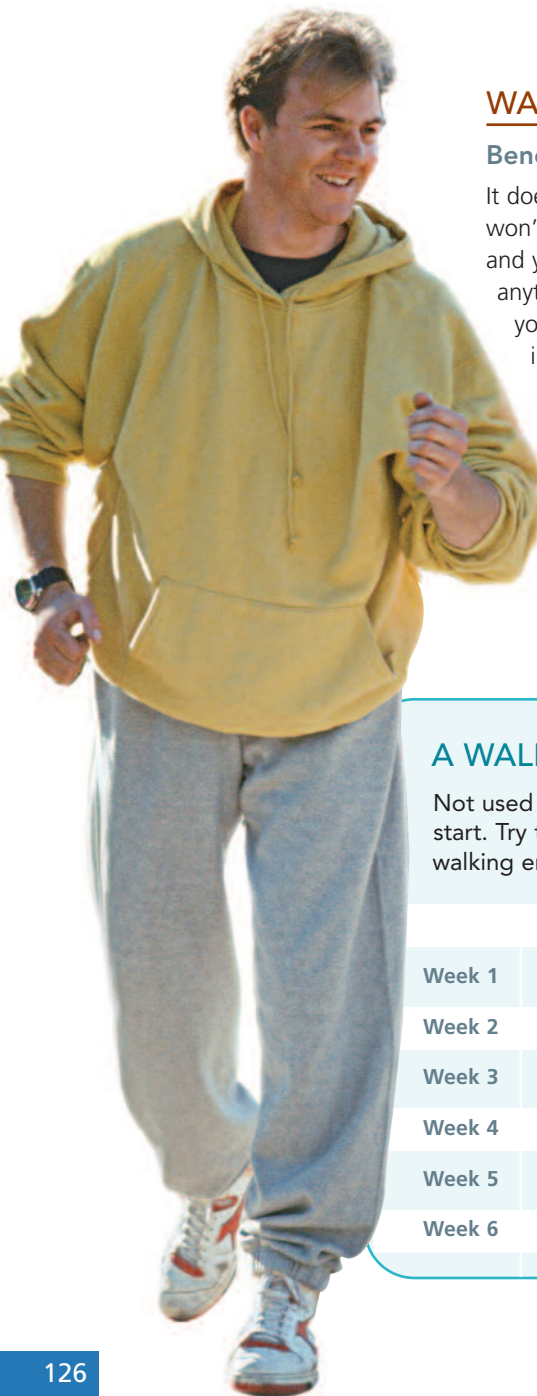


## GOOD WAYS TO GET GOING

No one exercise is inherently better than another. Your only goals are to move your body, pump up your heart rate—and have fun doing it. What you choose is a matter of preference, though some aerobic activities may be more appropriate for you than others in light of your complications (if you have any). Here's what some of the most popular exercises have going for them.



### WALKING

#### Benefits

It doesn't cost anything and won't beat up your joints, and you can do it virtually anytime, anywhere—down your street, at the mall, or in a park. Its low intensity makes it a good starting point for any exercise program, but if you pick up the pace (especially on hills), it delivers a solid cardiovascular workout.

#### Tips

Start by just heading out the door. Breathe the air. Let your mind wander. Try to walk for at least 10 minutes at first, and gradually lengthen your walks as you feel more comfortable. Keep the pace easy until you hit the 20- to 30-minute mark, then start cranking up the intensity. Work toward a pace of about four miles per hour, which will bag you a mile every 15 minutes. A simple gadget called a pedometer, available at sporting-goods stores, can keep track of your mileage for you.

### A WALKING PLAN FOR BEGINNERS

Not used to exercise? Walking is an easy, nonintimidating way to start. Try this six-week plan to get you going. By week six, you'll be walking enough to help control your blood sugar.

	DURATION	INTENSITY	FREQUENCY
Week 1	10–15 minutes	As slow as you want	3–5 times
Week 2	15 minutes	50–60% of your maximum heart rate	3–5 times
Week 3	20 minutes	50–60% of your maximum heart rate	5 times
Week 4	20 minutes	60% of your maximum heart rate	5 times
Week 5	25 minutes	60–70% of your maximum heart rate	5 times
Week 6	30 minutes	60–70% of your maximum heart rate	5 times



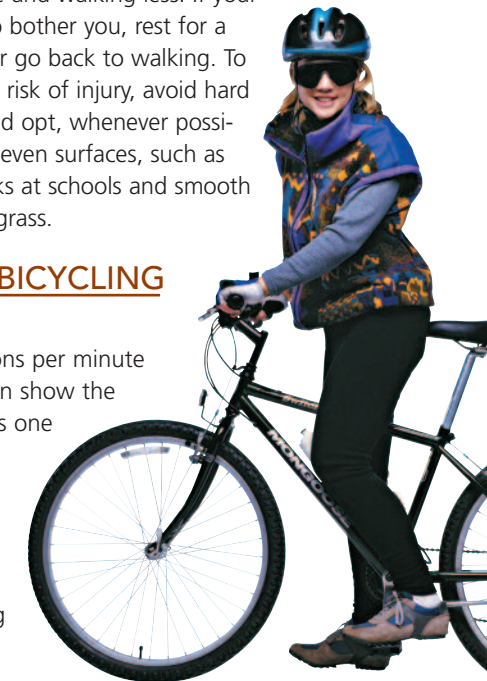
### JOGGING

#### Benefits

It's almost as inexpensive and convenient as walking. Because it's more intense than walking, you can get a better workout in less time. It also feels (and looks) more serious than walking, which can bolster your sense of accomplishment.

#### Tips

Instead of a run, set out for a "wog"—a walk-jog. Start out by walking briskly, then progress into a run. When you feel winded, walk again. As you become better conditioned, you'll find yourself jogging more and walking less. If your joints start to bother you, rest for a day or two or go back to walking. To minimize the risk of injury, avoid hard pavement and opt, whenever possible, for soft, even surfaces, such as running tracks at schools and smooth expanses of grass.



### BICYCLING

#### Benefits

Biking delivers fitness benefits plus a bracing rush of speed—at least if the bike is real, not stationary. Both types exercise your heart and your leg muscles without putting undue stress on your knees.

#### Tips

Start at a moderate pace of about 50 revolutions per minute (rpm). Digital readouts on stationary bikes often show the rpm; on a real bike, count the number of times one pedal reaches the top of its arc in 30 seconds, then multiply by two. When it feels comfortable, gradually boost your rpm to somewhere between 60 and 90. From there, you can adjust the program on your stationary bike for more resistance or (on a real bike) start shifting into higher gears or head for the hills.



### SWIMMING

#### Benefits

By taking the load off joints, swimming is one of the exercises least likely to injure you, especially if you're overweight. It's also highly aerobic, depending as much on heart and lung capacity as muscle power.

#### Tips

Start at a leisurely pace with strokes that keep your face out of the water. When your aerobic conditioning improves, you can start holding your breath more. Make it a goal to do 10 laps without stopping. You might also decide to take a water-aerobics class if one is offered at a gym near you.

### ROWING

#### Benefits

Works both the arms and the legs (along with most of the body's other muscles) while providing an excellent aerobic workout.

#### Tips

For proper form, use your arms and legs simultaneously, sliding back in the rolling seat without throwing your back into the action. Once you've got the motion down (if you're at a gym, ask a trainer for instructions), start with short 5-minute sessions and gradually work up to the 30-minute target, then adjust the resistance to make the exercise more difficult.





## AN ALL-YOU-NEED ROUTINE

These seven exercises provide a full-body workout that targets all the major muscle groups. To start, do just one set of each exercise. Once your muscles get used to it, do at least two sets to gain the most benefit. Eventually, you may want to add or substitute exercises with help from a trainer or a good fitness book. Again: Be sure to have your doctor approve any exercise program to make sure it's safe for you.



### LEGS

#### Lunges

1. Stand with your feet shoulder-width apart. Keeping your back straight, take a large step forward with your right foot so that your right leg is bent at a 90-degree angle and your knee is aligned over your right foot but not beyond your toes. Your left foot should remain in the starting position, though your left knee can bend to within a few inches of the floor and the heel can come off the floor.
2. Push yourself back firmly with your right leg to return to the starting position, then repeat with the left foot, and so on.



### CHEST

#### Dumbbell chest press

1. Lie faceup on a bench with your knees bent to protect your back. Grasping a dumbbell in each hand with palms facing your knees, exhale as you press the weights straight above your chest until your elbows are straight, but not locked.



2. Inhaling, slowly lower the dumbbells to your chest, with your elbows just below the level of your torso.

**Safety pointer:** Maintain a firm grip on each dumbbell, with fingers wrapped around one side of the bar and your thumb around the other, to keep weights under control at all times.



### BACK

#### One-arm dumbbell row

1. With your left knee resting on a bench or low table, place your left hand on the bench and your right foot on the floor, knee slightly bent. In your right hand, hold a dumbbell straight down at your side, eyes facing the floor and back straight. Exhale as you draw the weight to your torso.
2. Inhale as you lower the dumbbell back to the starting position. When you finish your set, repeat the exercise on the other side of your body.

**Safety pointer:** Keep your back straight and your torso motion to a minimum to avoid straining your back, especially as you get tired.



### TRICEPS

#### Dumbbell kickbacks

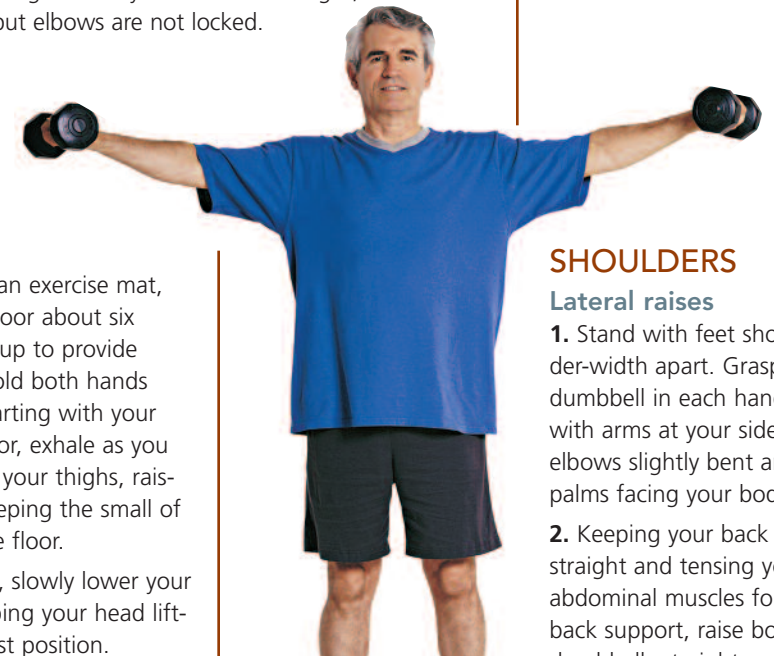
1. Rest your right knee on a bench or low table, your right hand on the bench, and your left leg extended behind you, knee slightly bent. To get the weight to the starting position, hold a dumbbell in your left hand, palm toward your body, and bend your arm at a 45-degree angle.
2. Without moving your elbow, straighten your arm, extending the weight behind you. Then return to the starting position. Repeat on the other side.



### BICEPS

#### Bicep curl

1. Sit on a chair, feet flat on the floor a little wider than shoulder-width apart. Grasp a dumbbell in each hand, with your arms straight at your sides, your palms facing your legs.
2. Keeping your elbows pressed against your sides, raise the weights in an arc toward your shoulders, turning your wrists so that your palms face your shoulders. Then lower the weights until your arms are straight, but elbows are not locked.



### SHOULDERS

#### Lateral raises

1. Stand with feet shoulder-width apart. Grasp a dumbbell in each hand with arms at your sides, elbows slightly bent and palms facing your body.
2. Keeping your back straight and tensing your abdominal muscles for back support, raise both dumbbells straight out from your sides until they're at shoulder level. Keep your elbows unlocked and your wrists, elbows, and shoulders in a straight line. Pause, then lower the weights.



### ABDOMINALS

#### Crunches

1. Lie faceup on the floor or an exercise mat, knees bent and feet on the floor about six inches apart. Point your toes up to provide extra back support. Lightly hold both hands behind your head or ears. Starting with your curl your upper torso toward your thighs, raising your shoulders up but keeping the small of your back pressed against the floor.
2. Hold briefly, then, inhaling, slowly lower your upper body to the floor, keeping your head lifted a few inches at your lowest position.