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2019
is the year of
Cardiovascular
Health at MDVIP

BE STRONG-HEARTED

YOUR BE STRONG-HEARTED QUICK WORKOUT

Are you ready to do something for your heart? This beginner exercise program is designed specifically to help your heart. It includes simple stretching, resistance and cardio exercises — the three main types of exercise you need to lower your heart disease risk. If you haven't been exercising or have any concerns, remember to talk to your MDVIP-affiliated physician before starting a new program.



GO FOR A WALK

Begin by walking at least 10 minutes for a warmup and 30 minutes for a workout. While walking, remember to your torso and head upright. Avoid leaning too far forward. Maintain a comfortable but challenging stride. Keep knees aligned with hips and toes. And don't let knees bend inward or outward.



WALL PUSH UPS WITH A PLUS

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume an upright standing position 2 to 3 feet away from a wall. Lean forward and assume a push up position with your hands on the wall slightly wider than shoulder width. Brace your lower torso by contracting your abdominals and low back muscles. Slowly allow your body to move closer to the wall to a position where your elbows are flexed approximately 90 degrees. Push your body back to the starting position, then add a plus by pushing a little further and rounding your shoulders and back. Continue for each repetition, then take the appropriate rest between sets.



WALL ARM SLIDE

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume an upright standing position with your back to a wall. Reach to the sides, bend your elbows, and position your forearms and the backs of your hands on the wall. This will naturally result in you squeezing your shoulder blades together. Slowly slide your arms up the wall to a position where your elbows are close to being straight. Your focus should be on maintaining contact with the wall throughout the entire exercise. Upon reaching this elevated position, slowly lower your arms back down while again maintaining contact. This exercise is designed to target your scapular stabilizers.

Not hard enough? Need more? Log on to connect.mdvip.com and click on the MDVIP Workouts tab.



STANDING ALTERNATE HORIZONTAL DUMBBELL PUNCH*

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume an upright standing position with your feet slightly wider than shoulder width holding dumbbells in each hand in front of your shoulders. Brace your lower torso by contracting your abdominals and low back muscles. Rotate your trunk to one side and punching the opposite dumbbell across your body until your elbow is completely straight. Return to the starting position and repeat the same movement in the opposing direction. Continue to alternate sides until the set is complete. Take the appropriate rest between sets.

** Use weights heavy enough to make you really work the last couple of reps without compromising form.*



STANDING DUMBBELL SIDE BENDS*

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume an upright standing position with your feet shoulder width apart holding a single dumbbell at your side. Brace your lower torso by contracting your abdominals and back muscles. Place your opposing hand beside your head and slowly side bend your trunk in the direction of the dumbbell a comfortable distance. Return to the upright standing position to complete each repetition. The movement should be controlled primarily by your abdominal musculature. Switch sides, then take the appropriate rest between sets.

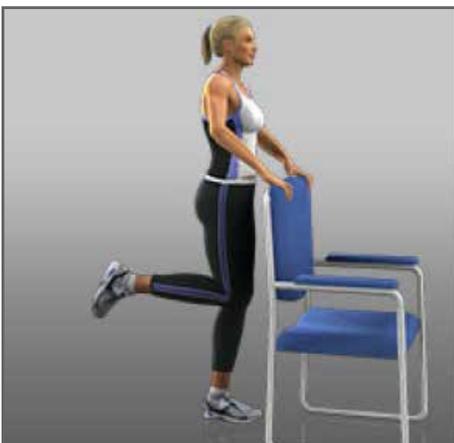
** Use weights heavy enough to make you really work the last couple of reps without compromising form.*



SIT TO STANDS

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Start with your feet shoulder width apart and equal distance from the chair, or with the uninvolved leg further away to increase weight bearing on the involved leg. Keep your chest upright and press down through your heels as you stand up. Then slowly squat to the chair, making sure your weight is shifting backward and your knees aren't coming in front of your toes. Perform a complete set of repetitions, then rest.



STANDING HAMSTRING CURLS (CHAIR)

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume a standing position holding on to the back of a chair. Brace your lower torso by contracting your abdominals and back muscles. Flex your knee pulling your heel in the direction of your buttocks, then lower it slowly. Perform a complete set of repetitions, then rest.



LATERAL STEPPING

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume a standing position on a stable surface with hands on hips. Slightly bend your knees and begin stepping to the side keeping your toes facing straight ahead. Use your core and lower extremity muscles to control your center of mass to maintain your balance. Perform a number of steps then return back in the other direction, then take the appropriate rest.



CHEST STRETCH (HANDS BEHIND HEAD)

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume a standing or back-lying position. Clasp your hands behind your head and slowly move your elbows back until a stretch is felt in your chest. Hold 30 seconds at end range; then slowly release the stretch.



SEATED HAMSTRING STRETCH

Repeat 10 to 15 Times
Complete 1 to 2 Sets
Perform 1 Time a Day

Assume a seated position in a chair; then straighten your knee and position your heel on a small step stool. Pull your toes/foot of your involved leg towards your chin. Maintaining an upright trunk, slowly lean forward to intensify the stretch. You should feel a gentle stretch on the back of your thigh, knee, lower leg, and ankle muscles. Hold for 30 seconds and gently release.