

# 3 Parts of an Exercise Program

There are three main components to a well-balanced exercise program:

1

## Aerobic exercise

Try to get 20 minutes of aerobic training a day, three to five times a week. Aerobic activity includes walking, running, biking and swimming.

2

## Strength training

Try to strength train twice a week. For the purposes of general training, focus on two to three upper body and lower body exercises. Abdominal exercises are an important part of strength training as well.

3

## Flexibility training

Flexibility training is an important but frequently neglected element of exercise programs. Stretching is safest with sustained gradual movements lasting a minimum of 15 seconds per stretch. At a minimum, strive to stretch every day.

