

Exercise Cheatsheet

This cheatsheet provides a quick reference for key features of exercise, including types of exercise, benefits, and safety tips. Use this cheatsheet as a reference to help you design and implement an exercise program.

Types of Exercise

- Aerobic exercise: improves cardiovascular health and endurance, such as running, swimming, and cycling
- Strength training: builds muscle mass and strength, such as weightlifting and resistance band exercises
- Flexibility exercises: improve range of motion and prevent injury, such as stretching and yoga
- Balance exercises: improve balance and prevent falls, such as standing on one foot and tai chi

Benefits of Exercise

- Improves cardiovascular health
- Helps manage weight and prevent obesity
- Reduces risk of chronic diseases, such as diabetes and heart disease
- Improves mood and reduces stress and anxiety
- Builds muscle mass and strength
- Improves flexibility and range of motion
- Improves balance and reduces risk of falls
- Improves sleep quality

Safety Tips

- Consult with a doctor before starting an exercise program, especially if you have a chronic condition or are over 40
- Warm up and cool down before and after exercise
- Wear appropriate clothing and footwear
- Stay hydrated by drinking water before, during, and after exercise
- Use proper form and technique to prevent injury
- Gradually increase the intensity and duration of exercise
- Listen to your body and rest when needed
- Stop exercising if you experience pain, dizziness, or shortness of breath

Resources

- [Centers for Disease Control and Prevention: Physical Activity](#)
- [American Heart Association: Exercise and Physical Activity](#)