

REPEATABLE Weekly Fitness Program

Consult a healthcare professional before starting a new exercise routine, particularly with pre-existing conditions. Cardio and weight exercises offer distinct brain supports. Alternate between cardio, resistance, and rest weekly.

AGES 75-90

Stretching is extremely important before and after exercise.

Aim for 7-10k steps per day and 8.5 hours of good sleep.

Always do 10-15 minutes of cardio warm up first on strength training days.

DAY 1

BALANCE AND MOBILITY

- Chair yoga or gentle seated stretches
Duration: 20-30 minutes

*IMPROVES BALANCE, FLEXIBILITY,
AND OVERALL MOBILITY*

DAY 2

STRENGTH TRAINING

- Light resistance exercises using resistance bands or light dumbbells: seated leg lifts, seated chest presses, seated rows
2 sets of 10-12 reps each

*MAINTAINS MUSCLE STRENGTH, SUPPORTS JOINT HEALTH,
AND AIDS IN DAILY ACTIVITIES*

DAY 3

CARDIOVASCULAR WORKOUT

- 10-20 minutes of stationary cycling or recumbent biking (if available)

*PROVIDES A LOW-IMPACT CARDIO WORKOUT,
BENEFITING HEART HEALTH AND LEG STRENGTH.*

DAY 4

BALANCE AND MOBILITY

- Gentle stretching or Tai Chi
Duration: 20-30 minutes

*INCREASES FLEXIBILITY, BALANCE AND
MENTAL RELAXATION.*

DAY 5

STRENGTH TRAINING

- Bodyweight exercises: wall push-ups, seated leg raises, arm circles
2 sets of 10-12 reps each

*STRENGTHENS MUSCLES AND HELPS MAINTAIN
FUNCTIONAL INDEPENDENCE.*

DAY 6: ACTIVE REST

- Light walking in a safe environment

DAY 7: RELAXATION

- Gentle stretching. Deep breathing exercises and meditation for relaxation
Duration: 20-30 minutes

*REDUCES STRESS, PROMOTES MENTAL WELL-BEING, AND
AIDS IN BETTER SLEEP*

Consistency is key, and gradually increasing the intensity or duration of your exercises as you become more comfortable can help you maintain an active and healthy lifestyle in your 70s. It's essential to choose activities that you enjoy to make exercise a sustainable part of your routine.

Effective memory support requires a comprehensive approach. The CEIDER offers a state-of-the-art, empirically-based support program that includes this fitness plan, alongside lifestyle recommendations, and a memory health checklist to discuss with your physician.

