

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 35-55

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

CARDIOVASCULAR WORKOUT

- 25-45 minutes of moderate cardio
- Walking, jogging, cycling, elliptical

*IMPROVES CARDIOVASCULAR HEALTH,
BURNS CALORIES, AND BOOSTS MOOD.*

DAY 2

STRENGTH TRAINING

- 10-15 minutes cardio warm up
 - Bodyweight exercises: push-ups, squats, lunges, planks, calf-raise
- 2 sets of 8-15 reps each

*BUILDS MUSCLE, IMPROVES METABOLISM,
AND STRENGTHENS BONES.*

DAY 3

ACTIVE REST

- Light stretching and walking
- Consider Yoga for flexibility and relaxation

*HELPS REDUCE MUSCLE SORENESS
AND STRESS.*

DAY 4

CARDIOVASCULAR WORKOUT

- 25-45 minutes of moderate cardio
- Brisk walking, jogging, cycling, or swimming

*ENHANCES ENDURANCE, BURNS CALORIES,
AND IS GENTLE ON THE JOINTS.*

DAY 5

STRENGTH TRAINING

- Dumbbells or bands: Curls, bent-over rows, bench press, should raises, tricep pull downs
 - Core: Crunches 20-30, planks 30 seconds
- 2-3 sets of 10-15 reps each

*BUILDS MUSCLE, INCREASES STRENGTH, AND
SUPPORTS JOINT HEALTH.*

DAY 6: ACTIVE REST

- Stretch. Consider using a sauna or hot tub
- Consider an enjoyable light activity
- Easy pickleball, walking, fun cycling or yoga

*PREVENTS OVERTRAINING AND REDUCES
THE RISK OF INJURY.*

Always stretch, warm up, and cool down. Prioritize hydration, sleep, and a balanced diet. Adjust exercise intensity based on your body's signals. Gradually progress duration and intensity for safety

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.



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