



Wyoming  
Department  
of Health

Commit to your health.

**Wyoming Healthy Together Program**  
1-888-545-1710 | [www.WYHealthyTogether.com](http://www.WYHealthyTogether.com)



## What's in an Exercise Program

An exercise program includes more than just your daily activity. Be sure to warm up before you start and cool down when you're done. Also include exercises to strengthen your muscles 2 or 3 days a week.

Talk to a health care provider to learn about the best strength-building exercises for you.

### Start with a Warm-Up

Start with a 10- to 15-minute warm-up that includes both stretching and your chosen exercise. Warming up raises your heart rate slowly and loosens your muscles. Exercise at a slow pace for at least 5 minutes. And stretch for at least 5 minutes.

### Get Your Heart Going

Moderate-intensity exercise does the most good for your heart. Exercise at a brisk pace. At first, 10 minutes may be all you can do. In time, you should be able to exercise at least 30 minutes a day. After this part of your routine, be sure to cool down.

### Cool Down and Stretch

Cooling down lowers your heart rate and blood pressure slowly. This helps keep you from getting lightheaded. Cooling down also helps you recover from exercise. Do your chosen exercise at a very slow pace for 5 minutes. Then stretch your muscles for 5 minutes.

