

February

# Fitness & Exercise

## 30 Day Exercise Starter Routine

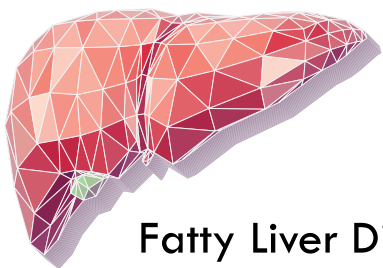
In addition to everyday activities such as washing dishes and taking out the trash:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes moderate	30 minutes moderate		30 minutes moderate		30 minutes moderate	30 minutes moderate
20 minutes vigorous	20 minutes strength		20 minutes vigorous		20 minutes strength	20 minutes vigorous

**moderate** | Activities like walking, cleaning, mowing, carrying groceries, and light activities that increase heart rate.

**strength** | Perform 8-10 resistance exercises on major muscle groups like legs, arms, back and chest.

**vigorous** | Activities such as brisk walking, running, shoveling, and intense sports that cause rapid breathing.



### Exercise & Your Liver

Fatty Liver Disease is estimated to impact 20-25% of the US Population.

To prevent fatty liver disease, aim for 2.5-5 hours a week of moderate intensity OR 1.25-2.5 hours a week of vigorous intensity physical activity or an equivalent combination.

Lab studies have shown that exercise alone, with or without weight loss, can reduce the chance and reverse the effects of fatty liver disease.



#### Doctor's Tip

A variety of exercises can have health benefits that translate to overall improved health and reduce complications from liver disease.

-Dr. Pranab Barman, Northwestern University



LIVE FIT. LIVER FIT.  
**GET FIT** >>

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>