

EXERCISE SUGGESTIONS – requiring zero equipment

The point here (***subject to your doctor's advice***) is to break a sweat, to get your heart rate up a notch or two.

If you already have an exercise prescription, follow that.

If you don't have an exercise prescription, and have never exercised before, just get outside and walk around the block, at as quick a pace and for as long as you are "comfortably challenged".

As above, the point (***subject to your doctor's advice***) is to break a sweat, to get your heart rate up a notch or two – we want those endorphins to start being released.

If a walk's too easy, but a run is too much, break into a jog for 20 yards every 50 yards. Or jog for 50 yards after every 100 yards. Again, make sure you are "comfortably challenged", breaking a sweat, and elevating your heart rate.

Other Suggestions

Mix and match to fill in 5-10 minutes – 5-10 repetitions of each – click to link

- [Crunches](#)
- [Push-ups](#)
- [Sit-ups](#)
- [Body-weight squats](#)
- [Lunges](#)
- [Planks](#)
- [Jumping jacks](#)
- [Burpees](#)