



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Module 5 - Part 4
How to Create a
Balanced Exercise Plan



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| HOW TO CREATE A BALANCED EXERCISE PLAN

Here's your success checklist:

Include these six key forms of exercise to build strong bones, muscles and joints:

- Weight-Bearing Exercises: walking, hiking, dancing, climbing stairs
- Flexibility Exercises: stretching, yoga, tai chi, Pilates
- Core Exercises: restorative core training, yoga, Pilates, lifting weights
- Balance Exercises: yoga, tai chi, Pilates
- Strength Training/Functional Exercises: lifting weights, using resistance bands, water exercises, Yoga, Pilates
- Interval Training: walking/jogging/running, biking, using a rebounder, jumping rope