

EXERCISE IS MEDICINE

Printable exercise plans for sedentary individuals and 30+ chronic medical conditions including:

Alheimers

Hypertension

Cancer

Osteoarthritis

Diabetes

Parkinson's



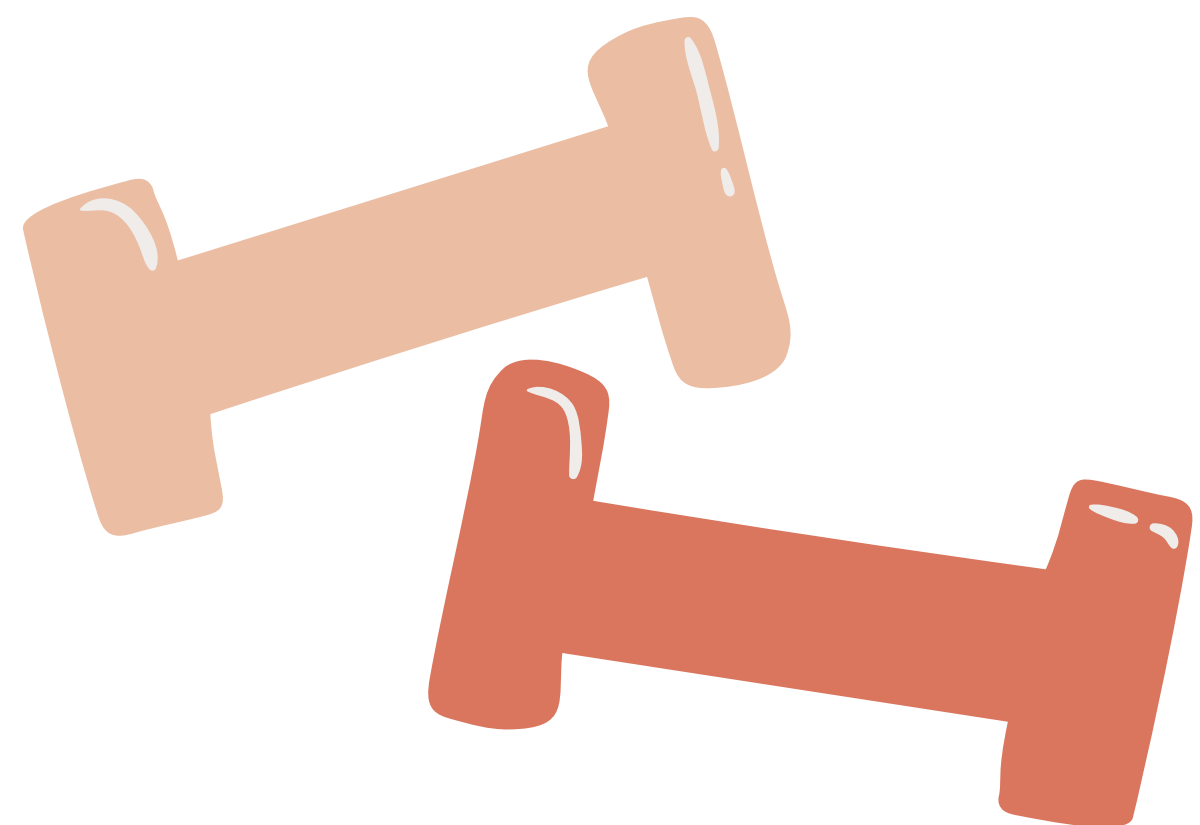
**WANT TO LEARN MORE? SCAN HERE OR VISIT:
WWW.EXERCISEISMEDICINE.ORG/EIM-IN-ACTION/HEALTH-CARE/RESOURCES/RX-FOR-HEALTH-SERIES/**



www.exerciseismedicine.org

Each plan includes:

- Condition specific cautions
- Aerobic activity
- Strength training
- Flexibility and Balance
- English and Spanish



Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



www.mededmaterials.org