

Moxie...Get Some!

Exercise Intro Sheet



1. Inform your physician or primary caregiver that you are starting an exercise program, and follow prescribed guidelines.
2. Find out the effects of your medication on exercise, and follow prescribed guidelines.
3. If possible, participate in a graded exercise test to determine your current level of fitness.
4. If possible, consult with a trained exercise professional for an individualized exercise plan.
5. Wear clothing that is safe for exercise and easy to move in.
6. Warm up and cool down for about 5 minutes before and after exercising.
7. Drink water while exercising and after. Hydrate!
8. Stop exercising if you experience any unusual discomfort or pain. Adhere to the “Conversation Rule” to help ensure a safe level of exercise—you should be able to talk to someone while you exercise.
9. Strive to work out at least 3 times a week for 20 minutes, building up to 4 or 5 times a week for 45 to 60 minutes.
10. Remember that unstructured activity (gardening, household cleaning, walking to work, taking the stairs instead of an elevator) can be great exercise.

Ask a local fitness club to donate the services of their personal trainers for the one-time purposes of numbers 3 and 4 above. Repay them with a healthy appetizer and dessert party (all of which you prepare). Now that’s Moxie!



Moxie: force of character; determination