Weekly Exercise Framework

From "A Practical Weekly Framework" in the Exercise chapter of Longevity Odds.

Component	Practical goal
Strength training	Two to three sessions each week, addressing all major muscle groups
Aerobic conditioning	At least 150 minutes of moderate activity or 75 minutes of vigorous activity weekly, or a combination
Balance	Brief practice two to three times weekly; more often if balance is declining
Flexibility	Five to ten minutes on most days
Daily movement	Break up prolonged sitting and move regularly throughout the day
Recreation	Choose enjoyable activities that help make movement consistent

You should consider this a framework, not a rigid schedule. The key is to incorporate as many of these approaches as possible within the scope of your complete exercise program. Yes, it is a time commitment but one that delivers exponential rewards.

Use the framework at a level suited to your current abilities. If you have symptoms, a medical condition, significant balance difficulty, or are returning after illness or injury, discuss a suitable starting point with your healthcare professional.