



So...What's The Best Exercise To Do?

We encourage you to do moderately intense aerobic exercise. We encourage you to do strength training exercise. We encourage you to do flexibility training (stretching). We encourage you to do balance training.

Now you're so confused, you're not sure what's the best exercise to do, right?

- It's not the one that builds the biggest muscles.
- It's not the one that will burn 2,000 calories in a week
- It's not the workout that gets your heart beating at 85% of its maximum for 20+ minutes.
- It's not what you see the people in your local gym doing, as they strut from machine to machine.

Truthfully...it's.....

- The exercise you like to do and will do it again and again and again. The best exercise in the world is the one that you like to do!