

Minimum Maintenance-Physical  
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Every day:

- Do a complete stretch, reaching over your head, turning from side to side, etc. This can be done in a minute.
- Be on your feet at least two hours, including the walking and movement you do around the house and at work.
- Get your pulse rate over 120/minute for three minutes (check with your physician to determine if you can do this safely).
- Burn 300 calories above and beyond your normal baseline resting calorie burn. This includes the two hours on your feet above, and can happen through gardening, walking, bowling, etc. This need not happen all at once. Walking for a mile burns about 100 calories.
- Lift something heavier than usual for five seconds.

The main idea is to use your body every day, with some vigor and some extended low-level exertion, and to stretch comfortably. This little routine won't make you an Olympic athlete, but it will support you in having a sense of energy and physical adequacy.