

# Step into health: walk your way to a healthy liver

## Reducing sitting & screen time



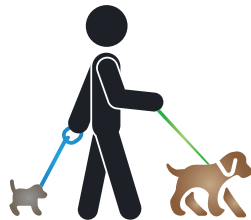
It is important to interrupt prolonged sitting time (every 45 minutes) with short bouts of exercise or activity: *2 - 3 minutes of stretches, 1 leg squats, & jumping*



## Be as active as you can



EVERYDAY ACTIVITIES ALSO MAKE A DIFFERENCE!



HOBBIES CAN PROMOTE PHYSICAL ACTIVITY

## Exercise/activity

(Source: <https://www.cdc.gov/physicalactivity/basics/age-chart.html>)

### Adults (18-64 years)

Important to keep moving and reduce sitting time  
≥15-30 Min everyday:

- Aim to sweat, get heart rate up so that you can only talk for short periods while exercising

≥2 Days/week of activities that strengthen muscles:

- Aim to perform body weight, resistance band, free weight, or weight machine exercises for your upper and lower body for several reps in a controlled and safe manner

Also recommended:

- Stretching, one leg standing for 60 seconds and yoga or Pilates

### Adults (≥65 years)

Focus on daily activity/exercise to reduce sitting time  
≥15-30 Min/ daily to improve:

- Mobility/walking
- Balance
- Flexibility
- Strength

Specific recommendations-

≥2 Days/week for muscle strengthening:

- Strengthening of upper and lower limbs (using body weight or resistance band)

Nice to add

- Sessions with instructors for yoga & Pilates

## The liver will be grateful

Physical activity improve liver and overall health

- ✓ Reduction of liver fat independence of weight loss
- ✓ Improved liver enzymes
- ✓ Maintenance of weight loss
- ✓ Improved fitness and exercise tolerance
- ✓ Decreased belly fat

Please note that these are general recommendations and should not be considered a substitute for personalized advice from a professional

