

Moving to a healthy liver

Reducing sedentary & screen time



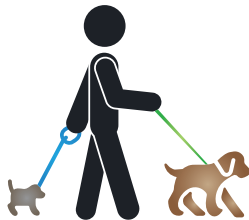
It is important to interrupt prolonged sitting time (every 45 minutes) with short bouts of exercise or activity: *2 - 3 minutes of stretches, 1 leg squats, & jumping*



Increasing daily activity



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 sedentary activity. Recommend ≥ 15 -30 min everyday:

- Aiming for sweat-inducing, high heart rate exercise where talking is limited

≥ 2 Days/week of activities that strengthen muscles:

- Advise body weight, resistance band, free weight, or weight machine movements focusing on major muscle groups of the upper and lower body

Also recommended:

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

Adults (≥ 65 years)

Focus on daily activity/exercise to reduce sedentary activity. Recommend ≥ 15 -30 min/daily:

- Improve mobility/walking, balance, flexibility, strength

Specific recommendations- ≥ 2 days/week for Muscle strengthening:

- Upper and lower limbs (using a resistance band or body weight)
- Floor exercises to promote bed mobility and being able to get up from the floor

Nice to add

- Sessions with instructors for yoga, pilates

The liver will be grateful

Physical activity improve liver and overall health

- ✓ Reduction of hepatic fat independent of weight loss
- ✓ Improvement in hepatic enzyme levels
- ✓ Sustained weight loss maintenance
- ✓ Enhanced physical fitness and exercise tolerance
- ✓ Decrease in abdominal adiposity

