Fitness & Exercise
30 Day Exercise Starter Routine

In addition to everyday activities such as washing dishes and taking out the trash:

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- **Moderate**: Activities like washing, cleaning, moving, carrying groceries, and light activities that increase heart rate.
- **Strength**: Perform 8-10 resistance exercises or major muscle groups like legs, arms, back and chest.
- **Vigorous**: Activities such as brisk walking, running, swimming, and intense sports that cause rapid breathing.

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**Exercise & Your Liver**

Fatty Liver Disease is estimated to impact 20-25% of the US Population.

To prevent fatty liver disease, aim for 2.5-5 hours a week of moderate intensity OR 1.25-2.5 hours a week of vigorous intensity physical activity or an equivalent combination.

Lab studies have shown that exercise alone, with or without weight loss, can reduce the chance and reverse the effects of fatty liver disease.

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**Doctor's Tip**

A variety of exercises can have health benefits that translate to overall improved health and reduce complications from liver disease.

-Dr. Pranab Barman, Northwestern University

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Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at [http://www.LiverFoundation.org/GreatLakes](http://www.LiverFoundation.org/GreatLakes)

Poster Updated 1/29/18
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