

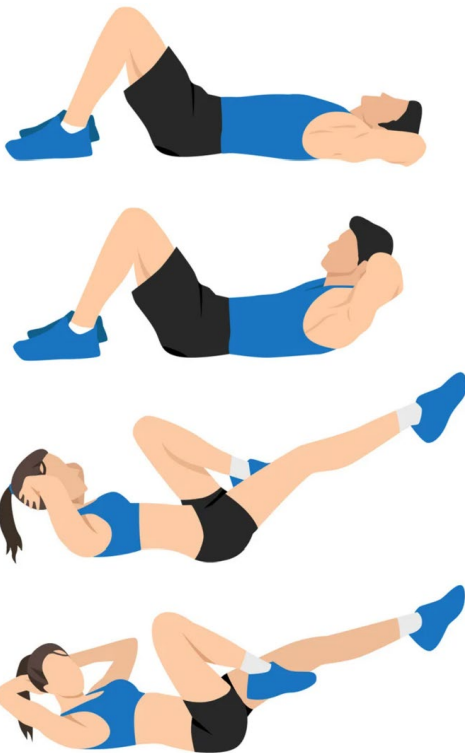
# Essential Daily Exercises by David Kwinter, MD, CCFP(EM)

This is a core set of exercises that most people should get in the habit of doing on a daily (or almost daily) basis. They are carefully selected for being injury-preventative, relatively quick, and do not require significant equipment other than a set of weights.

Ideally, these exercises form the foundation of a fitness routine that you build up over time. However, when life gets busy try to make sure that you find time for at least these basics.

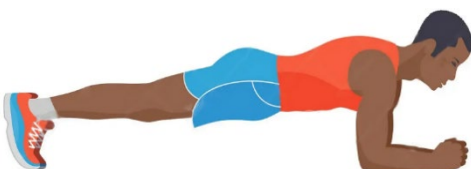
## 1. Crunches

20-100 straight, 20-100 to the left, 20-100 to the right



## 2. Plank

Count to 20-100, twice



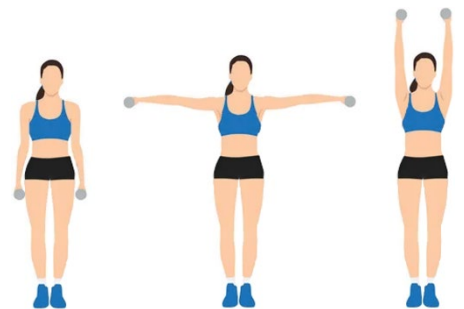
## 3. Alternating Bicep Curls

5-50 lbs, x25 per side (50 total)



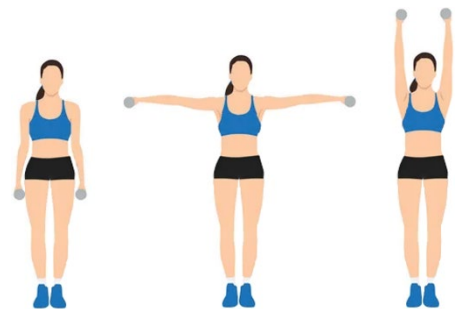
## 4. Shoulder presses

5-50 lbs, x10



## 5. Lateral raises

2-15 lbs, x10



**6. Thirty minutes of any aerobic exercise at the point where it is difficult to carry a conversation (e.g. swimming, cycling, or jogging)**

..and, of course:

**7. Drink plenty of water**

**8. Get enough sleep**

Start low and go slow. If you take some days off, resume with less weight and fewer repetitions.

