

# SIMPLICIZE

by Sarah Swartz, RD, Nutrition Services

Would you like to be more active and feel better? Muscle strength and flexibility are keys to these important goals. To be successful and avoid pain or injury, start slowly and set your own goals, no matter how big or small they are.

SIMPLECIZE is an easy program for getting started. It is a set of 14 simple movements that can help you become stronger and more limber. A poster, videotape, exercise band (Thera-Band) and

handout are included in this program free to NKC patients and doctors. The Thera-Band® comes in four strengths: white - very light, yellow - light, red - moderate and blue - extra heavy.

**Start slow** - Start with exercises and the band strength that are easy for you. Slowly build up the number of times you do each exercise and add new exercises as you become stronger. Remember that doing just a few easy movements can help you become stronger and more flexible

over a period of time. Other aids might include relaxing or energetic music or getting a friend to join you.

**Keep track** - You can keep track of your exercise and activities using distance or time. Start out with an easy goal and increase activity gradually. Keep a record of your progress so you can see how far you have come.

**Need help?** -Ask your dietitian for the Simplecize program or call Nutrition Services at (206) 292-2771, ext. 2000. Always check with your doctor before changing exercise habits. Then use a program that's right for you. It can help you feel better, stronger and more in control of your health.

