

Your next move

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As *CURE*'s fitness and nutrition editor, I'm always interested in programs to help get people moving, and one new program is highlighted this month in M.D. Anderson Cancer Center's newsletter "[Focused on Health.](#)"

The M.D. Anderson staff developed a seven-day exercise plan that can be done at home with minimal equipment. The program includes cardio and circuit training, upper-body weight training, lower-body strength training, and stomach and back strengthening exercises. Each exercise can be adjusted for different fitness levels.

The plan has step-by-step instructions as well as videos that teach proper technique and form. There is also a link to download the videos to your iPod.

This is a great resource for those who want to start an exercise program but maybe hesitant to join a gym or for those who prefer to workout at home. And while this is a beneficial tool, the M.D. Anderson staff does note that you should always consult with your doctor before starting any exercise plan.

Let us know if this works for you or if you know of other resources to get people moving.