

Dr Aneeta Verma

EXERCISE FOR LIFE



The Complete Guide to
Walking, Strength, Flexibility,
and Lifelong Wellness

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About the Author

Dr. Aneeta Verma is a wellness educator, lifestyle transformation coach, and the creator of the 9 Dimensions of Wellness Framework™, a holistic model that integrates physical, mental, emotional, social, intellectual, occupational, environmental, spiritual, and financial wellness.

With a deep interest in the connection between lifestyle, behavior, and overall well-being, Dr. Verma is dedicated to helping individuals build sustainable habits that support long-term health and vitality. Her work emphasizes prevention, self-awareness, and practical lifestyle strategies that can be integrated into everyday life. Through her wellness programs, workshops, courses, and educational content, she empowers people to take charge of their health by making informed choices about movement, nutrition, sleep, stress management, and daily routines.

Dr. Verma believes that exercise is not merely a tool for fitness or weight management—it is a fundamental pillar of human health. Regular movement has the power to enhance physical strength, improve mental clarity, support emotional balance, boost energy, and contribute to a higher quality of life at every age.

In *Exercise for Life*, she brings together simple, evidence-informed principles to help readers understand the importance of movement and develop an exercise routine that is practical, enjoyable, and sustainable. Her goal is to make exercise accessible to everyone, regardless of age, fitness level, or previous experience.

Through this book, Dr. Verma invites you to embrace movement as a lifelong companion on your journey toward greater health, wellness, and vitality.





Index

- Chapter 1
MOVE TO HEAL
- Chapter 2
YOUR BODY, YOUR PLAN
- Chapter 3
EXERCISE SMART
- Chapter 4
WALKING: THE MIRACLE EXERCISE
- Chapter 5
RED FLAGS & PRECAUTIONS
- Chapter 6
EXERCISE TO HEAL

Chapter 1

MOVE TO HEAL

What is Exercise?

Exercise is any planned physical activity that improves health, fitness, strength, mobility, or well-being.

Why Do We Need Exercise?

Without Exercise	With Exercise
Low Energy	Better Energy
Weight Gain	Weight Control
High Stress	Better Mood
Poor Sleep	Better Sleep
Weak Muscles	Stronger Body
High Disease Risk	Better Health

Four Essential Types of Exercise

Type	Examples	Benefits
Cardio	Walking, Cycling	Heart Health
Strength	Bands, Weights	Muscle & Metabolism
Flexibility	Stretching, Yoga	Mobility
Balance	Tai Chi, Single-leg Stand	Stability

Key Message

Exercise is not optional. It is a biological requirement.

Chapter 2

YOUR BODY, YOUR PLAN

Different people need different exercise prescriptions.

Exercise According to Lifestyle & Health

Profile	Main Need	Best Exercise
Desk Worker	Mobility	Walking + Stretching
Overweight	Fat Loss	Walking + Strength
Diabetes	Blood Sugar Control	Post-meal Walk
Hypertension	Heart Health	Brisk Walk
Fatty Liver	Metabolic Health	Walking + Strength
Senior Citizen	Independence	Walking + Balance
Stress & Anxiety	Nervous System	Walking + Yoga

Quick Rule

Match your exercise to your body's needs, not social media trends.

Chapter 3

EXERCISE SMART

Body-Type Based Movement Guide

Body Type	Focus
Sedentary Professional	Walk + Mobility
Metabolic Risk (Belly Fat)	Walk + Strength
Naturally Lean	Strength Training
Active Aging (50+)	Walk + Balance

Simple Weekly Formula

Activity	Frequency
Walking	Daily
Stretching	Daily
Strength Training	2–3 Times/Week
Balance Work	2–3 Times/Week
Yoga/Breathwork	3–5 Times/Week

Golden Rule

Start where you are. Progress slowly. Stay consistent.

Chapter 4

WALKING: THE MIRACLE EXERCISE

Why Walking Works for Almost Everyone

- ✓ Free
- ✓ Safe
- ✓ Easy to Start
- ✓ Low Injury Risk
- ✓ Supports Weight Loss
- ✓ Improves Diabetes Control
- ✓ Reduces Stress
- ✓ Improves Sleep
- ✓ Supports Heart Health

Walking Prescription

Level	Recommendation
Beginner	15–20 min/day
Intermediate	30–45 min/day
Advanced	8,000–12,000 steps/day

The 10-Minute Rule

Walk for 10 minutes after meals to support healthy blood sugar levels.

Best Times

- Morning Walk
- Post-Meal Walk
- Evening Relaxation Walk



"Walking is the simplest medicine—free, powerful, and available to everyone. Every step you take today is an investment in a healthier, happier tomorrow."

Dr Aneta Veerma

Chapter 5

RED FLAGS & PRECAUTIONS

STOP EXERCISING IMMEDIATELY IF YOU EXPERIENCE:

- Chest Pain
- Severe Breathlessness
- Dizziness
- Fainting
- Palpitations
- Sudden Weakness
- Severe Joint Pain
- Blurred Vision
- Excessive Sweating with Weakness

Who Should Seek Medical Advice Before Starting?

Heart Disease

Uncontrolled Hypertension

Uncontrolled Diabetes

Recent Surgery

Severe Arthritis

Pregnancy with Complications

Chronic Lung Disease

Exercise Safety Rules

Warm-up First

Increase Gradually

Stay Hydrated

Wear Proper Footwear

Avoid Exercising During Fever

Listen to Your Body

Chapter 6

EXERCISE TO HEAL

The 30-Minute Daily Wellness Formula

Activity	Time
Warm-up	5 Minutes
Walking	20 Minutes
Stretching	5 Minutes

Exercise Intensity Guide

Zone	Feeling	Recommendation
Light	Easy Conversation	Beginners
Moderate	Slightly Breathless	Ideal
Vigorous	Difficult Conversation	Advanced Only

Heart Rate Guide

Age	Moderate Zone
20–30	95–133 bpm
31–40	90–126 bpm
41–50	85–119 bpm
51–60	80–112 bpm
61–70	75–105 bpm

Remember:

The best exercise is not the hardest exercise. It is the exercise you can continue consistently for years without pain, burnout, or injury.

True fitness is not built through occasional extreme workouts—it is built through regular movement that fits your body, lifestyle, age, and health needs. The exercise that helps you stay active, energized, and motivated day after day will always be more valuable than a program that leaves you exhausted or forces you to quit.

Choose movement that you enjoy, can recover from, and can make a lifelong habit. Whether it is walking, yoga, strength training, cycling, swimming, or any other form of physical activity, consistency matters more than intensity.

Remember: Sustainable movement creates sustainable health. The goal is not to exercise the hardest today, but to keep moving for a lifetime.

Final Note From Dr. Aneeta Verma

Movement is medicine when used wisely.

Many people exercise to lose weight, but exercise offers far more than weight loss. It improves energy, metabolism, sleep, emotional balance, stress resilience, mobility, and quality of life.

Do not compare your fitness journey with others.

Choose movement that suits your age, lifestyle, health condition, and goals.

- Walk regularly.
- Build strength gradually.
- Respect your body's signals.
- Focus on consistency rather than intensity.

Within the 9 Dimensions of Wellness Framework™, exercise is not merely a fitness activity—it is a daily investment in physical vitality, mental clarity, emotional balance, and lifelong wellness.

Remember:

- Move Daily.
- Strengthen Weekly.
- Heal Naturally.
- Thrive Lifelong.



WELLNESS

is a Journey,

— NOT A DESTINATION. —



Every step you take today builds
a healthier, happier, stronger tomorrow.



PHYSICAL
Move • Energize
Strengthen



MENTAL
Focus • Learn
Grow



EMOTIONAL
Manage • Express
Thrive



SOCIAL
Connect • Support
Belong



SPIRITUAL
Find Purpose
Stay Aligned



ENVIRONMENTAL
Live Sustainably
Respect Nature



INTELLECTUAL
Explore • Imagine
Expand



NUTRITIONAL
Nourish • Fuel
Revitalize



OCCUPATIONAL
Work with Purpose
Create Impact



Better Health
Stronger body,
brighter you.



More Energy
Fuel your day,
power your life.



Inner Balance
Calm mind,
happy heart.



Greater Life
Live with purpose,
thrive every day.



Dr. Aneeta Verma

INSPIRING COMPLETE WELLNESS
THROUGH 9 DIMENSIONS



WALK | MOVE | BREATHE | LIVE | THRIVE



Small daily choices.
BIG LIFELONG CHANGES.



**LET'S WALK TOGETHER TOWARDS
COMPLETE WELLNESS.**

Next Step

Join Dr. Aneeta Verma's Psychosomatic Wellness Programs

Learn how to integrate:

- Exercise
- Nutrition
- Stress Management
- Sleep Optimization
- Mind-Body Wellness
- Lifestyle Modification

to create sustainable health transformation.



www.draneetaverma.com