



QUICKSILVER
SCIENTIFIC

EXERCISE & MOVEMENT FOR THE 30 DAY RESET PROGRAM

Exercise is essential for supporting a healthy metabolism, mood, and immune function. It also aids detoxification by keeping the lymphatic system working.



Here are some ideas to keep your body moving throughout the 30 days.

Get Outdoors

Nothing feels as good as exercising outdoors. Find a park or trail near you that's not too busy and get moving! Exercising in nature offers potent stress relief and exposes your body to phytoncides, amazing compounds produced by trees shown to [support healthy immune function](#). Try [TrailLink](#) or [AllTrails](#) to explore new paths near you.

Try an Online Exercise Class

Online fitness classes have taken off and gained popularity. Can't make a specific class time or lack access to a gym? Fortunately, the internet abounds with online exercise classes, ranging from yoga to high-intensity interval training (HIIT) classes. Try one of these:



- **Gaia:** A variety of online yoga classes, some as short as 10 minutes, are easy to fit into your routine.
- **Daily Burn:** Over 1,000 online classes allow you to pick the perfect workout for your needs.
- **Classpass:** From barre to HIIT to cardio, this national program now offers free home workout videos, too.

Take Short Activity Breaks

While working out is great, if you are sedentary the remainder of the day, you may be doing your body a disservice. Studies show that total activity (outside of working out) is an important determinant of health. Quick bouts of movement like these can help:



- **Wash the dishes** for an easy standing session
- **Clean house**, including vacuuming and dusting
- **Garden** — even containers count!
- **Walk** up and down your stairs or driveway

Good rule of thumb: Try for a short bout of physical activity every hour, particularly if you sit to work.

Get Your Lymph Moving

Your lymphatic system is a network of vessels that mops up waste in your body and washes it into your circulatory system, allowing it to be excreted through urine. It plays a vital role in immune function and detoxification.



Unlike the circulatory system, the lymphatic system needs skeletal muscle movement to pump lymph efficiently through the body. Exercise is essential for healthy lymphatic flow:

- **Walking:** An underappreciated but handy “lymphatic pump,” a 20-minute daily walk can support lymph flow.
- **Yoga:** The twists, bends, and inversions of yoga poses are excellent for activating your skeletal muscle pump. Here’s a fun series of [detoxifying yoga poses](#).
- **Foam rolling:** While not technically “exercise,” foam rolling is a powerful post-exercise tool for your lymphatic system. Check out this [article and videos on foam rolling exercises](#), and pick up an [inexpensive roller](#) on Amazon.