



5 Takeaways

How Much Should I Exercise?

With Judy Lee Vogt, MD - SSIHI Concierge Primary Care Physician and
Jessica VanRoo - SSIHI Executive Chef

- 150 minutes per week of moderate to vigorous aerobic exercise.
- More is better than a little.
- Increase the intensity, duration and frequency over time.
- Join a team, build a community, get a dog.
- Adding 1/4 tsp baking soda to each pound of protein in your recipes increases the PH of the meat and makes it more tender.

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