



## Types of Exercises

Different types of movement support liver health through different mechanisms. The goal is not to choose the 'best' exercise, but to choose movement you can repeat consistently. When applied regularly, even simple forms of movement can meaningfully support metabolic health and reduce liver strain over time.

Type of Movement	How It Helps the Liver	Main Advantage	Watch-Out
Walking / Light Cardio	Improves glucose uptake and insulin sensitivity, especially after meals	Easy to repeat, low barrier to entry	Easy to underestimate its impact
Strength / Resistance Training	Increases muscle glucose storage capacity, reducing liver burden	Supports long-term metabolic health	Requires consistency over time
Yoga / Mind-Body Practices	Reduces stress, supports sleep and recovery, improves insulin signaling indirectly	Improves adherence and recovery	Not a primary driver of glucose use
Mixed Cardio + Strength	Combines glucose use with muscle engagement	Time-efficient and varied	Can be overdone if started too aggressively

### Technical support:

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### Educational Disclaimer

*This tracker is provided for educational and self-reflection purposes only. It does not diagnose, treat, cure, or prevent disease and is not a substitute for professional medical advice, diagnosis, or care. Always discuss laboratory and imaging results with a qualified healthcare professional.*