

EXERCISE GUIDE

Goal: To get a daily minimum of 30 minutes of dedicated exercise* (If you have a desk job, include a goal to get up and move around every 20–40 minutes; note this isn't included in your daily 30 minutes.)

Important: Vary your workouts to allow muscle groups to recover (48 to 72 hours).

Timing: Determine the best time of the day that you can commit to a regular time of 30 to 60 minutes. Morning, afternoon and evening all have benefits; it just depends on your preferences.

Key exercise areas:

- Cardio (C) Balance (B) Strength (S) Flexibility (F)

Exercise benefits:

- Bicycling B,C Kickboxing B, C, S Tai Chi B, F, S Yoga B, F, S
 Cross Fit B, C, S Roller-skating B, C Walking B, C Zumba B, C
 Jogging B, C Swimming C, F Weight-lifting C, S

* If you are new to dedicated exercise or have a chronic health condition, check with your physician prior to starting any exercise.

Sunday

TYPE OF EXERCISE: _____ MINUTES EXERCISED: _____

OBSERVATIONS/THOUGHTS: _____

Monday

TYPE OF EXERCISE: _____ MINUTES EXERCISED: _____

OBSERVATIONS/THOUGHTS: _____

Tuesday

TYPE OF EXERCISE: _____ MINUTES EXERCISED: _____

OBSERVATIONS/THOUGHTS: _____

Wednesday

TYPE OF EXERCISE: _____ MINUTES EXERCISED: _____

OBSERVATIONS/THOUGHTS: _____

Thursday

TYPE OF EXERCISE: _____ MINUTES EXERCISED: _____

OBSERVATIONS/THOUGHTS: _____

Friday

TYPE OF EXERCISE: _____ MINUTES EXERCISED: _____

OBSERVATIONS/THOUGHTS: _____

Saturday

TYPE OF EXERCISE: _____ MINUTES EXERCISED: _____

OBSERVATIONS/THOUGHTS: _____