

American **ALL-NATURAL SUPERFOOD**

Exercise and Fitness Guide



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Introduction

It may be that your doctor recommended you get more exercise, or perhaps you decided to start a new health and fitness program on your own. Regardless of what motivated you to start this journey, the important thing is that you took the crucial first move deciding it's time to make a change.

It may be intimidating at first, but know that even small changes can make a big difference. It has been shown that just 25 minutes of daily walking can add up to 7 years to your life! Exercise also improves sleep patterns, decreases stress, and manages blood sugar levels, all of which contribute to a longer and healthier life.

People begin exercise programs for many different reasons. These may include the desire to lose the extra pounds that have stuck through the years, or it may be that they want to get stronger, have more energy or be able to participate in activities that they are no longer able to do.

A body in motion stays in motion. It may be weeks, years, or even decades since you last exercised, but it's never too late to start taking care of your body. Our muscles have an incredible memory. Although they may easily become stiff and achy when not in use, they can quickly adapt to new movements and remember how they are built to perform. Even as we age, the body can repair itself and has the potential to improve. By giving your body the movement it deserves you can take advantage of this miracle and start working towards the best version of yourself. We all have the potential for change; it's just a matter of taking the first step.

One of the best things about exercise is that there are many ways you can be active without putting in hours at the gym. For example, you can do short bouts of activity throughout the day, or you can commit to specific times and days to engage in an exercise program or group. You can do many physical activities around the home such as walking, stair climbing, cleaning, or mowing the lawn, and not only benefit your physical fitness but your environment as well!

How to Use this Guide

This guide reviews the benefits of exercise on aging, quality of life, and cognition, as well as physical benefits such as cardiovascular fitness and strength. It will also review how to safely start the exercise program, incorporate exercise into your daily life, and tips to help you succeed. Lastly, it will provide you with sample exercise programs to follow at home that are easy and effective in increase strength, endurance, and overall health. It's recommended to read the guide and then use what you have learned to make your goals and plans in the worksheets provided at the end of this book.

Benefits of Exercise

It is common knowledge that exercise is good for you. Regular physical activity can have long-term health effects for older adults, even if you never exercised before. Exercise and physical activity:

- ✓ Increases strength and endurance
- ✓ Improves balance
- ✓ Decreases risk of falls
- ✓ Improves mood and cognition
- ✓ Helps prevent diseases like diabetes, osteoporosis, and cancer.

Exercise may also be an effective treatment for many chronic conditions such as arthritis, heart disease, high blood pressure, diabetes or difficulty walking.

Yes, that's right. One of the most effective treatments for arthritis and difficulty walking is to keep moving! Pain and disability often hold people back from achieving their physical activity goals. Everyone is capable of incorporating more activity into their lives, regardless of their prior level of function. You can do this by modifying any activities that are challenging and choosing exercises or activities that work for you.

Don't forget physical activity is very individualized. Everyone has to start somewhere! Take pride in small achievements, like taking the stairs. Every action you take towards a healthier lifestyle will benefit you not only today but also for years to come.

Types of Exercise

- Endurance
- Strength
- Balance
- Flexibility

Cardiovascular Fitness and Endurance Exercise

The American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity 3-5 days a week to improve cardiovascular health and lower blood pressure and cholesterol. This may sound like a lot for beginners, but the good news is, something is better than nothing! If you commit to 10 minutes of exercise, each day you will work up to the recommended amount in no time.

Benefits of Cardiovascular Exercise

- Increase endurance

- Burn calories
- Lose weight
- Lower blood pressure
- Lower blood sugar
- Reduce LDL “bad” cholesterol
- Increase HDL “good” cholesterol

Strength Training

The American College of Sports Medicine recommends beginners to do at least two days a week of strength-training exercise. This can range from bodyweight exercises at home, to free weights or machines at the gym. Strength training doesn't require a gym membership; there are lots of ways to fit in muscle building exercises at home. You may invest in an inexpensive set of resistance bands or use items around your house as weights! Whatever option you choose, be proud of yourself for working resistance training into your new plan.

Benefits of Strength Training

- Slows age-related muscle loss
- Builds strength of muscles and connective tissues
- Decreases fat
- Prevents injury
- Increases bone density
- Help ease pain from arthritis
- Increase balance
- Reduce falls
- Improve blood sugar control
- Improve mental health
- Increases metabolic rate

Balance and Flexibility

As we age, we often lose muscle mass that contributes to poor posture and decreased strength and flexibility.

Balance is our ability to respond to the environment and maintain control of the body's position during daily activities. Loss of balance increases the risk of falls and leaves you unable to do the things you want to do!

Flexibility is the range of motion of a joint. This is often affected by the condition of tendons, ligaments, and muscles surrounding the area. By incorporating stretching into your daily routine, you not only will remain flexible in your old age but also decrease your pain and improve performance.

Benefits of Balance and Flexibility

- Decrease risk of falls
- Decrease injury
- Decrease pain due to arthritis
- Improve posture
- Increase independence in daily activities

Getting Started

Before getting started on a new exercise routine, it is always recommended to schedule a check-up with your healthcare provider. They will be able to assess your overall health and screen for any conditions that may worsen with certain exercises. Be sure to tell them if you are having any joint pain, back pain, dizziness, or numbness in your hands and feet. This doesn't mean you can't exercise; it just means you may have to be a little more careful!

Once you get the all clear, it's important to sit down and create a plan. Although this may seem unnecessary, planning and setting goals is crucial to long-term success and lasting lifestyle change.

Important things to consider when making goals...

- What is your prior level of exercise?
- How long has it been since you last engaged in physical activity?
- Do you have any injuries or limitations?
- What activities do you like to do? What new activities sound like fun?
- Do you like to exercise alone, with a partner or group?
- Do you have a gym membership or do you prefer to be active at home or outdoors?
- What is your timeline? How much time do you plan to commit to your new goal every week?

If this seems overwhelming, don't worry; start small and make changes as you go. Remember, our main goal is to work towards realistic short-term goals, rather than take an all or nothing approach. Slow and steady wins the race when it comes to health and fitness for older adults.

Goal Setting

It is important to identify what is important to you so you can create goals that are going to help motivate you to succeed. Most experts recommend using the S.M.A.R.T. goals framework.

S- Specific: Make your goal specific! Simply saying, "I want to be in better shape" isn't going to do much to keep you accountable.

M- Measurable: Choose a way to measure your progress; whether it be pounds, inches, how you feel or how you perform during activities, measurement is important to see how far you have come!

A- Attainable: Saying you want to climb Mount Everest next month probably isn't a very attainable goal and will result in nothing but injuries, disappointment, and failure.

R- Relevant: Choose something that is relevant and realistic. Creating a goal about swimming, without having access to a pool probably isn't a very relevant goal.

T- Time Based: Set a timeline for yourself. Do you want to lose 10 pounds by Christmas, great! If this sounds realistic for you, go for it!

See Appendix A for a blank goal setting worksheet.

Make a Plan

It is important to be realistic while making a plan to reach your goals. It doesn't have to be complex! Start by answering the following questions.

- 1) When will you start?
- 2) How many days a week can you commit to being physically active?
- 3) What activities will you do?
- 4) What days of the week work best? Morning, afternoon, or evening?
- 5) How will you measure progress and how often will you 'check in' with yourself?
- 6) What equipment will you need?

So your plan may look something like this:

Start date: 11/11/2015

Equipment Needed: Resistance Band

Goal: Lose 5 pounds by December 23rd

Next Check-In: 6 weeks – 12/23/2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning: 30 minute walk with dog			Morning: Resistance training at home		Morning: 45 minutes mow the lawn	
	Evening: Resistance Training at home					

See Appendix 1 for a worksheet to create your plan!

Choose Your Activities

The best way to stick with new lifestyle goals is to choose activities that you like to do! If you like to spend time outdoors perhaps forcing yourself to go to the gym isn't the best strategy when it comes to weight loss. Check out these physical activities that burn calories without logging hours at the gym.

- Gardening
- Walking
- Hiking
- Swimming
- Water aerobics
- Dancing
- Biking
- Doubles Tennis
- Golf
- Housework
- Yoga
- Tai Chi

Try these tips:

- Do housework yourself, save money and help your health at the same time.
- Work in the garden on a consistent basis. Cleaning up the leaves a little bit at a time will not only improve your physical fitness but also save you from a big job at the end of the season!
- Walk or bike to the store instead of driving
- Take the stairs when possible
- When walking, pick up the pace! Instead of strolling through the mall, turn it into a workout.
- Stand while doing activities in the kitchen or around the home
- Keep exercise equipment handy and in good working order

Incorporate Activities from All 4 Categories

Although any exercise is great, incorporating physical activity from all four groups is best as you age. The goal isn't to run a marathon but rather live a well-rounded, full and healthy life. Variation is important; incorporating cardio exercise, strength training, and stretching and balance activities will help you reach your goals faster.

Injury Prevention

When starting an exercise program, it's important to avoid doing too much too fast. Jumping into an intense exercise program after being sedentary may lead to injuries. Injuries not only cause pain and discomfort but also lead to setbacks and difficulty reaching your goals.

If you have a health condition such as diabetes, arthritis or heart disease, it doesn't mean you can't be active. Physical activity may help your condition and lead to a longer and healthier life! Always talk with your doctor to find out what modifications you should make when it comes to creating an exercise plan. If your condition prevents you from meeting the recommended guidelines, don't stress, just do what you can and avoid being inactive.

Motivation and Forming Habits

"Motivation is what gets you started. Habit is what keeps you going."

Sure, sometimes it is hard to find the motivation to make a change. Humans are creatures of habit; we thrive when surrounded by routines and familiarity. Hence why it is so hard actually to start a new activity (especially one that requires some work!), You may be thinking about exercise, reading about exercise, talking about exercise, but you still have yet to get to the gym or get out for a walk. If this sounds like you, you are not alone. The good news is that it only takes a few weeks before a new activity is a new habit, and habits are much easier to keep up long term.

It's also important to identify what motivates you. There are many different personalities when it comes to motivation According to Gretchin Rubin, author of bestselling book "Better Than Before: Mastering the Habits of our Everyday Lives" there are four motivation types. Upholders, Questioners, Obligers, and Rebels

Upholders are your typical type-A personality; they are intrinsically driven and feel a deep commitment to follow through with deadlines and goals. These kinds of people do well with individual workout plans and timelines as they don't always need another person or group to motivate them to work hard.

Questioners are motivated by reason and need to understand why something is worth doing. These kinds of people do well as part of groups that incorporate

education with physical activity, so that they know why they should be doing the things they are doing, and the negative effects if they don't participate.

Obligiers are people pleasers. They will do things to appease other people, but have a difficult time being intrinsically motivated. These kinds of people do well with challenge groups, fitness classes, or with a personal trainer. They often need someone else to motivate him or her to succeed.

Rebels resist expectations and work towards goals their own way. These kinds of people are the opposite of the obligiers and don't usually thrive with personal trainers. Sometimes these people do well with challenge groups if they feel that nobody expects them to win. They will work extra hard to prove everyone wrong!

So what personality are you? Are you intrinsically motivated and felt a strong desire to succeed, or do you need someone else to keep you going and push you to try new things?

Here's a little secret...most people are motivated by one thing...accountability. Nobody wants to let someone else down. That is why exercising with friends, hiring a coach, logging your workouts, or signing up for a group class are all excellent strategies to keep on track with your goals. People are far less likely to ditch a workout if they know somebody is waiting for them.

Staying Motivated

So, you set some goals, made a plan, perhaps you have even done your first few workouts! Be proud of yourself for coming this far. Now the challenge is to keep it up so you can make overall lifestyle changes and see the benefits in your health and wellness. It's always easy to find an excuse to stray away from the plan. You may feel a little tired, had a busy day, or may have friends or relatives in town. Don't let your excuses gets the best of you. You only need to set aside 15 minutes for a quick walk or workout, and you can thank yourself once it is done!

Another trick to staying committed to a new exercise routine is to enjoy what you are doing. Sure, a lot of people may not LOVE exercise, but if you like the activity or the company you are with and feel great after you are finished you are much more likely to keep it as a part of your daily lifestyle. Here are some tips...

- 1) Find an exercise that suits you
- 2) Make it a habit
- 3) Build exercise into your lifestyle
- 4) Do bouts of exercise, even 10 minutes at a time is great!
- 5) Keep going, excuses won't get you anywhere.

Don't let your mind get in the way of your goals. If you find that no matter how hard you try you just can't follow a plan perhaps its time to turn to an expert for some

help and guidance. A personal trainer or health coach can help identify where the difficulty lies and suggest ways to avoid abandoning a new workout program.

Strength Training

As mentioned before, strength training is excellent for older adults. Resistance training doesn't require you to lift heavy weights or be the next senior bodybuilder. Gentle exercise can help build bone and muscle strength, which translates into improved function with everyday activities.

Some benefits of strength training include...

- You don't need a gym to workout! Many exercises use your bodyweight as resistance or simple equipment such as a dumbbell or resistance band.
- Resistance workouts are quick and effective. No need to spend hours at the gym, a 30-minute resistance workout can target all the muscles of the body in a short amount of time.
- It's not just cardio that improves heart health. Resistance training may also improve heart function and circulation.

Along with resistance training, cardiovascular exercise such as walking, biking, jogging, hiking, or swimming is important to include in an exercise program. It is easy to do, also requires minimal equipment, and has been proven to increase mood and quality of life. If you haven't exercised in a long time, it's recommended to start slow with a progressive walking program and work up from there when you are ready!

In this guide, you will find three different home workout plans.

- The first one is for beginners and focuses on introducing exercise back into your day.
- The second one is for when you are ready to step up your workouts a bit and includes some easy resistance and flexibility training.
- In the third you will see an intermediate level plan that is a combination of cardio, resistance, balance, and flexibility exercises.

Sample Workout Plan #1: Walking Progression

Day	Exercise
Monday	Walk 15 minutes leisurely pace
Tuesday	
Wednesday	Walk 15 minutes moderate pace
Thursday	
Friday	Walk 15 minutes moderate pace
Saturday	Home stretching routine
Sunday	

Progression --> Every week increase your time by 5 minutes until you work up to 45 minutes of constant activity.

Pro Tip:

If you use an assistive device such as a cane or walker, it is best to continue using it for your walks to prevent falls. It doesn't matter how slow you go, as long as you keep moving.

Sample Workout #2: Beginner Strength Training Program

Warm-up: It is very important to warm up before starting a workout. Take a 5-minute walk or bike ride, make some big arm circles and sit down and stand up five times to warm up the leg muscles.

Day	Program
Monday	Full Body 3 sets of 10 of each Chair squats Wall pushups Leg extension Rows Reverse flys with resistance band Modified plank
Tuesday	
Wednesday	Lower Body Wall sit – 10 seconds Glute bridges Standing hamstring curl Calf raises Squats
Thursday	
Friday	Upper Body Shoulder press Chest press Seated Bicep curls Tricep extensions Chair presses
Saturday	Home Stretching Routine
Sunday	

Pro Tip:

If this looks intimidating just repeat Monday's Full Body workout 1-2 x a week and add in additional workouts, as it gets easier!

Sample Workout #3: Intermediate Strength Training Program

Warm-up: It is very important to warm up before starting a workout. Take a 5-minute walk or bike ride, make some big arm circles and sit down and stand up and down five times to warm up the leg muscles.

Day	Program
Monday	Full Body 3 sets of 15 of each Chair squats Wall pushups Leg extension Rows Reverse flys with resistance band Modified plank
Tuesday	Balance Exercises Walking heel to toe 20 m Stand on one leg and reach overhead
Wednesday	Lower Body 3 sets of 15 of each Wall sit – 10 seconds Glute bridges Standing hamstring curl Calf raises Squats
Thursday	Walk/Bike/Swim 45 minutes Balance Standing leg extensions Stand on one leg with eyes closed
Friday	Upper Body Shoulder press Chest press Seated Bicep curls Tricep extensions Chair presses
Saturday	Walk/Bike Swim 45 minutes Home Stretching Routine
Sunday	

Full Body Stretching Program

Stretching can greatly improve back pain and posture and is beneficial for conditions such as arthritis and joint pain. Perform each stretch 2-3 times with a 20 to 30-second hold. Always warm up before stretching, it is often best to do at the end of your workout.

General Guidelines:

- Don't bounce while stretching.
- Breathe deeply, don't hold your breathe while holding the stretches.
- Never stretch to the point of pain, stretches should be gentle and slow.

Neck Side Stretch

Sitting, rest one hand on top of your head and gently tilt your head to one side. Hold this stretch for 30 seconds and repeat on the other side.



Cross Body Shoulder Stretch

Sitting, reach one arm across your body. With your other hand on your elbow pull your arm closer until you feel a stretch in the back of the shoulder.



Chest Stretch against wall

Stand against the corner of a wall with your arm extended along the wall and elbow bent at 90 degrees. Slowly lean forward until you feel a stretch along your chest and front of the shoulder. Hold and repeat on other side.



Tricep stretch

Sitting, reach your arm overhead, bending at the elbow. With the other hand reach over your head to your elbow and gently apply pressure until you feel a stretch along the back of your upper arm.



Hip flexor stretch

On the floor, kneel on one knee with the other leg bent at 90 degrees at the hip and knee. Gently lean into the front leg until you feel a stretch along the front of the hip on the opposite leg. Hold and repeat on other side.



Lower Back Stretch

Stand facing a wall or chair and reach your arms out in front of you bending at the waist. Pull your hips back until you feel a stretch in your back. Hold and repeat.



Seated Hamstring Stretch

Sitting on the floor or a bed extend one leg out in front of you. Gently lean forward bending at the waist until you feel a stretch along the back of your leg. Hold and repeat on another side.



Calf Stretch

Stand facing a wall, with your hands on the wall for balance. Extend one leg out in front of you. Place your toes on the wall pointing up and gently lean forward until you feel a stretch along the back of your lower leg.



Resistance Exercises

Chair Squats

Standing about 1-foot in front of a chair sit back as if you are going to sit down, let your bottom touch the chair and stand back up. Repeat 10-15 times.



Wall Pushups

Stand about 3 feet away from a wall. Place both hands on the wall at shoulder level slightly wider than your shoulders. Slowly lower yourself to the wall and push back up, without letting your hips sag or body bend.



Leg Extension

Sit on a chair and extend one leg straight out in front of you. Hold this for 2 seconds, squeezing the muscles of the thigh. Return to starting position and repeat ten times before moving to the other leg.



Rows

Loop a resistance band around a doorknob or other sturdy object. Stand up tall, shoulders down and back. Pull the resistance band towards you and feel as if you are squeezing your shoulder blades together. Hold this contraction for 2 seconds before returning to starting position. Repeat 10-15 times.



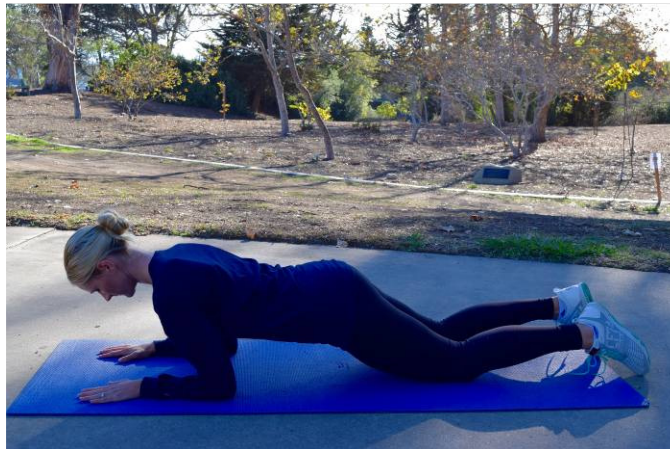
Reverse Flys

Sitting or standing hold resistance band in each hand and extend your arms in front of you. Stretch the band as you pull your arms to the side away from each other. Repeat 10-15 times.



Modified Plank

Start by kneeling on the ground propping yourself up on your elbows, arms shoulder width apart. Engage your core by pulling your bellybutton to your spine, don't allow your body to move or let your hips sag. Hold for 30 seconds to 1 minute.



Wall Sit

Sit against a wall with your hips and knees at 90 degrees. Engage your core by pulling your bellybutton toward your spine. Hold this position for 10-30 seconds.



Glute Bridges

Lying on the ground with your feet flat on the floor, hip-width apart. Slowly lift your hips until your body is in a straight line. Hold for 2 seconds and return to starting position. Repeat 10-15 times.



Standing Hamstring Curl

Stand to face a chair or wall. Bring one foot up to touch your heel to your buttocks. Repeat 10-15 times each side. Increase the resistance by adding a weight cuff to your ankle.



Calf Raises

Stand to face a wall with hands on the wall for stability. Raise onto your toes, lifting your heels off the ground and lower back down. Repeat 10-15 times.



Squats

Start in standing with feet slightly wider than shoulder-width and toes slightly turned out. Slowly lower yourself down as far as you can as if you are going to sit down on a toilet. Return to starting position, squeezing glutes at the top. Repeat 10-15 times.



Shoulder Press with Resistance Band

Sitting in a chair, loop the resistance band underneath you. Holding each end in your hand extend your arms above your head, maintaining good posture and engaging your core muscles.



Chest Press

Sit up tall, with resistance band anchored or looped behind your upper back. Slowly extend your arms forward at chest level, return to starting position and repeat.



Seated Bicep Curl

Sit in a chair and anchor one end of the resistance band under your foot. Hold the other end in your hand and without moving your upper arm bend the arm at the elbow, squeezing the biceps on the front of the upper arm. Return arm to straight and repeat.



Tricep Extensions

Sit in a chair and hold the band in each hand at chest level, extend one arm forward in front of you, squeezing the muscles on the back of the upper arm. Hold 2 seconds and repeat.



Chair Presses

Sit in a hard chair with your hands on the chair beside your hips. Using the strength of your upper back push into the chair as if you are trying to lift your bottom off the chair. Hold 2 seconds and relax, repeat 10-15 times.



Balance Exercises

Heel to toe walk

Stand tall and place one foot directly in front of the other. Try to walk along a line using this method. Stand close to a wall for balance if needed.

One leg stand with overhead reach

Stand tall and shift your weight onto one foot, once you have your balance reach your opposite arm above your head and hold for 30 seconds.

Standing leg extensions

Stand with feet hip-width apart. Shift your weight onto one leg and extend opposite leg behind you bending forward slightly at the hips. Extend your arms to the side for balance. Try to raise this leg off the ground without losing your balance.

One leg stand with eyes closed

Stand tall and slowly lift one leg off the ground, extending your arms to the side. Close your eyes and hold this position for 30 seconds or as long as you can.

Conclusion

Great work! You have taken the important first steps to improving your health. Not only will you look and feel better, but also your body will thank you for years to come. Remember, the most important thing about an exercise program is having fun! Start slow, listen to your body, and set small attainable goals.

Goal Planning Worksheet

S- Specific: Make your goal specific!

M- Measurable: Choose a way to measure your progress, whether it is pounds, inches, how you feel or how you perform during activities.

A- Attainable: Your goal must be attainable and realistic.

R- Relevant: Choose something that is relevant and possible to complete.

T- Time Based: Set an end date.

Specific	
E.g. walking progression program	
Measureable	
E.g. pounds	
Attainable	
E.g. yes	
Relevant	
E.g. yes, can walk outdoors	
Time Based	
E.g. 4 months	

Goal:

E.g. To start a walking progression program in order to lose 10 pounds in 4 months.
Fitness

Making a Plan Worksheet

Pre-planning questions

1) When will you start? _____

2) How many days a week? _____

3) What activities will you do?

Circle Below:

Strength training at home

Strength training at the gym

Group fitness class

Walking

Jogging

Pilates

Elliptical machine

Stationary bike

Gardening /Yard Work

Hiking

Swimming

Water aerobics

Dancing

Biking

Doubles Tennis

Golf

Housework

Yoga

Other _____

4) What days of the week work best? _____
Morning, afternoon, or evening?

5) How will you measure progress _____

6) What equipment will you need? _____

Workout Plan

Name: _____

Start date: _____

Equipment Needed: _____

Goal: _____

Next Check-In (date): _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
Afternoon						
Evening						

RESOURCES

[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults UCM 307976 Article.jsp#.VkAwfKRGTIo](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp#.VkAwfKRGTIo)

<http://www.cdc.gov/physicalactivity/basics/adding-pa/activities-olderadults.htm>

<http://www.webmd.com/fitness-exercise/guide/exercise-healthy-heart>

<http://www.webmd.com/fitness-exercise/build-muscle-better-health?page=1>

<http://www.smart-goals-guide.com/smart-goal.html>

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