



Weekly Exercise Plan

Try to exercise all your major muscle groups 2 or more days a week for 30-minute sessions each, but don't exercise the same muscle group on any 2 days in a row.

Your health is important, please read our [disclaimer](#) page before beginning any exercise routine.

Clicking on any exercise in the journal will open the current exercise in the [Professionals Health Connection](#) website. This document contains the same information (at this writing) but been formatted so each exercise is on a separate page (portrait mode works best).

Print the pages you need and take them with you to the gym and refer to them as you exercise. Jot down your personal notes.

Journal - Warm-Up

Keep the companion journal as indicated and it will be your motivation to stick with your goals.

		Monday		Wednesday	
Week of <u>11/27</u>		Miles	Minutes/ Calories	Miles	Minutes/ Calories
Warm-Up	Elliptical	1.08	10 / 101.8		
	Treadmill				
	Walking				
	<i>Jogging</i>			.5	8

1. **Record** the **Week** the Journal is for. E.g. 11/27.
2. **Enter** the information in the column for the **day of the week** you are performing the exercise. e.g. Monday.
3. **Record** the # of **miles** and the # of **calories** you burned while doing the exercise.

Note: The Treadmill row on your journal can be used to record exercises without using a machine. Or simply add Jogging to the blank row and record the miles and minutes you jogged. e.g. Enter 1.3 miles of jogging for 15 minutes and leave the calories blank.

Visit us at [ProfessionalsHealthConnection.com](https://professionalshealthconnection.com) if you have suggestions, comments or stories to share. We would love to hear from you. Follow Us and be sure to share the Health Benefits of exercising with your family and friends too!!



Warm-Up - Elliptical Machine

Use the same exercise for longer periods of time (20 minutes or more) to improve your **Endurance**.

- **Step 1:** Step on the elliptical trainer.
- **Step 2:** Choose the menu option you want to use. You can select a set program or use the manual settings. If prompted, enter your age and weight -this will give you a better estimate of the number of calories you burn during your workout.
- **Step 3:** Grasp the handles with the metal bars while using the machine. This feature helps by monitoring your heart rate to make sure that your workout is in the optimal range for your age.



Warm-Up - Treadmill Machine

Use the same exercise for long periods of time (1/2 hour or more) to improve your **Endurance**.

- **Step 1:** Step on the sides of the treadmill (not the rotating mat).
- **Step 2:** Choose the option you wish to use from the menu. You can select a set program or you can use the manual settings. You may be asked to enter your age and weight so that you can get an estimate of the number of calories you burn during your workout.
- **Step 3:** Start the program, then step on the rotating mat.
- **Step 4:** Grasp the handles with the metal bars while using the machine. This feature helps by monitoring your heart rate to make sure that your workout is in the optimal range for your age.

Variations: Walking, Jogging, Running and Walking Incline.

What it does:

Running: Treadmill running is a cardiovascular and calisthenics exercise that targets the quads and to a lesser degree the calves, glutes, hamstrings and hip flexors.

Jogging / Walking: Treadmill Jogging and Walking are cardiovascular exercises that targets the quads and to a lesser degree the glutes and hamstrings.

Walking Incline: The incline treadmill walk is a cardiovascular exercise that targets the calves and to a lesser degree the groin, quads, glutes, hamstrings, hip flexors and outer thighs.



Warm-Up - Walking

Use the same exercise for long periods of time (1/2 hour or more) to improve your **Endurance**.

- **Step 1:** Stand with your torso in an upright position, with good posture. Keep your core tight.
- **Step 2:** Begin walking as you normally would, focus on landing between your heel and the middle of your foot. Try not to land straight on your heel or flat on your feet.
- **Step 3:** Be sure to swing your arms back and forth as you walk. Do not let your arms just hang down at your sides.
- **Step 4:** Complete exercise for the desired amount of time.



Weekly Exercise Plan

Journal - Core

Keep the companion journal as indicated and it will be your motivation to stick with your goals.

Week of <u>11/27</u>		Monday		Wednesday	
		Reps	Sets	Reps	Sets
Core	Air Bike	12	3		
	Push-Ups			5	2
	Bird Dog			12	3
	Crunch	10	3		
	Plank	1	3 - 30"		
	Wood Chops			6	3

1. If you haven't done so already when you recorded your warm-up, **Record** the **Week** the Journal is for. E.g. 11/27.
2. **Enter** the information in the column for the **day of the week** you are performing the exercise. e.g. Monday.
3. **Record** the # of **Repetitions (Reps)** and the # of **times** you were able to complete the reps. e.g. If I'm starting and can do 6 reps, then that's 1 set. If you can do 6 reps 3 times, that's 3 sets. For the Plank, since this exercise is recorded in minutes, I made a note of my starting time, which is 30 seconds (good time for a beginning plank).

Note: Try to do strength exercises for all of your major muscle groups on 2 or more days per week for 30-minute sessions each. **Don't exercise the same muscle group on any 2 days in a row.** For e.g. if you only have time for exercises on Monday, Tuesday and Wednesday, do arm strengthening exercises on Monday, do legs on Tuesday and endurance on Wednesday. You get the idea.



Core Strength - Elbow to Knee (Air Bike)

- **Step 1:** Lie on your back with your lower back pressed against the mat.
- **Step 2:** Place your hands behind your head to support your neck.
- **Step 3:** Lift your upper body off the mat while bringing your knees above your torso and your legs parallel to the floor.
- **Step 4:** Lift your upper body off the mat and alternating elbows and knees, extend your left leg straight out (don't touch the floor) while bringing your right knee toward your torso (like you are riding a bicycle) - crunch sideways so that your left elbow extends toward your right knee.
- **Step 5:** Using your abdominals crunch upwards and sideways.
- **Step 6:** Repeat, alternating knees and elbows.

What it does: The elbow to knee exercise is a calisthenics and Pilates exercise that targets the abs.

How to do it: Lifting your left knee to your right elbow for 8 reps, then your right knee to your left elbow for 8 reps. Your motions will be like you are riding an 'air bike'. Start with 3 sets and build up until you can do 4 sets of 12 reps on each side.

Tip: For an easier version, keep one foot on the floor.

Tip: For a better workout, contract your abs, support your neck and work out slowly. The slower you go, the better you work your abs.



Core Strength – Push-Ups

For a Close Grip Push-Up, lay face down on the floor, or a mat, with your feet together curled slightly so you rise on the ball of your feet.

Closed Grip Push-Up

- **Step 1:** Place your hands close together so your thumbs and index fingers form a triangle on the floor.
- **Step 2:** Draw your abs in and inhale as you raise your body up till your arms are straight.
- **Step 3:** Keep your head and neck level with your body (don't look up or down) and don't allow your back to rise or fall.
- **Step 4:** Exhale out as you lower your body back to the ground.
- **Step 5:** Repeat

Wide Grip Push-Up

- **Step 1:** Move your hands out to a position slightly wider than your shoulders.
- **Step 2 - 5:** Same as above.

Notes: A **push-up** is a basic common calisthenics exercise performed in a prone position by raising and lowering the body using the arms. Push-ups exercise the pectoral muscles, triceps and anterior deltoids, with secondary benefits to the rest of the deltoids and the midsection.

What it does: Strengthens the muscles of the chest, arms and shoulders.



Core Strength - Bird Dog

- **Step 1:** Kneel on the floor and face down (prone) with your hands under shoulder with extended elbows.
- **Step 2:** Point your fingers forward with your palms resting on the floor.
- **Step 3:** Keeping your spine straight without arching up or down and extend your left leg to hip height and right arm to shoulder level. Your shoulder should be parallel to the floor.
- **Step 4:** Keep your abdominal muscles tucked in.
- **Step 5:** Look straight ahead so that your neck can maintain the alignment to the rest of the body.
- **Step 6:** Hold this position for 4 seconds then come back to the starting position.
- **Step 7:** Repeat on each side 10 times.

Tip: Don't stop breathing, keep your extended arm and leg straight - don't arch up or down.

What it does: A total body exercise that targets the lower back and to a lesser degree the traps, shoulders, abs, glutes and hamstrings.



Core Strength - Stability Ball Ab Crunch

- **Step 1:** Sit on top of an exercise or stability ball with your feet placed firmly on the floor for support.
- **Step 2:** Center yourself with your lower back in the middle of the ball.
- **Step 3:** Lie back and bring your hands across your chest or put your hands on either side of your head over your ears.
- **Step 4:** Raise your head, chest and shoulders off the ball. Crunching your abs as you sit upright.
- **Step 5:** Pause for a moment and then lower yourself to the starting position.

What it does: The crunch exercises the abs and this crunch uses a Stability Ball which allows you a better range of movement because it adapts better to your spine and eases pressure on your lower back.

How to do it: Center yourself on an exercise ball, forming a c-shape, lift your torso off the ball toward the ceiling.

Tip: For best results, use a full range of motion.

Do not jerk your weight up. Focus on **utilizing your abs** to raise your body up. Move slowly and deliberately. Focus on “crunching” your abs. You are not doing a sit up where you raise your torso off the ground. You want to form a C-shape with your body.

Variations

- You can do this on an exercise mat instead of a stability ball.
- Try holding a weight plate in your hands.
- Hold your hands out in front of you instead of against your chest. Make sure you keep your arms stationary. Don't swing your arms to propel your body up as you crunch.



Core Strength - Plank

- **Step 1:** Face-down position on the floor.
- **Step 2:** Support your weight on your toes and your forearms.
- **Step 3:** Bend your arms directly below the shoulder.
- **Step 4:** Keep your body straight and hold this position as long as possible.

What it does: Excellent exercise for strengthening the abdominal muscles (abs).

How to do it: Lying face down, with your body straight, lean on your arms and your toes. There is a normal tendency to lift your buttocks, but be sure to keep your body as flat as a board. Record your progress and increase duration as you progress.

Tip: Do not lift your buttocks – be sure your body is flat as a board.

Note: This is a challenging exercise with many variations. For this ‘classic’ plank you can expect when you begin or increase time, your arms will shake as you try to maintain your body weight. This is perfectly normal.



Core Strength - Kneeling Cable ‘Wood’ Chop

- **Step 1:** Attach a rope to a high pulley of a cable station. Get down on your knees so that your right side is facing the station.
- **Step 2:** Grab the top of the rope with your right hand and grab the bottom of the rope with your left hand. Both are overhand grips and your torso should be turned toward the cable machine.
- **Step 3:** Begin by pulling rope down past your left hip while simultaneously rotating your torso to the left.
- **Step 4:** Pause, then slowly reverse your movement back to the starting position.

What it does: The kneeling cable chop is an exercise that targets the obliques (muscles on the side of your abs) and to a lesser degree the abs and lower back.

Tip: Twist your entire body with this exercise, but really focus on getting maximal torso rotation and a strong clinch at the end of the movement. To ensure a good mind-muscle connection, keep your abs tense at all times.



Weekly Exercise Plan

Journal – Upper-Body

Keep the companion journal as indicated and it will be your motivation to stick with your goals.

		Monday		Wednesday	
		Lbs.	Reps. / Sets	Lbs.	Reps / Sets
Week of <u>11/27</u>					
Upper-Body	Bicep Curl	10	6 / 3		
	Tricep Push Down	30	6 / 3		
	Seated Row			30	10 "
	Wall Push-Up				6 / 3
	Tricep Extension	30	6 / 3		
	Chair Dip				6 / 3

For this Upper Body routine, we've mixed in some office exercises so you can get in the habit. Remember that this is a lifestyle change that is dependent upon cues that will make it a habit.

A cue can be that every 45 minutes you get up from your desk for 5 minutes of wall push-ups. After awhile you will see :45 on the clock

and immediately think of getting up from your desk.

Remember, ALL activity will have a positive impact.

1. If you haven't done so already, record the **Week** the Journal is for. e.g. This is for 11/27.
2. **Enter** the information in the column for the **day of the week** you are performing the exercise. e.g. Monday.
3. **Record** the # of Lbs. you are able to lift and the # of **Repetitions (reps)**. e.g. if you are just starting, try to use weights that are just heavy enough to allow you to do 6 reps. More than that may be too light and less may be too heavy.



Arm Strength - Bicep Curl

- **Step 1:** Sit on a bench with your feet firmly on the floor and your back straight.
- **Step 2:** Grasp a dumbbell in each hand with your palms facing each other and the dumbbells are at your side.
- **Step 3:** Slowly exhale and curl your arms up so your palms are facing up.
- **Step 4:** Raise the weights until your biceps are at shoulder level.
- **Step 5:** Squeeze your biceps at the top and inhale as you slowly lower to the starting position.

Note: If possible use a short-backed bench to help your posture or stand against a wall.

What it does: Strengthens the biceps and to a lesser degree, the forearms.



Arm Strength - Tricep Push Down

- **Step 1:** Feet shoulder width apart, face a high pulley machine with an attached bar at shoulder level height and grasp it with your palms facing down (pronated). Hold the bar close to your chest (starting position).
- **Step 2:** Keep your body stationary, with a slight bend in your elbows and your wrist steady. Exhale as you lower the bar by completely extending your arms downward until the bar touches your thighs.
- **Step 3:** Hold for a moment and then inhale as you slowly return the bar to shoulder level.
- **Step 4:** Repeat for a complete set.

What it does: Lats and to a lesser degree triceps.



Arm Strength - Seated Cable Row

- **Step 1:** Sit at a low pulley machine with your feet resting against the footrests and your knees slightly bent.
- **Step 2:** With your abs drawn in and your back straight lean forward slightly to grasp the handles with an overhand grip (palms face downwards).
- **Step 3:** Slowly bring the pulleys back towards your abs while sitting upright, keep your elbow close to your chest and squeeze your shoulder blades together.
- **Step 4:** Hold for a second then slowly return the pulleys to the starting position.
- **Step 5:** Repeat.

What it does: An exercise to strengthen the middle back, biceps and lower back.

Tip: Make sure that your back is straight and do not lock your knees when rowing back.



Arm Strength - Wall Push-Up

- **Step 1:** Standing at arm's-length away from the wall, place your hands on the wall shoulder-width apart and at chest level. Move your feet out behind you and stand on your toes.
- **Step 2:** Bend your elbows and move your upper body toward the wall. Elbows should be bent 90 degrees.
- **Step 3:** Next, push yourself back up into the starting position as quickly as possible and exhale while doing so.

What it does: Strengthens your Upper-body – Chest / Shoulders / Arms

How to do it: Stand a few feet away from a wall. Place your hands just wider than your shoulders on the wall. Pull your abs in, bend your elbows and lower your body towards the wall until your elbows are at 90 degree angles. Keep your back straight! Push away from the wall while exhaling.



Arm Strength - Tricep Extension

- **Step 1:** Stand with your feet shoulder width apart, your back straight and your abs drawn in.
- **Step 2:** Hold a dumbbell with both hands, palms facing upward.
- **Step 3:** Carefully raise the dumbbell overhead. This is your starting position.
- **Step 4:** Keep your upper arms stationary as you inhale and lower the dumbbell behind your head.
- **Step 5:** Exhale as you raise the dumbbell back to the starting position.
- **Step 6:** Repeat for a complete set.

What it does: Strengthens the triceps.

Note: Keep your elbows close to your head during this exercise.



Arm Strength - Chair Dip

- **Step 1:** Begin sitting in a sturdy chair.
- **Step 2:** Hold onto the front of the chair as you scoot your hips and feet out.
- **Step 3:** While keeping your back close to the chair, slowly bend at the elbows and try to go down to 90 degrees.
- **Step 4:** Return and repeat.

What it does: Strengthens your upper-body, primarily the Triceps

How to do it: Be sure the chair is secure against a wall. Keeping your arms behind you on the seat of the chair, use your arms to push your body off the chair, and imagine that you are trying to sit on a footstool that's almost the height of your chair seat and it's just in front of your chair.



Weekly Exercise Plan

Journal – Lower-Body

Keep the companion journal as indicated and it will be your motivation to stick with your goals.

		Monday		Wednesday	
		Reps	Sets	Reps	Sets
Lower-Body	Back Leg Raise			12	3
	Side Leg Raise			12	3
	Bodyweight Squats	5	2		
	Side Squats	2	2		
	Chair Stand	6	3		
	Lying Leg Curl	12	3		
	Lying Hip Abduction	12	3		
	Toe Stand			12	3

1. If you haven't done so already when you recorded your warm-up, **Record** the **Week** the Journal is for.
2. **Enter** the information in the column for the **day of the week** you are performing the exercise.
3. **Record** the # of **Repetitions (Reps)** and the # of **times** you were able to complete the reps. e.g. If I'm starting and can do 6 reps, then that's 1 set. If you can do 6 reps 3 times, that's 3 sets.

Note: Try to do strength exercises for all of your major muscle groups on 2 or more days per week for 30-minute sessions each. **Don't exercise the same muscle group on any 2 days in a row.**



Lower Back Strength - Back Leg Raise

- **Step 1:** Stand behind a sturdy chair and hold the chair back for balance. Breathe in slowly.
- **Step 2:** Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
- **Step 3:** Hold position for 1 second.
- **Step 4:** Breathe in as you slowly lower your leg.
- **Step 5:** Repeat 10-15 times then repeat 10-15 times with your other leg.

What it does: Strengthens your buttocks and lower back.



Strength - Side Leg Raise

- **Step 1:** Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
- **Step 2:** Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
- **Step 3:** Hold position for 1 second.
- **Step 3:** Breathe in as you slowly lower your leg.
- **Step 5:** Repeat 10-15 times.
- **Step 6:** Switch legs.

What it does: Strengthens your hips, thighs and buttocks.

Note: To move to intermediate add ankle weights and increase the weight as you progress.



Leg Strength - Bodyweight Squats

- **Step 1:** Stand straight with your feet shoulder width apart.
- **Step 2:** Bend at the knees, push your hips out and bend down. Picture yourself sitting in a chair.
- **Step 3:** Once your hips are parallel with your knees, return to your starting position.
- **Step 4:** Repeat exercise as desired.

What it does: Strengthens your quads and to a lesser degree the glutes and hamstrings.



Leg Strength - Side Squats

- **Step 1:** Stand with your feet wide apart, with the foot of the leg you will be leaning on angled out.
- **Step 2:** Bring your lower body to your foot by bending the hip and knee of your lead leg, and keep the opposite leg fairly straight.
- **Step 3:** Return to the starting position and switch legs.

What it does: Strengthens your quads and to a lesser degree hamstrings and hip abductors.



Strength - Chair Stand

- **Step 1:** Sit toward the front of a sturdy chair and bend your knees. Keep your feet flat on the floor, shoulder-width apart.
- **Step 2:** Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
- **Step 3:** Breathe out and bring your upper body forward until sitting upright.
- **Step 4:** Extend your arms so they are parallel to the floor and slowly stand up.
- **Step 5:** Breathe in as you slowly sit down.
- **Step 6:** Repeat 10-15 times.

What it does: Strengthens your abdomen and thighs.

Note: If you have knee or back problems, talk with your doctor before trying this exercise.



Leg Strength - Lying (Prone) Leg Curl

- **Step 1:** Lie face down on a leg curl machine and place your heels under the roller pad (be sure it's a few inches below your calves).
- **Step 2:** Grasp the grips with your hands for support and slowly curl your ankles up towards your back and keep your torso flat on the bench.
- **Step 3:** Hold for a moment and then return to starting position.
- **Step 4:** Repeat.

What it does: Strengthens the hamstrings.



Leg Strength - Lying Hip Abduction

- **Step 1:** Lay on your left side with your body in a straight line.
- **Step 2:** Bend your left knee and keep your right leg straight.
- **Step 3:** Keep your leg straight and lift your top leg as high as you can and then lower it back down.
- **Step 4:** Repeat 12 times, then switch sides and repeat.

What it does: Strengthens the hip flexors and to a lesser degree the outer thighs.

Variations: After you have mastered your form and are ready to advance from beginner, use a resistance band or ankle weights to increase difficulty.



Strength - Toe Stand (tippy-toe)

- **Step 1:** Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
- **Step 2:** Breathe out and slowly stand on you right foot and raise up on your tiptoes, as high as possible.
- **Step 3:** Hold position for 1 second.
- **Step 4:** Breathe in as you slowly lower heel to the floor.
- **Step 5:** Repeat 10-15 times each leg.

What it does: Strengthens your calves and ankles.



Weekly Exercise Plan

Journal – Cool-Down

Keep the companion journal as indicated and it will be your motivation to stick with your goals.

Week of <u>11/27</u>		Monday		Wednesday	
		Miles	Minutes/ Calories	Miles	Minutes/ Calories
Cool-Down	Elliptical	.8	10 / 45		
	Treadmill				
	Walking				
	Jogging			1	15

If pressed for time, cut the strength exercises but don't skip the warm-up or cool-down. They are a very important part of your exercise routine.

Record your journal as you did for your warm-up. For your cool-down, you'll want to focus on lessening the intensity. For example, if you want to jog, doing it more slowly. Your goal is to decrease your heart rate.

1. **Record** the **Week** the Journal is for. E.g. 11/27.
2. **Enter** the information in the column for the **day of the week** you are performing the exercise. e.g. Monday.
3. **Record** the # of **miles** and the # of **calories** you burned while doing the exercise.

Note: The Treadmill row on your journal can be used to record exercises without using a machine. Or simply add Jogging to the blank row and record the miles and minutes you jogged. e.g. Enter 1.3 miles of jogging for 15 minutes and leave the calories blank.



Cool-Down - Elliptical Machine

- **Step 1:** Step on the elliptical trainer.
- **Step 2:** Choose the menu option you want to use. You can select a set program or use the manual settings. If prompted, enter your age and weight -this will give you a better estimate of the number of calories you burn during your workout.
- **Step 3:** Grasp the handles with the metal bars while using the machine. This feature helps by monitoring your heart rate to make sure that your workout is in the optimal range for your age.



Cool-Down - Treadmill Machine

- **Step 1:** Step on the sides of the treadmill (not the rotating mat).
- **Step 2:** Choose the option you wish to use from the menu. You can select a set program or you can use the manual settings. You may be asked to enter your age and weight so that you can get an estimate of the number of calories you burn during your workout.
- **Step 3:** Start the program, then step on the rotating mat.
- **Step 4:** Grasp the handles with the metal bars while using the machine. This feature helps by monitoring your heart rate to make sure that your workout is in the optimal range for your age.

Variations: Walking, Jogging, Running and Walking Incline.

What it does:

Running: Treadmill running is a cardiovascular and calisthenics exercise that targets the quads and to a lesser degree the calves, glutes, hamstrings and hip flexors.

Jogging / Walking: Treadmill Jogging and Walking are cardiovascular exercises that targets the quads and to a lesser degree the glutes and hamstrings.

Walking Incline: The incline treadmill walk is a cardiovascular exercise that targets the calves and to a lesser degree the groin, quads, glutes, hamstrings, hip flexors and outer thighs.



Cool-Down - Walking

- **Step 1:** Stand with your torso in an upright position, with good posture. Keep your core tight.
- **Step 2:** Begin walking as you normally would, focus on landing between your heel and the middle of your foot. Try not to land straight on your heel or flat on your feet.
- **Step 3:** Be sure to swing your arms back and forth as you walk. Do not let your arms just hang down at your sides.
- **Step 4:** Complete exercise for the desired amount of time.



Weekly Exercise Plan

Journal - Overall

Week of <u>11/27</u>	Sunday		Monday	
	Time	Feeling	Time	Feeling
Overall	35	Happy	25	Frazzed

1. If you haven't kept the rest of the journal, you should keep this page. **Record** the **Week** the Journal is for. E.g. 11/27.
2. **Enter** the information in the column for the **day of the week** you are performing the exercise. e.g. Monday.
3. **Record** the **overall time** you spent exercising – including **warm-up** and **cool-down** but you'll want to **make a note** of how long you were performing strength exercises. This is where the motivation comes in.
4. **Record** how you were **feeling** that day. We all have good days and bad days; Mondays and Fridays just feel different. Record how you feel – were you not feeling well that day, but were able to exercise for 45 minutes anyway? Were you happy but wanted to finish up early so you only did 10 minutes of strength. We've all had those days and it's important to record them as this journal is for you to analyze to understand your patterns. You are unique and this is personal. It's not for anyone else so be honest and record those ups and downs. We all have 'em...

After 3 weeks, pull out your journal and look at the 3 weeks.

Did you exercise for a shorter period of time but for longer reps or sets when you were preoccupied with a project at work? If you were angry, did you 'crush it' at the gym?

Taking into consideration the information you gathered, plan your down-days accordingly.

And the most important thing – don't give up. If you skip a week or two, no problem, just pick it back up the next week. Stay active and stay happier and healthier!

Wishing you the Best of Health!



the Joan E Wilder Team...