



- 1 Use Caution: Don't overdo it. Never increase activity by more than 10 percent a week, take precautions to avoid injury, drink plenty of water, and be aware of your environment. Above all, check with your doctor before you begin any fitness program.
- 2 Equip yourself: You can use weights, tubing, or a combination of both. The weight or resistance should be just enough so that your muscles are fatigued after 10 to 12 repetitions of an exercise.
- 3 Ready to begin: Remember, you don't have to engage in strenuous exercise to gain the benefits. Checking your heart rate at the beginning of and during your workout can help keep your intensity level where you want it. Wear comfortable clothing, and consider turning on your favorite tunes to keep you moving.
- 4 Warm Up: To avoid injury, prevent muscle pulls and tears, and improve flexibility, warm up before you begin any vigorous activity. Warm up your muscles by walking briskly or jogging slowly for two to five minutes. Cool down after your workout with a few stretches, holding each stretch for 20 seconds.
- 5 Take a walk: Walking after your workout and between strength-training days is a great way to burn extra calories and make your plan more effective. Adding walking to your workout can make you 5 to 8 years younger! Try walking with a friend to stay motivated.
- 6 Build strength: Each week, do a little more. Whether it's the intensity or duration of your workout, try to increase your workout by 5 to 10 percent each week.

Saturday

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Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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