

IMPROVED HEALTH WORKOUT CALENDAR

GENTLE CHAIR WORKOUTS (if you are new, or returning to fitness, this is for you!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 min Gentle Chair Exercises https://youtu.be/R-w2Esi8p08	15 min Gentle Chair https://youtu.be/G7TfsQQHs2U	10 min Gentle Seated Movement https://youtu.be/L0bHG-58M3I	15 min Gentle Chair Exercises https://youtu.be/OrXf01JWAPU	13 min Exercises for Arthritis https://youtu.be/dADrk4J8o9E	15 min Exercises to improve ROM, posture/flexibility https://youtu.be/F0nlyZSA1pE	13 min Relaxing Seated Stretch https://youtu.be/-ljiYyAblyA
10 min Gentle Seated Movement https://youtu.be/L0bHG-58M3I	15 min ROM Exercises https://youtu.be/8u4SvaWzWEI	25 min COPD Gentle Exercises https://youtu.be/hJNDRSwf9dA	15 min Gentle Exercise for Dementia (but works for anyone) https://youtu.be/9nDBY2tH3II	18 min Leg Strength Routine https://youtu.be/GozNPmu5S2c	10 min Gentle Exercise with Zoe and Mom https://youtu.be/b-ewOS7Axw	5 min Seated Stretch https://youtu.be/gEECHy5tDKY
15 min Gentle Chair Exercises https://youtu.be/OrXf01JWAPU	20 min Gentle Exercises to improve ROM, posture/flexibility https://youtu.be/GTQFE31jDk	10 min Gentle Seated Movement https://youtu.be/L0bHG-58M3I	25 min Gentle Seated Routine https://youtu.be/EQXaMGLR6e4	15 min Exercises to improve ROM, posture/flexibility https://youtu.be/F0nlyZSA1pE	25 min Gentle ROM exercises (with ball) https://youtu.be/fnlQbefxnI8	17 min plus 8 min Stretch and Mindfulness https://youtu.be/79ufeJclpfE
15 min Exercises to improve ROM, posture/flexibility https://youtu.be/FOnlyZSA1pE	15 min Gentle Chair Exercises https://youtu.be/OrXf01JWAPU	25 min All-in-One Gentle Exercises https://youtu.be/G96BbsxZfs8	20 min Gentle Exercises https://youtu.be/E2YqFYFLSbE	30 min Gentle Chair Exercises https://youtu.be/GskHIA3iE5Q	60 min Gentle Chair Exercises https://youtu.be/Cv1EZMqXTRo	20 min Seated Stretch https://youtu.be/IDOsaAsiY2I

TIPS: The best way to be successful with exercising is to be consistent and exercise EVERY day. It doesn't have to be a lot, even just 10 minutes a day to start. When people start with too much, they end up getting discouraged or injured. Start slowly, be proud of what you do, and come back the next day. Over time, you can add on more. Don't focus on the scale. Focus on how much better exercise makes you feel, how your energy and sleep is better, how your blood sugar, blood pressure and mood is improving, and how you're better able to cope with stress.

SUGGESTION: Cross out the ones you don't particularly like (or keep track of it) and highlight the ones you do like. That way you'll come back to the ones that you enjoy which will keep you more motivated and interested each week/month. You can also hit 'save' under the video and create your own playlist of your favourite workouts.

WHY EXERCISE? Because your future depends on it, and because YOU ARE WORTH IT!