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| IMPROVED HEALTH WORKOUT CALENDAR |
| GENTLE CHAIR WORKOUTS (if you are new, or returning to fitness, this is for you!) |

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| 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/F0nIyZSA1pE> | 13 min Relaxing  Seated Stretch  <https://youtu.be/-ljjYyAbIyA> |
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| 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/9nDBY2tH3lI> | 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> |
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| 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/F0nIyZSA1pE> | 25 min Gentle ROM exercises (with ball)  <https://youtu.be/fnlQbefxnl8> | 17 min plus 8 min  Stretch and Mindfulness  <https://youtu.be/79ufeJclpfE> |
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| 15 min Exercises to improve ROM, posture/flexibility  <https://youtu.be/F0nIyZSA1pE> | 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/lDOsaAsIY2I> |
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**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!