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| IMPROVED HEALTH WORKOUT CALENDAR |
| TRUE BEGINNER CALENDAR (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 GentleMotivational Walk<https://youtu.be/Rno9I77zWi4> | 10 min Feel Good Gentle Walk<https://youtu.be/ilm_Av17sS8> | 10 min Gentle Walk (Lower Blood Sugar)<https://youtu.be/sxBmITOwQ54> | 10 min GentleWalk<https://youtu.be/EgUpLgyx0zo> | 15 min Walk(Lower Blood Sugar)<https://youtu.be/LQKFpP_iHNM> | 10 Exercises to Improve Posture(seated or standing)<https://youtu.be/oEddsRzpROQ> | 15 min Walk<https://youtu.be/6YKGcF6j0Zk>+ 3 min Breathing Space<https://youtu.be/j-Z05Twts70> |
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| 10 min GentleMotivational Walk<https://youtu.be/Rno9I77zWi4>+ 5 min Core<https://youtu.be/n3z6GVr6WL4> | 15 min 50/60/70’s music<https://youtu.be/oKntB8Cemng> | 13 min EasyWalk<https://youtu.be/H9x_HD7G0bg>+ 5 min Core<https://youtu.be/n3z6GVr6WL4> | 10 min Happy & Easy Walk<https://youtu.be/m0VCwj8UGCA> | 10 min Gentle Recovery Walk<https://youtu.be/hJ17YWKjVjA> | 10 min Gentle Walk with Stretching<https://youtu.be/yV1M901uuWU> | 9 min Stretch & Tone<https://youtu.be/WST5oePI4bI> |
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| 10 min GentleMotivational Walk<https://youtu.be/Rno9I77zWi4> | 22 min EveningWorkout (can do anytime)<https://youtu.be/lnUbb24xDjA> | 15 min Gentle Exercises (Day 1)<https://youtu.be/7VBjpEQ2kn0> | 15 min GentleExercises (Day 2)<https://youtu.be/VGA2bTXqtfQ> | 15 min GentleExercises (Day 3)<https://youtu.be/jbLK7CCkAow> | 17 min GentleExercises (Day 4)<https://youtu.be/qciddTIumj8> | 16 min GentleExercises (Day 5)<https://youtu.be/KoqeiJHzo4s> |
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| 10 min GentleMotivational Walk<https://youtu.be/Rno9I77zWi4> | 30 min GentleAll-in-OneWorkout<https://youtu.be/RIIJgWC6rFs> | 15 min GentleWalk with ArmsChallenge<https://youtu.be/sEgsesr04pU> | 15 min GentleWalk<https://youtu.be/gtjEhdhJ7Bc> | 10 min GentleWalk<https://youtu.be/WpE6ETCy55k> | 15 min Interval Walk<https://youtu.be/QSouw0Ot1V0> | 19 min Stretches and Mindfulness<https://youtu.be/fUb8qRAN_ws> |
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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.

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