

IMPROVED HEALTH MARCH WORKOUT CALENDAR

BEGINNER LEVEL WORKOUTS (add on more workouts to suit YOU)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|--|
| <p>Anytime you need motivation...</p> <p>10 min Gentle Motivational Walk https://youtu.be/Rno9I77zWi4</p> | <p>STRETCHES to add on anytime:</p> <p>20 min Stretch & Mindfulness: https://youtu.be/fUb8qRAN_ws</p> | <p>5 min Stretch: https://youtu.be/gEECHy5IDKY</p> <p>13 min Stretch: https://youtu.be/-ljjYyAblyA</p> | <p>Stretches to relieve back pain: https://youtu.be/fjX8Q-B18</p> <p>12 min Stretch: https://youtu.be/EoyTf8Q7Fh4</p> | <p>Stack workouts to get the amount of exercise you want (aim for 30 min).</p> | <p>1 15 min Healthy Walk https://youtu.be/sA645DcU2YA</p> | <p>2 15 min Beginner Walking Workout with hand weights https://youtu.be/_d_eqtI8GtE</p> |
| <p>3 10 min Music from the 50's, 60's, 70's https://youtu.be/pOGQlatXS5E</p> | <p>4 30 min LISS workout https://youtu.be/4hgdCe96mc0</p> | <p>5 35 min Cardio and Strength (with instruction) https://youtu.be/_ju90x3W_jg</p> | <p>6 20 min Beginner Hiit https://youtu.be/YGw0eJzLad4</p> | <p>7 15 min Legs, Hips & Glutes https://youtu.be/d8X8ZIYDIUQ</p> | <p>8 20 min Low Impact Beginner https://youtu.be/y_xKgfYHkX4</p> | <p>9 10 min Senior-Friendly Cardio https://youtu.be/Ed2adYuqWMI</p> |
| <p>10 10 min Classic Rock Workout https://youtu.be/-xA6_G33zr8</p> | <p>11 20 min Hiit Workout https://youtu.be/bmYc5GME4IA</p> | <p>12 40 min All-in-One https://youtu.be/piQfWroJYok</p> | <p>13 15 min Lower your Blood Sugar https://youtu.be/6YKGcF6j0Zk</p> | <p>14 15 min Strength Exercises (chair for support) https://youtu.be/-mezmalW4mk</p> | <p>15 15 min Evening Workout https://youtu.be/lnUb24xDjA</p> | <p>16 11 min Walk with weights https://youtu.be/14IbwFjSKtc</p> |
| <p>17 10 min Happy Walk for Beginners https://youtu.be/VDcb-srSdlo</p> | <p>18 20 min Beginner Hiit https://youtu.be/YGw0eJzLad4</p> | <p>19 20 min Functional Fitness (talking) https://youtu.be/vfqZBkernzg</p> | <p>20 30 min LISS workout https://youtu.be/4hgdCe96mc0</p> | <p>21 15 min Barre (strength/balance) https://youtu.be/IWLWVb_Y7HI</p> | <p>22 20 min Hiit Workout https://youtu.be/bmYc5GME4IA</p> | <p>23 15 min Walking Workout https://youtu.be/H4R1xvcP94E</p> |
| <p>24 20 min 1970's Music Workout https://youtu.be/xqAT8qQB4g</p> | <p>25 15 min Lower your Blood Sugar with Walking https://youtu.be/LQKFpP_iHNM</p> | <p>26 15 min Strength Exercises (chair for support) https://youtu.be/-mezmalW4mk</p> | <p>27 15 min Beginner Walking Workout with hand weights https://youtu.be/_d_eqtI8GtE</p> | <p>28 20 min Functional Fitness (talking) https://youtu.be/vfqZBkernzg</p> | <p>29 20 min Low Impact Beginner https://youtu.be/y_xKgfYHkX4</p> | <p>30 15 min Evening Workout https://youtu.be/lnUb24xDjA</p> |