

IMPROVED HEALTH WORKOUT CALENDAR

TRUE BEGINNER CALENDAR (if you are new, or returning to fitness, this is for you!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 min Gentle Motivational 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 Gentle Walk 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
10 min Gentle Motivational 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 Easy Walk 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/WST5oePI4bl
10 min Gentle Motivational Walk https://youtu.be/Rno9I77zWi4	22 min Evening Workout (can do anytime) https://youtu.be/lnUbb24xDjA	15 min Gentle Exercises (Day 1) https://youtu.be/7VBjpEQ2kn0	15 min Gentle Exercises (Day 2) https://youtu.be/VGA2bTXqtfQ	15 min Gentle Exercises (Day 3) https://youtu.be/jbLK7CCkAow	17 min Gentle Exercises (Day 4) https://youtu.be/qciddTlumj8	16 min Gentle Exercises (Day 5) https://youtu.be/KoqeijHzo4s
10 min Gentle Motivational Walk https://youtu.be/Rno9I77zWi4	30 min Gentle All-in-One Workout https://youtu.be/RIJqWC6rFs	15 min Gentle Walk with Arms Challenge https://youtu.be/sEgsesr04pU	15 min Gentle Walk https://youtu.be/qtiEhdhJ7Bc	10 min Gentle Walk https://youtu.be/WpE6ETCy55k	15 min Interval Walk https://youtu.be/QSouw0Ot1V0	19 min Stretches and Mindfulness https://youtu.be/fUb8qRAN_ws

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!