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| IMPROVED HEALTH MARCH WORKOUT CALENDAR |
| BEGINNER LEVEL WORKOUTS (add on more workouts to suit YOU) |

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| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Anytime you need motivation…10 min Gentle Motivational Walk<https://youtu.be/Rno9I77zWi4> | **STRETCHES to add****on anytime:**20 min Stretch & Mindfulness:<https://youtu.be/fUb8qRAN_ws> | 5 min Stretch:<https://youtu.be/gEECHy5tDKY>13 min Stretch:<https://youtu.be/-ljjYyAbIyA> | Stretches to relieve back pain:<https://youtu.be/jfjX8Q_-B18>12 min Stretch:<https://youtu.be/EoyTf8Q7Fh4> | Stack workouts to get the amount of exercise you want (aim for 30 min).  | 115 min Healthy Walk<https://youtu.be/sA645DcU2YA> | 215 min Beginner Walking Workout with hand weights<https://youtu.be/_d_egtI8GtE> |
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| 310 min Music from the 50’s, 60’s, 70’s <https://youtu.be/pOGQlatXS5E> | 430 min LISS workout<https://youtu.be/4hgdCe96mc0> | 535 min Cardio and Strength (with instruction)<https://youtu.be/_ju90x3W_jg> | 620 min Beginner Hiit<https://youtu.be/YGw0eJzLad4> | 715 min Legs, Hips & Glutes<https://youtu.be/d8X8ZlYDlUQ> | 820 min Low Impact Beginner<https://youtu.be/y_xKgfYHkX4> | 910 min Senior-Friendly Cardio<https://youtu.be/Ed2adYuqwMI> |
| 10 | 11 |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 10 min Classic Rock Workout<https://youtu.be/-xA6_G33zr8> | 20 min Hiit Workout <https://youtu.be/bmYc5GME4IA> | 40 min All-in-One<https://youtu.be/piQfWroJYok> | 15 min Lower your Blood Sugar <https://youtu.be/6YKGcF6j0Zk> | 15 min Strength Exercises (chair for support)<https://youtu.be/-mezmalW4mk> | 15 min Evening Workout<https://youtu.be/lnUbb24xDjA> | 11 min Walk with weights<https://youtu.be/14IbwFjSKtc> |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 10 min Happy Walk for Beginners<https://youtu.be/VDcb-srSdlo> | 20 min Beginner Hiit <https://youtu.be/YGw0eJzLad4> | 20 min Functional Fitness (talking)<https://youtu.be/vfqZBkernzg> | 30 min LISS workout<https://youtu.be/4hgdCe96mc0> | 15 min Barre (strength/balance)<https://youtu.be/lWLWVb_Y7HI> | 20 min Hiit Workout <https://youtu.be/bmYc5GME4IA> | 15 min Walking Workout<https://youtu.be/H4R1xvcP94E> |
| 2420 min 1970’s Music Workout<https://youtu.be/xqA_T8qQB4g> | 2515 min Lower your Blood Sugar with Walking<https://youtu.be/LQKFpP_iHNM> | 2615 min Strength Exercises (chair for support)<https://youtu.be/-mezmalW4mk> | 2715 min Beginner Walking Workout with hand weights<https://youtu.be/_d_egtI8GtE> | 2820 min Functional Fitness (talking)<https://youtu.be/vfqZBkernzg> | 2920 min Low Impact Beginner<https://youtu.be/y_xKgfYHkX4> | 3015 min Evening Workout<https://youtu.be/lnUbb24xDjA> |
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