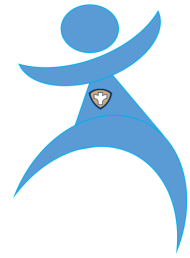


Exercise Plan



- ❖ **Hydrate, Hydrate, Hydrate**
- ❖ **Nutrition is key-** food is fuel for the body. Incorporate your snacks before or after exercise
- ❖ **Warm Up:** 2–5-minute walk or stretch
- ❖ **Cool Down:** 2–5-minute walk or stretch
- ❖ **Listen to your body:** if it hurts modify or don't do it
- ❖ **Did I mention, hydrate:** add an extra 12oz of water for every 1 hour of exercise

*Exercise Routine Option: this is a suggested exercise routine. You can mix it up, add/change items, just be sure to incorporate exercise each day. The listed sessions can be completed at home and should be 30-45 minutes.

*See separate files on optional beginner workouts: Beginner Cardio, Low Impact Home Workout, & Beginner Bodyweight Workout. There are numerous free yoga videos online participants can use for this program.

Day	Activity
1	Walk 1 mile
2	Body weight workout
3	Cardio at home
4	Yoga
5	Walk 1 mile
6	Body weight workout
7	Cardio at home
8	Yoga
9	Walk 1 mile
10	Body weight workout