

Exercise

Stick this on your fridge and tick each day off as you go. By the end of the month, exercising will be a new, healthy habit!

BEGINNERS

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1	15–30 mins moderate intensity exercise	Resistance training (1 set of each exercise only)	Rest	15–30 mins moderate intensity exercise	30 mins moderate intensity exercise	Rest	15–30 mins moderate intensity exercise
WEEK 2	Resistance training (1 set of each exercise only)	30 mins moderate intensity exercise	Rest	Resistance training (1 set of each exercise only)	15–30 mins moderate intensity exercise	30 mins moderate intensity exercise	Rest
WEEK 3	30 mins moderate intensity exercise	Resistance training (2 sets of each exercise)	15–30 mins moderate intensity exercise	Rest	30 mins moderate intensity exercise	Resistance training (2 sets of each exercise)	30 mins moderate intensity exercise
WEEK 4	Rest	30 mins moderate intensity exercise	Resistance training (2 sets of each exercise)	30 mins moderate intensity exercise	30 mins moderate intensity exercise	Resistance training (2 sets of each exercise)	Rest

PEOPLE WHO EXERCISE REGULARLY

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1	Cardio session (60 minutes)	Resistance training (2 sets of each exercise)	Rest	Cardio session (60 minutes)	Resistance training (2 sets of each exercise)	Cardio session (60–90 minutes)	Social walk with family or friends
WEEK 2	Resistance training (2 sets of each exercise)	Rest	Interval session with yoga/pilates/stretching	Resistance training (2 sets of each exercise)	Cardio session (60 minutes)	Cardio session (60 minutes)	Rest
WEEK 3	Circuit training (60 minutes)	Interval session with yoga/Pilates/stretching	Resistance training (2 sets of each exercise)	Cardio session (60 minutes)	Rest	Resistance training (2 sets of each exercise)	Cardio session (60–90 minutes)
WEEK 4	Interval session with yoga/pilates/stretching	Rest	Resistance training (2 sets of each exercise)	Cardio session (60 minutes)	Cardio session (60 minutes)	Resistance training (2 sets of each exercise)	Rest