

MOVEMENT PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTE: Aim to incorporate 3 types of exercise: cardio/aerobic (1-2x/wk), 2) weight/strength training (at least 2x/wk), 3) HIIT with plyometrics (1-2x/wk). Include stretching or yoga as well as outdoor activities (at least 1x/week).

Being active with non-exercise activities such as walking the dog, gardening, cleaning the house is also a great way to keep your muscles and joints engaged!