



This year, give yourself the gift of health.

Visit the Center for Disease control (CDC) if you are just beginning for proper form and guidelines.
www.cdc.gov/physicalactivity/everyone/videos/

Aerobic Exercise Guidelines

- 150 minutes of moderate aerobic exercise each week broken down into as little as 10 minute segments and
- Strength training at least 2 times weekly

Beginning Strength Training Plan

- Do 1-2 sets (of 8-12 repetitions each) at least 2 times weekly, begin with smaller weights (3-4 lbs)
- Do exercises to strengthen all seven (7) areas of the body; legs, hips, back chest, arms, abdominals, shoulders

Monthly Log for: _____

Exercise	Muscle Group	date	date	date	date	date	date	date
Toe lifts	lower legs, calves,							
Half Squats	legs, hips							
Superman	back							
Sit Ups	abdominals							
Push Ups	arms, shoulders chest							
Bicep Curl	arms							
Overhead press	back, arms, shoulders							

For more experienced exercises check out some of the physical fitness resources online and Youtube to keep you engaged and motivated including Sparkpeople.com and Blondeponytail.com.