

# Exercise for weight loss

## Beginner's plan

		M	T	W	T	F	S	S
WEEK	1	10-30 mins moderate intensity	10-30 mins moderate intensity	Rest	10-30 mins moderate intensity	Rest	10-30 mins moderate intensity	Rest
	2	10-30 mins moderate intensity	Rest	10-30 mins moderate intensity	10-30 mins moderate intensity	Rest	10-30 mins moderate intensity	Rest
	3	15-30 mins moderate intensity	15-30 mins moderate intensity	Rest	15-30 mins moderate intensity	Rest	15-30 mins moderate intensity	Rest
	4	15-30 mins moderate intensity	Rest	Strength training 30+ mins	15-30 mins moderate intensity	Rest	Flexibility training 30+ mins	15-30 mins moderate intensity

### What does it mean?

#### Strength training

Also known as resistance training, strength training conditions your muscles, joints and bones using resistance as force. You can use a resistance band, hand weights, your body weight or machines.

#### Moderate intensity

You should be working yourself hard enough to raise your heart rate and break a sweat, but still carry on a conversation.

**Activities:** walking, Pilates, light cycling, dancing, a light swim.

#### Flexibility training

This helps lengthen your muscles so you can move your joints through a full range of motion.

**Activities:** stretching, yoga, Pilates.