

WEEK 1 TRAINING PLAN

Grab your joggers and ease into your training with Libby's Week 1 guide

MONDAY

30-minute easy walk

→ Workout

Walk for 30 minutes (approximately 3km) at an easy-to-moderate pace

TUESDAY

5-minute home circuit

→ Warm up

Start with a little easy stretching (touch your toes, reach up high, side bends, etc)

→ Workout

Hit PLAY on Libby's 5-Minute Magic Movement routine (click on the link below to watch this in **HFG's 30-Day Reset** Facebook Group)

WEDNESDAY

30-minute interval walk

→ Warm up

Walk at an easy pace for 10 minutes

→ Workout

Walk for 5 minutes at a brisk pace

Walk for 5 minutes at a moderate pace

Walk for 5 minutes at a brisk pace

Walk for 5 minutes at a moderate pace

THURSDAY

Repeat Tuesday's circuit

FRIDAY

Repeat Wednesday's walk

SATURDAY

Rest & stretch day

Need some more stretching ideas? Just Google '5-minute Easy Stretching' and follow the free routines that pop up!

SUNDAY

Walkabout Sunday

Where ever possible, leave the car at home today and head out on foot. Going for brunch? Walk there and back. Off to the beach for a swim? Walk a few laps of the beach or surrounding area in between dips. Organise an outing with the kids or friends to walk and explore somewhere new. Pack a backpack with snacks, swimmers and a towel, boardgames and books, and just meander along, stopping to play/eat/swim whenever you come across somewhere interesting!



LIBBY BABET

PRO FITNESS TRAINER

When you're just starting out on your fitness journey, the best thing you can do is stop thinking of words like, "exercise" and "workout" as these can seem intimidating and time consuming. Instead, replace them with words like "movement" and "activity," since these open up all sorts of possibilities, making fitness more achievable. Focus on creating a fun movement culture for you and your family's lifestyle. For example, instead of lunching at your desk or kitchen table at work, get outdoors for a 20-minute walk. Or initiate a walking meeting with your team at 3pm when energy levels start to dip. Once you're home, instead of going from dinner table to couch or computer, go for a brisk evening walk. It's a lovely way to spend quality time with your partner and kids, or to catch up on a good podcast or two!

WALKING INTENSITY GUIDE

EASY PACE: A gentle stroll where you can walk and talk easily (approximately 5km per hour).

MODERATE PACE: You're lightly out of breath and can talk but not sing (approximately 6km per hour).

BRISK PACE: You're breaking a sweat and unable to hold a conversation (approximately 7km per hour).

[LINK TO
5-MINUTE MAGIC
MOVEMENT
ROUTINE](#)
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Healthy Food Guide
30-Day Reset