



# weeks one to four

## exercise plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week one	<b>Moderate intensity:</b> 15-minute walk/run/cycle	<b>Bodyweight exercises:</b> 3 x 10 every exercise	<b>High intensity:</b> 20-minute walk/run/cycle. Find a hilly track or stairs.	Active rest	<b>Friday Funday</b> try a yoga class via YouTube.	30-minute or 2 x 15-minute walk/run/cycle + physical challenge	Active rest
	<b>Physical challenge:</b> how many push ups can you do in 1 minute? Adjust position to knees if that's your level right now.						
Week two	<b>Moderate intensity:</b> 20-minute walk/run/cycle	<b>Bodyweight exercises:</b> 3 x 10 every exercise	<b>High intensity:</b> 20-minute walk/run/cycle. Find a hilly track or stairs.	Active rest	<b>Friday Funday</b> grab a mate and go for a beach or bush walk.	30-minute or 2 x 15-minute walk/run/cycle + physical challenge	Active rest
	<b>Physical challenge:</b> how far can you walk or run in 10 minutes?						
Week three	<b>Moderate intensity:</b> 25-minute walk/run/cycle	<b>Bodyweight exercises:</b> 3 x 10 every exercise	<b>High intensity:</b> 20-minute walk/run/cycle. Find a hilly track or stairs.	Active rest	<b>Friday Funday</b> head to your local pool to go aqua jogging for 30 minutes.	30-minute or 2 x 15-minute walk/run/cycle + physical challenge	Active rest
	<b>Physical challenge:</b> how many times can you bear crawl down your hallway forwards and backwards?						
Week four	<b>Moderate intensity:</b> 30-minute walk/run/cycle	<b>Bodyweight exercises:</b> 3 x 10 every exercise	<b>High intensity:</b> 20-minute walk/run/cycle. Find a hilly track or stairs.	Active rest	<b>Friday Funday</b> try a free trial at your local gym.	30-minute or 2 x 15-minute walk/run/cycle + physical challenge	Active rest
	<b>Physical challenge:</b> can you convince a friend to workout with you?						

**Moderate intensity:** working hard but still able to talk.

**High intensity:** working hard and not able to maintain a conversation while exercising.

**Bodyweight exercises:** These include push-ups, burpees, crab walk, planks and squats. Examples can be found in the 'Visual guide to exercise' at [healthyfood.com/KSPlan](http://healthyfood.com/KSPlan) and in your Motivator emails.

**Hills or stairs:** find a good hill or set of stairs that would take you more than 3 minutes but less than 10 minutes to walk up.

**Active rest:** a day to recover, but maintain moving as opposed to staying sedentary all day.

**Interval training:** high intensity bursts with periods of lower intensity work or rest. During the high intensity periods you shouldn't be able to hold a conversation. Use the rest periods to catch your breath before your next effort. Very effective for fitness and weight management.

Exercise examples are in your Motivator emails, Sarah Cowley's 'Fit for life' column and your downloadable exercise card at [healthyfood.com/KSPlan](http://healthyfood.com/KSPlan)