



weeks nine to twelve

exercise plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week nine	Moderate intensity: 40-minute walk/run/cycle	Bodyweight exercises: 3 x 10 every exercise	30-minute walk/run. 5 minutes moderate intensity + 20 minutes high intensity for distance + 5 minutes moderate intensity	Active rest	Friday Funday head to a kids' playground and invent as many exercises as you can.	40-minute adventure bush or beach walk	Active rest
	Physical challenge: can you swing across the monkey bars at a school playground?						
Week ten	Moderate intensity: 40-minute walk/run/cycle	Bodyweight exercises: 3 x 10 every exercise	30-minute walk/run. 5 minutes moderate intensity + 20 minutes high intensity for distance + 5 minutes moderate intensity	Active rest	Friday Funday try a home workout using YouTube or an app in your living room.	15-minute walk + 5 x interval training + physical challenge	Active rest
	Physical challenge: can you do 100 chair squats spread throughout the day?						
Week eleven	Moderate intensity: 35-minute walk/run/cycle	Bodyweight exercises: 3 x 10 every exercise	30-minute walk/run. 5 minutes moderate intensity + 20 minutes high intensity for distance + 5 minutes	Active rest	Friday Funday find an indoor climbing wall and give it a go.	40-minute bush or beach walk	Active rest
	Physical challenge: how long can you hold a wall sit position for?						
Week twelve	Moderate intensity: 40-minute walk/run/cycle	Bodyweight exercises: 3 x 10 every exercise	30-minute walk/run. 5 minutes moderate intensity + 20 minutes high intensity for distance + 5 minutes	Active rest	Friday Funday introduce a friend to your favourite Funday exercise session.	1 x 5-minute walk + 8 x interval training + physical challenge	Active rest
	Physical challenge: how many push ups can you do in 1 minute? Adjust position to knees if need be.						

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 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. Try 40 seconds on and 20 seconds off. This is very effective for fitness and weight management.

Exercise examples are in your Motivator emails and your downloadable visual guide to bodyweight exercise card at healthyfood.com/KSPlan