

Exercise guide

You will need:

- Water bottle
- Space
- Yoga mat
- Chair

- Commitment
- Patience
- Perseverance



35-minute Full Body Workout!

Warm up

Complete each exercise twice for 1 minute, with a 30 second break in between. Repeat 2X.



JOGGING

- Jogging in place: chest up lifting one foot then the other.



FOOT-TOUCHING EXERCISE

- Foot touching: opposite hand touching your opposite toe.



BACK-KICKING EXERCISE

Back kicking: using your heels of your foot.

- Lunges: one foot in front of the other and drop your body straight down keeping your knee behind the toes. (alternating)



- Push-ups: going down on your hands and toes, straighten your arms and legs lowering your body until your chest touches the floor.

- **Triceps dips:** Using your chair you are rolling the shoulders back and bringing your hands directly underneath, bend the elbows and come back up (keeping the knees bent)



Workout

Each exercise for 1 minutes and 30 second break in between.

Repeat 3X.

- **Jumping jacks:** Make sure to open up the arms with your legs as your jumping.



JUMPING JACKS



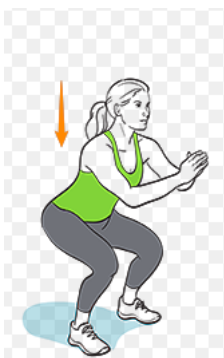
HIGH KNEES

- **High knees:** chest up bringing up the knees as high as you can.

- **Stand and box:** slightly bending your knees, rotating your core each punch you make (it helps to aim for one spot)



STAND AND BOX



- **Squats:** wide stance and sit back as if you were in a chair, chest up, knees stay behind the toes.

- **Crunches-** laying down with feet flat on the floor, elbows out and lifting up slowly releasing down (try lifting your chin to the ceiling, and use your abs to lift you up).



Cool down/ Stretch.



- **Plank for 1 minute**

- **Neck rotations each for side for 45 seconds each**
- **Arm circles: opening your arms and circling for 1 minutes.**
- **Child's pose**



How Stay Motivated To Exercise



Do you find it hard to start exercising? Are you afraid of feeling exhausted? Or do you fall in and out of an exercise routine? If so, read the tips below to help you stay motivated!

Here is 8 Tips that might help:

1. **Think about why you want to start exercising.** What makes you feel like you should be exercising? Is it your health? Is it for your children? Is it because your doctor said so? Thinking about why you should start exercising is a great way to start an exercise routine.
2. **Reap the benefits.** The benefits of staying physically active are endless. Firstly, as soon as you begin moving you will find yourself less tired. Yes, the thought of exercising may seem exhausting but one of the main benefits of exercise is increased energy levels! Of course, there are many other benefits like, improved overall health, and even confidence!
3. **Set goals!** Do not expect yourself to start running when you begin an exercise routine. You must be realistic with yourself by setting small achievable goals! This will help you feel confident that you can keep pushing forward. For example, start taking 20 minutes out of your day to go for a walk, and as soon as this becomes easy, begin adding time, speed, or mileage to your walks.
4. **Make it fun!** Exercise does NOT have to be boring or complicated, and most should not be! The best exercise advice someone can suggest is to do something you enjoy, because this is the best way to ensure you will want to continue!
5. **Schedule your workouts!** The same way you make dinner reservations, or schedule a work meeting, book your workouts! Adding it to the calendar will help make sure you have a realistic time to work out, rather than trying to find time as you go. Plus,

once it is scheduled into your routine, you will know how to plan other things around it.

6. **Bring a friend!** Having a friend tag along to a workout is a great way to stay active while also making time to spend with friends! This also helps keeps you and your friend accountable!
7. **Be flexible!** If you are too busy to work out some weeks, or simply do not feel up to it take a day or two off. You do not have to work out every single day! Exercising should feel good not dreadful! You can try to stay active by walking to do an errand or parking your car one block away from work!
8. **Appreciate & Reward yourself!** After exercising take a few minutes to thank your body for being able to do the things it does. Appreciate that you are capable of moving and most importantly taking care of your body! Try to savor the good feelings that exercise gives you and use this as motivation to do it again! After achieving goals, it is also important to reward yourself. Give yourself a spa day, or a new pair of sneakers to help keep yourself motivated.

**YOU ARE
STRONGER
THAN YOU
THINK**

YOU DID IT!