

# May 2017



SUN

MON

TUE

WED

THU

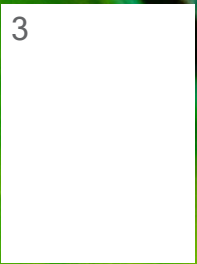
FRI

SAT

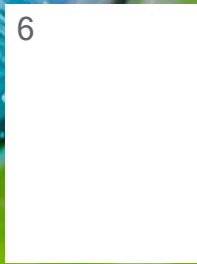


1

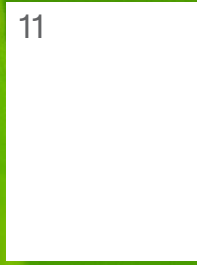
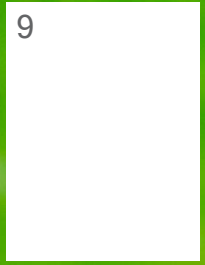
2  
Start this month focusing on your health goals. Write your three new health goals below.



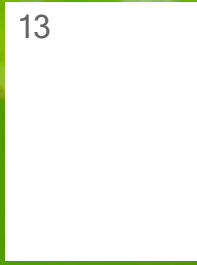
4  
Adults benefit most from getting 150 minutes of physical activity a week. How do you get your activity in?



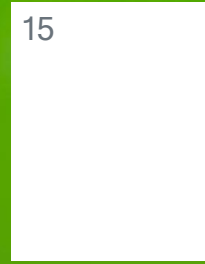
8  
Plan your nutritious meals for the week.  
[Start with this healthy recipe.](#)



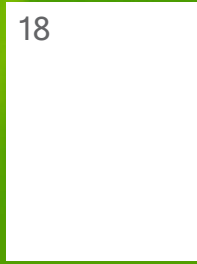
12  
Muscle strengthening is an important aspect of physical activity.  
Learn more [here](#).



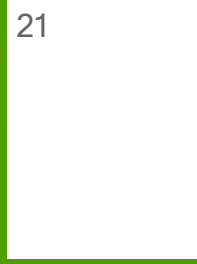
14  
Did you know you could break up your exercise regimen into 10 minute moderate workouts?



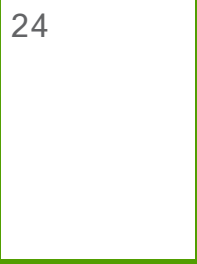
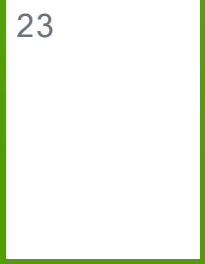
17  
Have you been working towards your monthly health goals? Check yours below.



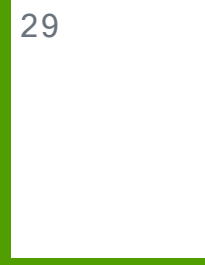
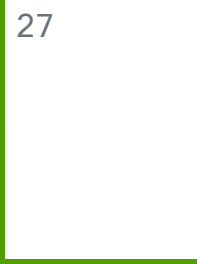
20  
How do you plan to add more steps into your weekend routine?  
Learn more [here](#).



22  
Remember to stretch before you start your workout. Stretching can reduce injuries.



26  
There are many different ways to fit physical activity into your day. Gardening can be included in physical activity too.



30  
A good exercise plan includes cardio.  
Learn more [here](#).



31  
Three ways I can focus on my health this month:  
1.  
2.  
3.

# May 2017

## Focus on Fitness

This month, take some time to focus on your physical fitness. Be sure to warm up by walking and performing light stretches for 5 - 7 minutes before starting these workouts. Here's a week-long workout schedule to get started.

You should talk to your doctor before beginning a new activity program.

## Workout Week

### Monday

Start off your workout week with 30 minutes of brisk walking or jogging. If you want a more vigorous workout, try running 30 minutes with an incline. After that, jump on the elliptical trainer for 25 minutes.

### Tuesday

Try this muscle conditioning upper body workout for day 2. 20 knee pushups, 10 regular pushups, 3-5 pull ups. Use weights on the following: 20 lat pull downs on lat machine, 20 low back rows, 20 shoulder presses, 20 upright rows, 20 bicep curls, 20 chest flys, and 20 tricep skull crushers. (Repeat this workout 2-3 times) Add 20 leg raises for ab work.

### Wednesday

On Wednesday, we do cardio! Try walking, running, or jogging at a faster speed than you did on Monday for 30 minutes. If you are up to it, add 25 minutes on the elliptical afterwards.

### Thursday

Thursday is leg muscle conditioning day. Start with weighted walking lunges 20 per leg using weights, 20 leg presses on leg press machine using weights, 40 calf raises with shoulder press, 20 jump squats, 30 hamstring curls on machine and 30 leg extensions. Try to repeat this workout 3 times. Add 30 bicycles and plank for 30 seconds (at least 2 sets).



### Friday

Finish off your work-week with cardio of your choice. If you are looking for something different, try jogging for 30 minutes then doing 100 jumps using a jump rope

### Saturday/Sunday

Try spending your weekend off the couch. You could be surprised by the activities that can get your heart rate up. Heavy gardening or dancing while cooking are a few you can try. Spend one day of the weekend resting and spend the other incorporating fitness in a new way

Source: Heart.org