

Weekly exercise plan instructions

Getting started

Starting to get active can be difficult! Therefore, it can be useful to start slowly and build up gradually.

Goal setting

Setting realistic exercise goals for each week is a way of doing this that allows you to monitor your own progress and keep up your motivation.

1. Choose your exercise goals for the next week, and write them in the “Weekly Exercise Plan” example on page 2.
2. Choose the types of activities to do and for how long (e.g. 3 x 20 min walks).
3. Keep your exercise plan achievable and realistic– a little exercise is better than none.

TIP: If you have not been exercising at all, you may like to start with 10-15-minute walks each morning.

If you are more able, you should aim to walk for longer periods (e.g. 30 mins) and include some more vigorous exercise (e.g. swimming, jogging or cycling).

Writing your exercise plan

- At the beginning of each-week, write a new exercise plan for the upcoming week.
- Choose types of exercise that appeal to you – ones that you are likely to do and enjoy

Consider different types of exercise, such as walking, jogging, cycling, bushwalking, gardening, swimming, surfing, yoga, tai chi, pilates, weight-lifting, resistance training, boxing, dancing, skipping, rock-climbing, aerobics classes, tennis, squash or team sports. Or simply stick to brisk walking!

Example weekly exercise plan

Number		Exercise activity	Number	
20	minutes of	walking	3	times this week
10	minutes of	running	2	times this week
5	minutes of	meditation	5	times this week

Notes for my week:

Walking - early in the morning with the dog

Swimming – on the weekend, do however many laps I like

Yoga – do YouTube chair yoga class