

Exercising

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Off	5 minutes	Off	Off	Off	Off	Off
Week 2	Off	10 minutes	10 minutes	Off	Off	Off	Off
Week 3	Off	15 minutes	15 minutes	15 minutes	Off	Off	Off
Week 4	Off	20 minutes	20 minutes	20 minutes	20 minutes	Off	Off
Week 5	Off	25 minutes	25 minutes	25 minutes	25 minutes	25 minutes	Off
Week 6	Off	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes

You gradually replace a behavior of not exercising with one of exercising. In the future, it will seem abnormal *not* to exercise.

Try to exercise at the same time each day. Find the time that is optimal for you.

Consider exercising with a friend or family member; this helps you to maintain your routine and simultaneously gives you a chance to socialize.

Stretch for several minutes prior to and after exercise.

Have a planned day off, i.e., Sunday. Then, if you miss a day, exercise on Sunday.

Exercising maximizes your metabolic rate, and you'll find that you burn more calories.

If you don't meet the weekly goal, repeat the week. You may need an additional week before you reach the goal of 30 minutes of exercise for 6 out of 7 days. **You will get to your goal.**

YOU ARE ADVISED TO GET PHYSICIAN CLEARANCE PRIOR TO ANY EXERCISE PROGRAM.