

Very Light Weight-Loss Plan for Older Beginners with Injuries

Monday: Gentle Full-Body Mobility

Warm-Up (5-10 minutes):

- Seated or standing arm circles.
- Slow marching in place.

Workout (2 sets):

1. Chair Squats - 8 reps.
2. Wall Push-ups - 8-10 reps.
3. Seated Rows with Resistance Band - 10 reps.
4. Standing Leg Raises - 10 per leg.

Cool-Down (5 minutes):

- Gentle stretches: neck, shoulders, hamstrings.

Tuesday: Light Cardio and Core

Warm-Up:

- Gentle walk or pedal on stationary bike (5 minutes).

Workout:

1. Cardio: 15-20 min slow walk or pool walking.
2. Core (2 rounds):
 - Seated Torso Twists - 10 reps per side.
 - Marching in Place with Core Focus - 20 seconds.
 - Seated Side Bends - 10 per side.

Cool-Down:

- Deep breathing and light stretching.

Wednesday: Recovery Movement

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- Gentle chair yoga or guided stretching video (20 minutes).
- Optional: Easy walk around the block.

Thursday: Upper Body Mobility & Light Cardio

Warm-Up:

- Arm swings and shoulder rolls.

Workout:

1. Strength (2 sets):

- Wall Push-ups - 10 reps.
- Seated Overhead Press (light weights or bands) - 8 reps.
- Elbow Extensions (with band) - 10 reps.

2. Cardio:

- 15 min of alternating slow and brisk walking (1 min each).

Cool-Down:

- Shoulder and arm stretches.

Friday: Lower Body Strength

Warm-Up:

- Gentle leg swings and ankle circles.

Workout (2 sets):

1. Sit-to-Stand from Chair - 8 reps.
2. Standing Calf Raises - 12 reps.
3. Glute Squeeze (seated or lying) - 10 reps.
4. Heel Slides (on floor or bed) - 10 reps per leg.

Cool-Down:

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- Stretch calves, thighs, and hips.

Saturday: Enjoyable Movement

- Choose a fun light activity: gardening, slow dance, scenic walk, or aquatic therapy (20-30 minutes).

Sunday: Rest or Very Gentle Recovery

- Deep breathing, light stretching, or meditation (15 minutes).
- Optional: Gentle walk for circulation.

Tips: Tips

- Morning routines help build consistency.
- Use chairs, walls, or rails for balance and support.
- Focus on comfort over intensity; avoid pain or strain.
- Stay hydrated and eat nourishing, easy-to-digest meals.
- Celebrate small wins and listen to your body.