

# Your Simple Weekly Exercise Plan

## A Balanced Routine for a Healthier You

This sample plan is a gentle starting point. The goal is consistency and listening to your body. If anything causes pain, stop immediately and contact us.

### Daily Warm-Up (5-10 minutes)

- **Neck Rolls:** Gently roll your head from side to side.
- **Arm Circles:** Swing your arms in small circles, gradually making them larger.
- **Leg Swings:** Hold onto a chair and gently swing each leg back and forth.

### Weekly Schedule

#### Monday: Gentle Cardio & Flexibility

- **Walking:** 20-30 minutes at a comfortable pace.
- **Stretching:** 10 minutes of light stretching (hamstrings, calves, shoulders).

#### Wednesday: Strength & Balance

- **Chair Squats:** Sit and stand slowly from a sturdy chair (10 reps).
- **Wall Push-Ups:** Stand facing a wall and push away gently (10 reps).
- **Single-Leg Stance:** Hold onto a chair and balance on one leg for 30 seconds, then switch.

#### Friday: Core & Cardio

- **Walking:** 20-30 minutes, or light cycling.
- **Plank on Knees:** Hold a plank position with your knees on the floor for 30 seconds.
- **Modified Crunches:** Lie on your back and lift your head and shoulders off the floor.

**Remember to rest on Tuesday, Thursday, and the weekend!**

**Authored by the team at Golden Years Fitness.**