

| | Morning Move 10 min. | #1 Breathe & Stretch | #2 Reach and Walk | #3 Posture Perfect | Mid-Day Move 15-30 min. | #4 Wall Workout | #5 Up and Down | #6 Balancing Act | #7 Jump for Joy | Evening Energy Boost 15-60 min. |
|------------------|--------------------------------|---------------------------------|--------------------------|---------------------------|-----------------------------------|------------------------|-----------------------|-------------------------|------------------------|---|
| Monday | | | | | | | | | | |
| Tuesday | | | | | | | | | | |
| Wednesday | | | | | | | | | | |
| Thursday | | | | | | | | | | |
| Friday | | | | | | | | | | |
| Saturday | | | | | | | | | | |
| Sunday | | | | | | | | | | |

Morning Move, Mid-Day Move, Evening Energy Boost – Walking, jogging, stair-climbing or other aerobic movements

Breathe and Stretch – 3 deep breaths with arms, mountain, side bends, high lunge (right/left), warrior/side lunge (right and left), 3 deep breaths

Reach and Walk – 10 heel raises with arms stretched overhead, 30-45 second power walk, 10 heel raises with arms stretched overhead

Posture Perfect – Standing with perfect posture, lean back to the wall, wall sit and hold, move arms up and down along the wall (15-45 seconds)

Wall Workout – 10-30 wall pushups, 10-15 single arm wall pushups (right/left), calf stretches

Up and Downs – March in place while pumping arms (50 times), 10-20 chair squats

Balancing Act – Stand on one leg and lift knee * move arms up overhead * extend leg back and reach forward without touching foot down (right/left)

Jump for Joy – March in place (30 times) squat and mini jumps x 5, mini jumping jacks x 5, repeat