**Tips to Remember**

**Why You Need To Start Strength Training Right Now:**
- **More muscle** = Calorie torching machine
- **Strong** = Age defying
- **Muscles** = Confidence

**What Your Fitness Expert Says About Strength Training:**
- Do it at least 2 times per week
- A good workout includes upper and lower body as well as core exercises
- It is an essential part of overall fitness, in addition to cardio and stretching

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**How Will You Move For Health This Month?**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Body Weight Workout:</strong></td>
<td><strong>Dumbbell Workout:</strong></td>
<td></td>
<td><strong>Strength + Stretch</strong></td>
<td><strong>Cardio Workout #3</strong></td>
</tr>
<tr>
<td>Lunges; Push-ups; Y-W; Dips; Planks</td>
<td>Squat and curl; Chest press; Bent over row;</td>
<td>Complete 2-3 sets of 15 reps</td>
<td>Should; Reverse crunch</td>
<td>Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Workouts can be broken into 10 minute sessions.</td>
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<tr>
<td>Complete 2-3 sets of 15 reps</td>
<td>Shoulder raise; Reverse crunch</td>
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</tr>
</tbody>
</table>

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**Strive to Add Cardio and Stretching to Your Strength Workouts Each Week**

- **Cardio Workout #1**
  - Aim for 30 minutes of moderate (able to talk)
  - OR 20 minutes of vigorous (talking is difficult)
  - Workouts can be broken into 10 minute sessions.

- **Cardio Workout #2**
  - Aim for 30 minutes of moderate (able to talk)
  - OR 20 minutes of vigorous (talking is difficult)
  - Workouts can be broken into 10 minute sessions.

- **Cardio Workout #3**
  - Aim for 30 minutes of moderate (able to talk)
  - OR 20 minutes of vigorous (talking is difficult)
  - Workouts can be broken into 10 minute sessions.

*Work at a level that is comfortable and safe for you. Consult with your physician before beginning a new exercise program.*