

MOVE FOR HEALTH



DO-IT-YOURSELF HEALTH

NOVEMBER EDITION



Tips to Remember

What the Expert Says:

- It can be challenging to remain consistent with your fitness goals over the holidays. The good news is that doing exercise in increments as short as 10 minutes three times daily can be as effective as doing one 30-minute block of fitness work.
- Try this 10-minute full-body circuit routine to help you reach your goal of 30 minutes during this busy season! Do one round first thing in the morning, one round over your break, and one after work.



How Will You Move For Health This Month?

Monday	Tuesday	Wednesday	Thursday	Friday
	10-Minute Circuit Weighted Lunge Pulse with Kickback Burpees Weighted Crunches Mountain Climbers Renegade Rows		10-Minute Circuit Weighted Lunge Pulse with Kickback Burpees Weighted Crunches Mountain Climbers Renegade Rows	
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) Cool down and stretch	Stretch Hold stretches for 30 seconds and focus on your tight muscles	Cardio Workout #2 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch	Stretch Hold stretches for 30 seconds and focus on your tight muscles	Cardio Workout #3 Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Cool down and stretch

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