

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOP TIPS |
|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--|
| EXERCISE DIARY | | | | | | | | 1. Warming up is the process of "loosening" and otherwise preparing your muscles and joints for exercise. |
| FOOD DIARY | | | | | | | | 2. If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself. |
| FITNESS TV RECOMMENDED WORKOUTS | Chairobics everyday at 2:00pm | Chairobics everyday at 2:00pm | Chairobics everyday at 2:00pm | Chairobics everyday at 2:00pm | Chairobics everyday at 2:00pm | Chairobics everyday at 2:00pm | Chairobics everyday at 2:00pm | 3. In the elderly, physical activity has been shown to be essential for decreasing the risk of chronic diseases. |
| WEEKLY GOALS | | | | | | | | 4. If it hurts, don't do it. Work around pain, not through it. |



WEEK 1 FRAGILE BUT FABULOUS

THE BIG WORKOUT: EVERYDAY AT 10AM & 7PM ON FITNESS TV SKY CHANNEL 282



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOP TIPS |
|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|---|
| EXERCISE DIARY | | | | | | | | 1. Warming up is the process of "loosening" and otherwise preparing your muscles and joints for exercise. |
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WEEK 2 FRAGILE BUT FABULOUS

THE BIG WORKOUT: EVERYDAY AT 10AM & 7PM ON FITNESS TV SKY CHANNEL 282



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOP TIPS |
|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--|
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WEEK 3 FRAGILE BUT FABULOUS

THE BIG WORKOUT: EVERYDAY AT 10AM & 7PM ON FITNESS TV SKY CHANNEL 282



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOP TIPS |
|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--|
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WEEK 4 FRAGILE BUT FABULOUS

THE BIG WORKOUT: EVERYDAY AT 10AM & 7PM ON FITNESS TV SKY CHANNEL 282



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOP TIPS |
|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--|
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WEEK 5 FRAGILE BUT FABULOUS

THE BIG WORKOUT: EVERYDAY AT 10AM & 7PM ON FITNESS TV SKY CHANNEL 282



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOP TIPS |
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WEEK 6 FRAGILE BUT FABULOUS

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