



MIDLIFE
MAKEOVER



EXERCISE PLANNER

MidlifeMakeover.co.uk

Hi,
I'm Sam!
Oh, and
Elma!



*Sam
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**“You can't plow a field simply by
turning it over in your mind.”**

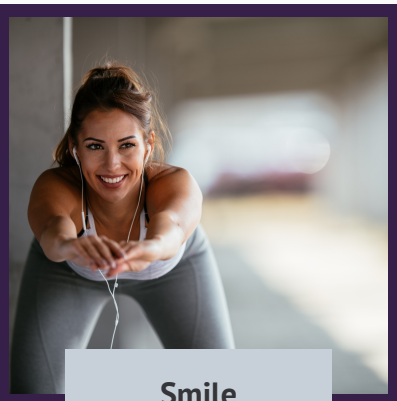
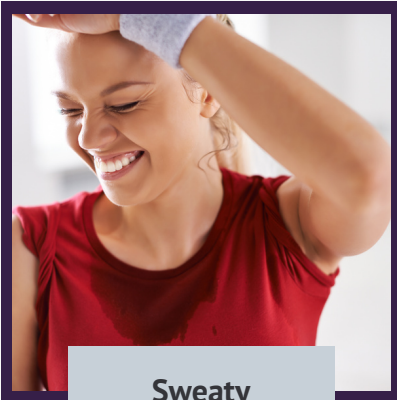
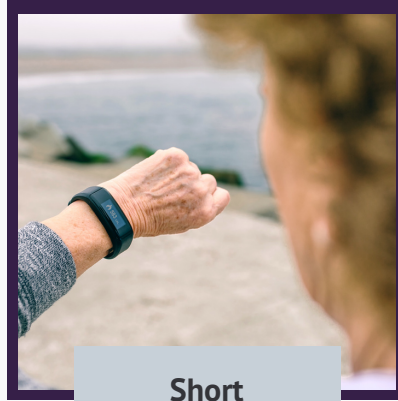
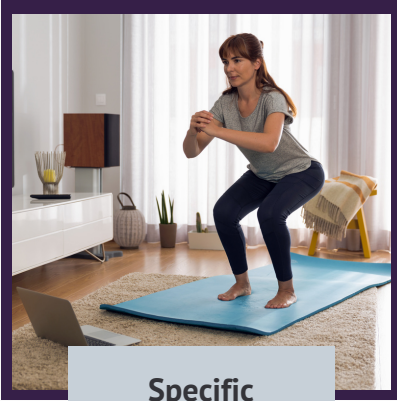
— Gordon B. Hinckley

Would you like to feel fitter and stronger, to move without pain and to live in a body that twists, turns, bends and reaches, in the way it should.

Regular exercise - of the right type, will help you achieve that goal. The hardest part is getting started so why not use this planner as the first step to fitness.

Sam Palmer





Make a Plan of Action!

Some SUGGESTIONS...

DAILY - One or more of these:

- Aim to walk 10,000 steps per day
- Do 5-10 minutes of gentle stretching
- Dance to music that makes you smile

1-2 WEEKLY - one or more of each of these types of exercise:

- 20-30 minutes of strength based exercise, using weights, bands or body weight.
- 30 -40 minutes of exercise that makes you puffed and sweaty such as jogging, cycling, dancing, HIIT
- 30-60 minutes of slow restorative movement such as Yoga, Tai Chi, cycling, swimming, chatty walking, forest bathing.

What is the ideal combination of classes for women over 45?

We should focus on having a varied ‘tool kit’ of exercise types focusing on these areas...

Strength

A ‘new’ type of workout for many midlife women, often the one they are most daunted by. Any exercise which involves lifting your own bodyweight, or dumbbells, resistance bands or even domestic heavy objects, is vital. It helps redress muscle loss and bone thinning which occur as part of ageing.

Just 20-30 minutes of this type of workout twice a week will reap physical and mental huge benefits.

How we help you... Abs, Arms and Arse, Hit45, Pilates, Fitsticks

Sweaty

Yes, some of us we may be sweating more than is comfortable right now but sweating as a result of exercise means an increased heart rate which will help to reduce the risk of heart disease. Even a simple walk can be turned into a cardio workout by swinging your arms and increasing your pace and going uphill.

Of course we can sweat cycling, running, dancing, and even doing gardening or other manual chores - as long as you are puffing for 20-45 minutes twice a week, you are ticking the sweat box!

How we help you... Abs, Arms and Arse, Hit45, Fitsticks.

Slow

Slowly slowly...Many of us find this the hardest type of movement to incorporate because we don't see it's value in terms of exercise. The aim of slow movement is to find some calm inside a frantic brain and to switch off cortisol production.

Traditionally Yoga is a perfect way to do this but you may enjoy a stroll through a forest, a leisurely cycle along the coast, or perhaps a relaxing freestyle dance. Aim to do this for 30-60 minutes twice a week.

How we help you.... Yoga, Fitball, Gentle Pilates



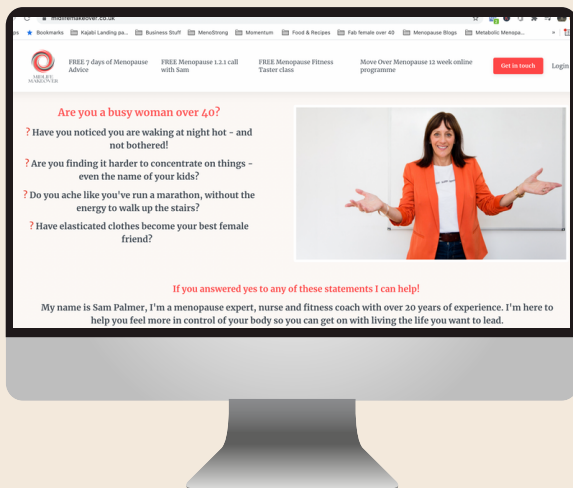
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Need a bit more support?

I run a number of programmes and classes and I would encourage you to book in a 20 minute consultation call with me to discuss your requirements and what I could offer you.




Find out more about my courses and classes:



MidlifeMakeover.co.uk

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I look forward to helping you through this stage of your life!



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