



Create levels/degrees (minimal, moderate, aggressive) – depending on assessment

Each entry goes into journal / to create a work out log – calories burned, endurance, work out time – starting body fat, weight & measurements, document lifestyle changes/progress

Personal trainer contact?

[http://www.weightlossresources.co.uk/exercise/take\\_5\\_plan.htm](http://www.weightlossresources.co.uk/exercise/take_5_plan.htm)

## Take 5 Exercise Plan for Fitness Level 1

Start here if you have done little or no exercise in the last three months. Move on to level 2 when you have completed the four weeks of plan 1.



**Dance** - Pop in your favorite upbeat CD and dance. Put plenty of energy into it wiggle your hips, wave your arms and lift your knees up, have fun for two tracks in week1, 3 in week 2, 4 in week 3 and 5 in week 4.



**Wall Press** - Stand up straight in front of a wall, close enough to place your palms on the wall with your arms straight in front of you at shoulder level. Bend your elbows to bring the tip of your nose to the wall, then push back to start position. Do 8 repetitions (reps) in week1, 10 in week 2, 12 in week 3 and 14 in week 5.



**Bridge** - Lie on your back with your knees bent and feet flat on the floor. Slowly raise your bottom until you have a straight line from shoulder to knee, hold for a moment then slowly return to start position. Do 4 reps in week 1, 6 in week 2, 8 in week 3 and 10 in week 4.



**Back Lift** - Lie on your front with your hands together resting on your lower back. Slowly lift your shoulders and chest as far as is comfortable, hold for a moment and return to starting position. Do 6 reps in week 1, 8 in week 2, 10 in week 3 and 12 in week 4.



**Pelvic Tilt** - Lie on your back with knees bent about 6 inches from the floor. Pull your tummy in and tilt your pelvis up towards your ribs, lifting your bottom from the floor slightly, hold for a moment and slowly relax. Do 10 reps in week 1, 12 in week 2, 14 in week 3 and 16 in week 4.



**Luxury Stretch** - Lie on your back with your knees bent, feet on the floor and arms by your sides. Wiggle your hips downwards away from your ribs then, one by one, slide your feet away from your body till your legs are straight Keeping arms straight, lift them over your head until they are stretched out on the floor behind your head, relax into the stretch. Hold for 1 minute week 1 & 2, 2 minutes week 3 & 4.

## Progress

Week	1					2					3					4				
Day	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Dance																				
Wall Press																				
Bridge																				
Back Lift																				
Pelvic Tilt																				
Luxury Stretch																				

## Take 5 Exercise Plan for Fitness Level 2

- Start at level 2 if you have been exercising once or twice a week in the last three months, and feel that level 1 would be too easy a starting point for you. Move on to level 3 when you have completed the four weeks of plan 2.



**Dance** - Pop in your favorite fast pace CD and dance. Put plenty of energy into it exaggerate your movements and have fun! Do the 'twist' down to the floor and back up again 4 times during each track. Dance for 2 tracks in week 1, 3 in week 2, 4 in week 3 and 5 in week 4.



**Knee Press-up** - Lie on your front, with palms down at the sides of your shoulders. Pull your tummy in and push up from the floor aiming for a straight line from head to knees, lower yourself slowly back to start position. Do 6 repetitions (reps) in week 1, 8 in week 2, 10 in week 3 and 12 in week 4.



**Bridge** - Lie on your back with your knees bent and feet flat on the floor. Slowly raise your bottom until you have a straight line from shoulder to knee, hold for two seconds then slowly return to start position. Do 6 reps in week 1, 8 in week 2, 10 in week 3 and 12 in week 4.



**Back Lift** - Lie on your front with your hands on either side of your head. Slowly lift your shoulders and chest as far as is comfortable, hold for a moment and return to starting position. Do 8 reps in week 1, 10 in week 2, 12 in week 3 and 14 in week 4.



**Pelvic Lift** - Lie on your back with knees bent about 6 inches from the floor. Pull your tummy in and tilt your pelvis up towards your ribs, curling your bottom up from the floor 2 inches, hold for 2 seconds and slowly relax. Do 10 reps in week 1, 12 in week 2, 14 in week 3 and 16 in week 4.



**Luxury Stretch** - Lie on your back with your knees bent, feet on the floor and arms by your sides. Wiggle your hips downwards away from your ribs then, one by one, slide your feet away from your body till your legs are straight Keeping arms straight, lift them over your head until they are stretched out on the floor behind your head, relax into the stretch. Hold for 1 minute week 1 & 2, 2 minutes week 3 & 4.

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- **Progress**
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Week	1					2					3					4				
Day	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Dance																				
Wall Press																				
Bridge																				
Back Lift																				
Pelvic Tilt																				
Luxury Stretch																				

## Take 5 Exercise Plan for Fitness Level 3

Start at level 3 if you have been exercising 3 or more times a week in the last three months, and feel that level 2 would not be challenging enough for you. To keep improving your fitness when you have completed the four weeks of exercise plan 3, increase the duration of your workout 2-3 of the 5 times a week you do it - by adding more tracks to your [step](#) workout, and by doing two sets of exercises 2-4.



**Dance** - Pop in your favorite fast pace CD and dance. Put plenty of energy into it exaggerate your movements and have fun! Do 2 sets of 10 Star Jumps during each track. Dance for 3 tracks in week 1, 4 in week 2, 5 in week 3 and 6 in week 4.



**Knee Press-up** - Lie on your front, with palms down at the sides of your shoulders. Pull your tummy in and push up from the floor aiming for a straight line from head to knees, lower yourself slowly back to start position. Do 8 repetitions (reps) in week 1, 10 in week 2, 12 in week 3 and 14 in week 4.



**Bridge Lift** - Lie on your back with your knees bent and feet flat on the floor. Slowly raise your bottom until you have a straight line from shoulder to knees. Keeping thighs together, lift one foot until leg is straight, lower slowly and repeat with the other leg, return to start position. Do 8 reps in week 1, 10 in week 2, 12 in week 3 and 14 in week 4.



**Back Lift** - Lie on your front with your hands on either side of your head. Slowly lift your shoulders and chest as far as is comfortable, hold for 2 seconds and return to starting position. Do 8 reps in week 1, 10 in week 2, 12 in week 3 and 14 in week 4.



**Crunch** - Lie on your back with your knees bent, feet flat on the floor, hands beside your ears. Pull your tummy in and slowly lift your head and shoulders off the floor as far as is comfortable, hold for 2 seconds and slowly lower down. Do 8 reps in week 1, 10 in week 2, 12 in week 3 and 14 in week 4.



**Luxury Stretch** - Lie on your back with your knees bent, feet on the floor and arms by your sides. Wiggle your hips downwards away from your ribs then, one by one, slide your feet away from your body till your legs are straight. Keeping arms straight, lift them over your head until they are stretched out on the floor behind your head, relax into the stretch. Hold for 1 minute week 1 & 2, 2 minutes week 3 & 4.

## Easy Exercise Ideas

### **Becoming more active benefits your health, helps you lose weight and improves your body shape**

Start now - make exercise part of your daily routine. At any age, increasing your daily activity, even by a small amount, can make a difference.

Our bodies are designed to be active and all activity / exercise will develop and firm the muscles of the body. Exercise doesn't have to be a chore. Moderate exercise for half an hour 3 to 5 times a week can bring enormous health benefits. Read on to find ways you can become more active, lose that fat and have some fun...

### **Walking**

Make a determined effort to walk throughout the day. Get off the bus or train a stop or two before your destination and walk the rest of the way; park your car in the furthest space in the car park; walk up and down stairs (no lifts); walk the children to school; walk to the local corner shop for your newspaper or milk, etc.

15 min moderate walking will burn 52 extra kcal\*

### **Housework Can Do the Trick!**

Turn those tiresome chores into healthy positive ones! Turn on the music and clean the windows, vacuuming, dust and wash up at a brisk pace, and burn off those calories.

15 min vacuuming/ dusting will burn 38 extra kcal\*

### **Get Out In the Garden**

Mowing the lawn, weeding and digging all count.

30 min weeding will burn 104 extra kcal\*

### **Clean Your Car**

Time you ran your car through the wash? Why not wash it by hand? It's cheaper, better for the environment and a great form of exercise. Put your back into it and you'll get a better result!

30 min moderate car washing will burn 86 extra kcal\*

### **Play Actively With the Kids / Get Some Friends Together**

How about heading for the park for some football, basketball, or frisbee throwing. Or dusting off the bike for a leisurely ride?

30 min recreational cycling will burn 90 extra kcal\*

### **Try A Sport**

Dip into our try a sport section for more information on a variety of exercise - walking, cycling, swimming, skipping, yoga ... and more.

The important thing is to become active so that your heart is pumping blood at a slightly increased rate and you are burning calories in empowering your muscles! Go for it...

\*Based on a 40 year old female of 5'5" tall who weighs 12st 7lb and is moderately sedentary. Extra calories are those you burn on top of the calories you use for basic day-to-day living. Inputting your exercise into your exercise diary will calculate the number of calories you will burn based on your weight, age, gender and background activity level.

Activity	Calories burned per hour
Bicycling 6 mph	240
Bicycling 12 mph	410
Jogging 5.5 mph	740
Jogging 7 mph	920
Jumping rope	750
Running in place	650
Running 10 mph	1,280
Skiing (cross-country)	700
Swimming 25 yds/min	275
Swimming 50 yds/min	500
Tennis (singles)	400
Walking 2 mph	240
Walking 4 mph	440

Also check out: <http://www.healthygo.com/tour.php?current=workout#>