

# COUCH to ACTIVE

## NO MORE EXERCISE WE HATE

You are on the right path. You know you need to exercise for the rest of your life, and you know that it's going to take time to figure out how to make exercise feel less like a chore and more like a path to YOUR HAPPINESS. You want this, but you are too busy to figure it all out today.

**You need to start somewhere.**

The exercise plan on the next page will get you going. When you have time, come back to COUCH to ACTIVE, and I'll show you how to make exercise an easier part of your crazy busy life.

To YOUR Happiness and Health,  
Lyn Lindbergh  
Your Bad Couch Guru

### Moderate Activity



#### Get Your Heart Pumping

Brisk walk, swimming, water aerobics, dancing, kick-boxing, biking, hiking, gardening, Duck Duck Goose, yard work, water skiing, chasing kids, power walk the mall, stairs, volleyball, kayaking, surfing, kick ball, tennis.

### Muscle Strengthening



#### Gain Strength


Weights, yoga, Pilates, pull ups, push ups, abdominals, squats, calf raises, leg extensions, bicep curls, butterfly, back extension, modified planks.


Stay injury free!





























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# START NOW

This is your 4-week exercise plan. Follow this tracker, and you get the minimum exercise recommended by the Centers for Disease Control. Then go to COUCH to ACTIVE, and I'll help you figure out how to make this new lifestyle something you enjoy. ~ Lyn

 = 30 minutes of moderate-intensity activity.  
(i.e., brisk walking)

 = Muscle-strengthening activities that work your legs, hips, back, abdomen, chest, shoulders, and arms.

| Sun   | Mon   | Tu  | Wed   | Th  | Fri   | Sat   |
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