



Michigan Weight Loss Specialists

A Center of Excellence

Sample Week Exercise Program

Sunday

- Walk 20 minutes with dog

Monday

- 6:00 AM - Take dog for 15 minute walk, breakfast, get family ready, off to work
- 8:00 AM - Start work
- 10:30 AM - Break – Walk 15 minutes around office park
- 5:00 PM – Use thera-bands for strength training at home – 25 minutes and stretch for 10 minutes

Total exercise time: 65 minutes (Cardiovascular: 30; Strength: 25 ; stretching 10)

Tuesday

- 6:00 AM - Wake up, get family ready, off to work
- 10:30 AM – Break –stretch for 5 minutes
- 12:30 PM – Lunch – walk 15 minutes
- 5:00 PM – Take kids to soccer practice
 - Walk around fields for 15 minutes and stretch
- 8:00 PM - Perform 10 minutes of stretching while watching evening news/shows

Total exercise time: 45 minutes (cardiovascular: 30; stretching: 15)

Wednesday

- 6:00 AM –5 minutes on exercise bike, 30 minutes strength training with dumbbells, 5 minutes stretching, breakfast, get family ready, off to work
- 10:30 AM break – no break too busy – stretch 5 minutes while at desk
- 12:00 Noon – Lunch
- 6:30 pm – work late – walk with family 20 minutes

Total exercise time: 65 minutes (cardiovascular: 25; strength: 30 minutes; stretching: 10)

Thursday

- 6:00 AM wake up, breakfast, family ready, off to work
- 10:30 AM– no break, too busy
- 12:00 Noon – work through lunch; stretch 5 minutes

- 7:00 PM – Work late – mow lawn for 40 minutes (choosing the push mower instead of the riding lawn mower!)
- 9:00 PM – Stretch 10 minutes while watching evening news/shows

Total exercise time: 55 minutes (cardiovascular: 40; stretching: 15)

Friday

- 6:00 AM – Take dog for 15 minute walk
- 10:30 AM – No break – too busy
- 12:00 Noon – Lunch – Walk for 10 minutes, stretch for 5 minutes
- 5:30 PM – Aqua aerobics class at local wellness center for 45 minutes (15 aerobic, 25 strength, 5 stretching)

Total exercise time: 75 minutes (cardiovascular: 40 minutes; strength 25 minutes; stretching: 10 minutes)

Saturday

- 4:30 PM – Bicycle with family/friend – 30 minutes

Total exercise time: 30 minutes

Total Weekly Exercise Time

5 Hours and 55 minutes

- Cardiovascular – 3 hours and 35 minutes
- Strength – 1 hour and 20 minutes
- Stretching – 1 hour

For more information call 877-877-6672 or visit www.mmpc.com