

Busy Moms who Run

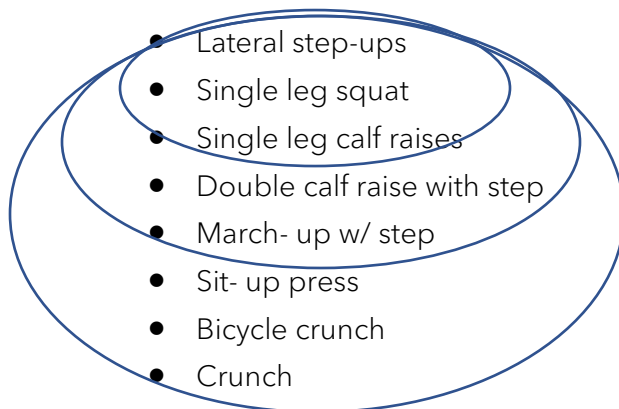
4 basic areas of exercise fitness weekly:

Stretching	Strength	Running	Steps
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Stretches:

- Downward dog
- Side bends
- Forward fold
- Pigeon
- Low lunges
- Child's pose

Strength:



Exercises can be done with weights.

Recommend 20 reps.

Repeat set as many times a able (up to 4 because you want it to be sustainable.)

The inner circle is the minimum exercises. As you develop your schedule, add more.

Running:

- 1 x per week- week 1-4
- 2x per week- week 5- 10
- 3 x per week - week 11 +

Steps:

- 6,000- week 1

- 8,000- week 2
- 9,000- week 3
- 10,000- week 4
- 11,000- week 5

Use a step counter

In week 3 begin to be more intentional about adding steps through walks or pacing. Do things standing/ walking/ pacing. Go the long way, play with kids, periodically walk around your street. Clean your home.