



LOW IMPACT TRAINING PLAN

Low impact movement is a great way to get started feeling the benefits of a more active lifestyle. Forms of low impact activity include, but are not limited to: walking, swimming, biking, yoga, or pilates. There may come a time when you are ready to take your efforts to the next level. Start by choosing any of the following that keep you safe and pain-free:

- Increase speed or intensity of movement
- Increase duration of activity
- Combination of both

Ramp up slowly and safely knowing a more active you has a lifetime to improve. The best activity regimen is one that is SAFE! This resource will help you identify your activity game plan for the week. Work with your coach to execute a plan that is safe, effective and sustainable for you.

Record your progress on the back of this sheet and share with your coach!



MY ACTIVITY GAME PLAN

My reasons for becoming more active are:

My low impact activity of choice is:

How many days will you be active this week?

How long do you plan to be active for?

While you're active, intensity can be measured by a talk test: Low intensity levels of activity allow you to sing. Moderate intensity levels of activity allow you to talk. High intensity activity makes it so you can't do either. What are your intensity goals?

DAY  01

Activity:

Time/Distance:

Intensity:



Sing



Talk



Neither

MOOD Check



DAY  02

Activity:

Time/Distance:

Intensity:



Sing



Talk



Neither

MOOD Check



DAY  03

Activity:

Time/Distance:

Intensity:



Sing



Talk



Neither

MOOD Check



DAY  04

Activity:

Time/Distance:

Intensity:



Sing



Talk



Neither

MOOD Check



DAY  05

Activity:

Time/Distance:

Intensity:



Sing



Talk



Neither

MOOD Check



DAY  06

Activity:

Time/Distance:

Intensity:



Sing



Talk



Neither

MOOD Check



DAY  07

Activity:

Time/Distance:

Intensity:



Sing



Talk



Neither

MOOD Check

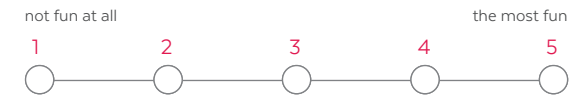


REFLECTION *To be completed after at least one workout.*

1. The exercise I felt most confident doing: _____ Why? _____

2. The exercise I felt least confident doing: _____ Why? _____

3. It's important to find ways to be physically active that are also FUN! When we find activity that is fun - we do it because we want to, not because have to. This can help you find an activity plan that you can adopt for the long haul! Evaluate the amount of fun you had with your activity plan this week:



4. Sometimes we don't realize the different ways activity positively influences our lives! Circle below what changes, if any, you noticed:

Improved mood

Improved body image

Better sleep

Other:

Increased mental focus

More productive

Improved nutrition

5. What changes, if any, would you like to make to your activity plan in the week ahead?

6. What is one thing you need to continue to do in the week ahead to be successful with your activity plan?
