FITNESS MOVES

4-WEEK STARTER PLAN

Two strength sessions and two easy walks each week.

Your weekly rhythm

Try strength on Monday and Thursday, and walk on Tuesday and Saturday. Take the other days off or move gently if you feel like it.

WEEK	EACH STRENGTH SESSION	EACH WALK
1	1 set of 5 reps per move	10 minutes
2	1 set of 6-8 reps per move	10-12 minutes
3	2 sets of 5-6 reps per move	12-15 minutes
4	2 sets of 6-8 reps per move	15-20 minutes

Your first workout

Use a stable chair and a clear wall. Start with a few minutes of easy movement. Rest between sets and leave a few comfortable reps in reserve.

Sit to stand

Sit on a sturdy chair. Stand up using your legs, then lower yourself back down with control.

Wall push-up

Place your palms on a wall at chest height. Bend your elbows to move toward it, then press back.

Supported heel raise

Hold the back of a stable chair for balance. Rise onto the balls of your feet, then lower slowly.

Make it repeatable

Repeat a week before progressing if the sessions feel too hard. Keep walks at an easy pace and shorten them when needed.

NHS home strength exercises

NIDDK tips for getting active

MEALS & WEEKLY LOG

A simple day of meals and space to track what you did.

Your first meal plan

Use this sample day for ideas and adjust meals to your appetite and preferences. Choose combinations you can prepare again next week.

BREAKFAST	Oats with plain yogurt, berries and nuts or seeds.
LUNCH	Chickpea and rice bowl with cucumber, greens and lemon dressing.
DINNER	Roast chicken or tofu with potatoes and mixed vegetables.
OPTIONAL SNACK	Fruit and yogurt, or hummus and vegetables.

Four-week tracker

Check off each session or walk. Use the last column to note what you want to repeat or adjust.

WEEK	STRENGTH A	STRENGTH B	WALK A	WALK B	NOTES
1	☐	☐	☐	☐	
2	☐	☐	☐	☐	
3	☐	☐	☐	☐	
4	☐	☐	☐	☐	

One habit I want to keep