

Chapter 3

Worksheet for the chapter on how to Begin Exercising.

NOTE: Before starting this or any exercise program, make sure to discuss your options with your health care professional. Take this book with you or show them the Facebook page and follow their guidance on what you should do and what you should either avoid or modify. When you are starting this program, only do these exercises once a week for the first couple of weeks. If you feel ok, increase to twice a week, then three times a week.

If you feel any pain or soreness, stop doing that exercise and wait a couple of days before starting again.

The key is to continue to exercise to build your strength and then maintain it. This is for your health, not to hurt you.

Each day check off what exercise you did and the effort you put into them on a scale of 1-5 on the weekly chart below.

- 1 = no effort
- 2 = little effort, not breathing hard
- 3 = moderate effort, starting to breathe hard
- 4 = increased effort, starting to sweat
- 5 = hard effort, difficult to finish, but you did it!

Exercises

- Leg lifts
- Towel around back
- Towel pull
- Towel under right foot, then left foot
- Arm curls with water bottle
- Push arms back and hold

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							