

# Physical Fitness and Exercise - First Steps



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01

# Previous Exercises

# Session #1



**Isometric  
Squat**



**Planks**



**Wall Angels**

# ✦ Isometric Squat

- Bend at knees and hip
- Keep chest up and core & glutes engaged
  - Keep feet planted (mid-foot)
- Hold for at least 10 seconds





# Planks

- **Keep neutral spine**
- **Start with forearms flat on the ground**
- **Engage core and NOT low back**
  - **Aim for a minute**



# ✦ Wall Angels

- Stand 6 in away from wall
- Hold arms up against wall
- Bring arms down to right angle
- Engage shoulders & back



# ❖ Wall Wrist Stretch

- **Straighten arms and lean against wall**
- **Start with arms parallel to ground and slowly move down**





# Session #2

## Sports

- Easy, fun way to burn calories
- Takes away the mental load off of weight loss
- Integrate hobby with weight loss



## Walking

- Low-to-moderate intensity is key!
- Sedentary lifestyle is considered 5000 steps/day
- 10 minutes of walking equals 1,000 steps





# High Intensity Interval Training

What is it?

- Short bursts of high intensity exercise with short recovery time

Benefits

- Efficient for burning calories
- Good for cardiovascular health (CAD)

Rep range?

- **1 minute on, 30 seconds off, 9 rounds total**
- Can always length of set or number of rounds

# Let's Exercise

## Jumping Jacks

Swing arms up and out to a clap whilst shuffling feet outward

## High Knees

Run in place raising knees as high as you can, can do this at a walking pace if pain in knees

## Lunges

Step forward with one foot and bend at the knees, return to standing and repeat with other foot



02

# Discussion

**What changes  
have you/will  
make?**





# Promises

- Run a 10k successfully
- 10k steps a day
- Find motivation to exercise
- 30 minute walking
- Go to gym 3x a week
- Find a family member or friend to exercise with