



# fit for all

A **cara** INITIATIVE

## MOVEMENT PLAN

A six week Run / Walk / Roll Plan for beginners

DEVELOPED BY CARA

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## MOVEMENT PLAN

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This six week movement programme has been developed to help you to get started with exercise if you are a beginner. The movement programme will give you the confidence to build your exercise levels up gradually, starting with as little as 10 minutes.

The programme has been reviewed by qualified fitness professionals.

Photos are for illustrative purposes and do not reflect every condition or disability.

The information provided is not intended nor implied to be a substitute for professional medical advice. If necessary please seek medical advice before starting any new fitness programme or movement programme.



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# WEEK 1

MONDAY > 10 MINS

TUESDAY > 10 MINS

WEDNESDAY > 10 MINS

THURSDAY > 15 MINS

FRIDAY > REST

SATURDAY > 10 MINS

SUNDAY > 20 MINS



**Buddy Up!**



Getting out and about with someone else always makes exercise more enjoyable.

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## WEEK 2

MONDAY	>	REST
TUESDAY	>	15 MINS
WEDNESDAY	>	15 MINS
THURSDAY	>	15 MINS
FRIDAY	>	REST
SATURDAY	>	15 MINS
SUNDAY	>	25 MINS



### Keep The Pace!



TIP!

Aim to sustain yourself at a rate that is comfortable for you. You should be able to hold a conversation with your buddy but not be able to sing.

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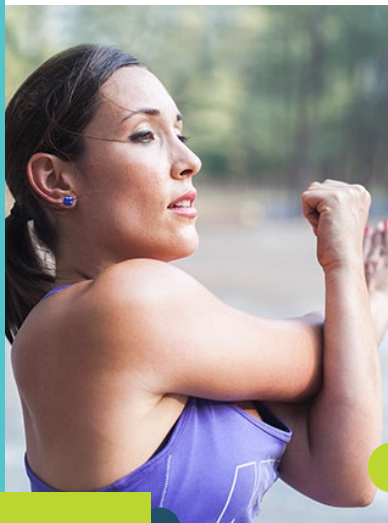
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# WEEK 3

MONDAY	>	REST
TUESDAY	>	15 MINS
WEDNESDAY	>	15 MINS
THURSDAY	>	15 MINS
FRIDAY	>	REST
SATURDAY	>	15 MINS
SUNDAY	>	25 MINS



**Limber Up!**



Try to warm up before you get going. Walk / Run / Roll or push slowly and gradually build your pace. Don't forget to cool down after and gently stretch your muscles to reduce stiffness.

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# WEEK 4

MONDAY	>	REST
TUESDAY	>	15 MINS
WEDNESDAY	>	20 MINS
THURSDAY	>	15 MINS
FRIDAY	>	20 MINS
SATURDAY	>	20 MINS
SUNDAY	>	30 MINS



## Be Prepared! TIP!

Make sure that you are wearing the correct clothing and using the correct equipment when you are out and about. Good walking shoes, hand mitts & a water bottle will make your walk / run / roll a lot more enjoyable.

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# WEEK 5

MONDAY	>	REST
TUESDAY	>	15 MINS
WEDNESDAY	>	25 MINS
THURSDAY	>	20 MINS
FRIDAY	>	20 MINS
SATURDAY	>	20 MINS
SUNDAY	>	30 MINS



**Stay Hydrated!**  **TIP!**

It's important to stay hydrated while you are exercising.

Always bring a bottle of water with you!

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# WEEK 6

MONDAY	>	REST
TUESDAY	>	20 MINS
WEDNESDAY	>	25 MINS
THURSDAY	>	20 MINS
FRIDAY	>	30 MINS
SATURDAY	>	20 MINS
SUNDAY	>	35 MINS



## Enjoy Your Exercise! TIP!

Enjoy your opportunity to get out to walk, run, or roll. Use this time as “me time”. You’ll feel great after it and know that you are helping yourself to become a fitter you!

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