



# Peaceful Pace

	Mon	Tu	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	Sit on a chair and stand up 8–15 times. Finally, stretch your front thighs.	Walk calmly for at least 10–20 minutes.	If it's hard to get moving, plan a treat like a coffee house visit for the trip.	Take along a pet, music, or audiobook—anything that motivates you!	Walk calmly for at least 15–30 minutes. Walk to the store or run errands	Think about why exercise is valuable to you and write it here:	Break up your sitting throughout the day. Tips for this are provided under Monday!
<b>Week 2</b>	Reach alternately towards the ceiling and your toes 5–10 times. Finally, stretch your sides.	If the first week didn't go well, don't get discouraged. Give yourself a new chance!	Walk calmly for at least 15–30 minutes. You can also walk in 10-minute segments.	Walk outside and observe how nature looks today.	Walk calmly for at least 15–30 minutes or exercise with a friend or familiar group.	Think about your exercise goal and write it here:	Do weekly everyday exercises: clean, wash dishes, do yard work, or visit a friend.
<b>Week 3</b>	Stand on one leg, count to ten, and switch legs. Finally, stretch your glutes.	Walk at your own pace for 20–45 minutes. Find a favorite spot you can easily return to.	Remember that walking to the bus, the store, school, or work is also exercise!	Walk on the nearest nature trail, beach, or park	Walk at your own pace for 20–45 minutes. Increase the time from the last session.	Think about what benefits exercise brings to your daily life and write it here:	Do weekly beneficial exercises: run errands on foot and use stairs instead of the elevator.
<b>Week 4</b>	Do a rowing motion while sitting upright 10–20 times. Finally, round your back.	Walk at your own pace for 30–60 minutes. Return to your favorite spot and consider what you sense	Walk at your own pace for 30–60 minutes. Increase the time from the last session.	Visit a friend, acquaintance, or relative.	Move at a time of day that suits you best.	Walk calmly for 30–60 minutes and pick a souvenir from your walk, like a stone or leaf.	It's important to gradually increase your daily activity.
<b>Week 5</b>	Rise onto your toes and lower slowly 10–15 times. Finally, stretch your calves.	Walk at your own pace for 30–60 minutes. Walk on a nature trail, in a park, or by the beach.	Think beforehand about how you might feel after exercising.	Walk 30–60 minutes until you're out of breath. Increase the time from the last session.	Remember that household chores increase your daily activity!	Think about what your favorite way to exercise is and write it here:	Walk calmly for 30–60 minutes and take a photo of a beautiful place as a keepsake.



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<b>Week 6</b>	Push against a wall 10–15 times. Finally, stretch your chest muscles.	Walk 30–60 minutes in varied terrain until you're out of breath.	Think about how you could move more in your daily life.	Even small increases in your daily activity are important!	Walk 30–60 minutes until you're out of breath. Increase the time from the last session.	Visit the library, bookstore, or even a museum.	Walk 30–60 minutes until you're out of breath. Walk somewhere you haven't been for a long time.
<b>Week 7</b>	Alternately raise your knees toward your chest 10–20 times. Finally, stretch your hip flexors.	Walk 30–60 minutes until you're out of breath. Walk somewhere you haven't been in a while.	What hobby or skill have you always wanted to try?	Walk 30–60 minutes briskly uphill and relaxed downhill. Vary your walking speed.	Believe that you know what's best for you!	Walk 30–60 minutes until you're out of breath. Increase the time from the last session.	Be pleased with your exercise sessions and pat your body all over as a thank you!
<b>Week 8</b>	Do ten squats, touching your fingers near your heels. Stretch your hamstrings.	Walk calmly for 30–60 minutes. Maybe visit a café during your walk.	When feeling a pleasant sensation during exercise, take a moment to reflect on it.	Walk 30–60 minutes briskly uphill and relaxed downhill. Vary your walking speed.	Thank your body by eating healthy food and drinking enough water!	Look at the goal you set in week 2 and make an additional plan to achieve it!	Walk 30–60 minutes until you're out of breath. Finish with three stretches.
<b>Week 9</b>	Take a long step forward alternately and push your feet back together, do 5 per side.	Walk at your own pace for 30–60 minutes.	Walk 30 minutes until you're out of breath. Stop afterward to stretch.	Relax lying down and breathe evenly. Listen to your breathing for five breath cycles.	Walk 30–60 minutes until you're out of breath. Stretch afterward.	Walk 30–60 minutes briskly uphill and relaxed downhill. Vary your walking speed.	One week of the program left. Make a plan for how you'll continue walking!
<b>Week 10</b>	Choose your favorite activity from previous Mondays.	Walk at your own pace for 40–60 minutes. Walk to your favorite spot.	What thoughts and feelings did yesterday's exercise evoke in you?	Do vigorous exercise for 30 minutes until you're out of breath. Stop afterward to stretch.	Walk 40–60 minutes until you're out of breath. Stretch afterward.	Play your favorite music and dance.	Take a moment to bask in your achievements. Treat yourself to something special!