

Your Health Homework

Complete your training diary for one week to meet the guidelines for osteoporosis & osteopenia

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many minutes?	How many minutes?	How many minutes?	How many minutes?	How many minutes?	How many minutes?	How many minutes?

Flexibility

(5-7days/week)

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Resistance

(2-3days/week)

- 1
- 2
- 3

Aerobic

(3-5 days/week)

- 1
- 2
- 3
- 4
- 5

Balance

(3+ days/week)

- 1
- 2
- 3
- 4

Rest Day

(1 per week)

- 1
- But keep doing your flexibility training!