



**YOUR
MISSION
PHYSICAL
EXERCISE**





IMPORTANT



Before getting started and to stay safe and injury free:

TALK TO YOUR DOCTOR

If you have health concerns, talk to your doctor or your health care provider before you start this mission, especially if you haven't exercised much in the past.

ADAPT THE EXERCISE TO YOU

To avoid any injuries, if you are unable to do some of the exercises provided in this mission, due to any physical limitation, adapt the exercise or repeat the same exercises that you are able to do.

KEEP IT SIMPLE

Move around more!

Ex:

- >Walk to the mailbox
- >Do some stretches
- >Dance in your chair

Find opportunities to move during your day.

The Compound effect, all adds up.



GAME INSTRUCTIONS

WHAT YOU NEED

- A Dice
- The game board below printed or in PDF
- Optional : Weights or small food can

HOW TO PLAY

- Put your counter on the space 1 that says 'START'. Do the exercise and roll the dice.
- Roll the dice, once a day. Move your counter forward the number of spaces shown on the dice.
- If your counter lands at the bottom of a ladder, you can move up to the top of the ladder.
- If your counter lands on the top of the slide, you must slide down to the bottom of the slide.
- The goal is to reach the space that says 'FINISH' by the end of the month.

**If you reach 'FINISH' early in the month, you can play again until the month is done.

GAME BOARD

21 Go for a 15 min walk	Sitting Knee Raises and clap, do 10 repetitions  22	23 Arm Waves, Do for 15 seconds and repeat	Forgot to stretch? Stretch... then slide down  24	25 CONGRATS on adding exercise in YOUR routine FINISH
STRETCH calf, one leg at a time, hold for 30 secs 20	19 You did 5 days of exercise in a row 	Wall Push-ups, do 10 repetitions 18	17 STRETCH neck, one side at a time, hold for 30 secs	Go for a 15 min bike ride or walking 16
11 STRETCH Shoulders, one arm at a time, hold for 30 secs	Sitting Curls do 10 repetitions for each arm* 12	13 Go for a 15 min walk	Your glass is empty, drink water...then slide down 14 	15 Sitting Side Arms, do 10 repetitions
Torso Twist do 10 repetitions 10	9 Go for a 15 min walk	STRETCH Knee to chest stretch 8 	7 Glute Bridge, hold for 3 seconds 	Sitting knee raises, hold for 3 seconds 6
1 Rotate clockwise each wrists START	STRETCH reach for the sky with your arms 2	3 Go for a 15 min walk	You are doing great! 4	5 STRETCH Standing Quad using the wall



EXERCISES

1.
Wrist Exercise



2.
Arm Stretch



3. 9. 13. 21.
15 Min Walking



5.
Standing Quad



6.
Sitting Knee Raises



7.
Glute Bridge Hold



8.
Knee to Chest Stretch



10.
Torso Twist



11.
Sitting Side Arms





EXERCISES

12.
Sitting Curls



For #12, the sitting curls, you can use:
->Weights
->Small food cans
-> No weights/cans

15.
Shoulder Stretch



16.
Bike Ride



17.
Neck Stretch



18.
Wall Pushups



20.
Calf Stretch



22.
Knee Raise Clap



23.
Arm Waves Exercise

