

The “Young at Heart” Plan-

This plan is for those of us that are not as mobile as we used to be. We do not want big bulging muscles or to be able to run a marathon, but what we do want is to be healthy, stay healthy and improve our standard of living. This workout plan will do just that, it will keep you active, improve your body and your circulatory system and it will do all of this without putting too much strain on your body.

This plan should be done twice a week every week, with at least 2 days in between workouts, but feel free to do light cardio exercise such as walking every day.



Congratulations!!!!

By deciding to start this workout plan you have made a choice that is going to positively impact your own and the lives of those around you, you should be proud of yourself for making this first step!

“To resist the frigidity of old age one must combine the body, the mind and the heart - and to keep them in parallel vigor one must exercise, study and love.” -Karl von Bonstetten

Here are some things to keep in mind before you start this program:

- 1) Please consult your doctor before starting this workout plan, they know your body and your limits better than you are I, so print this off and take it to them, it's better to be safe than sorry.
- 2) You will need to keep hydrated both throughout your workouts and throughout the day, aim for 8 glasses of water a day to keep yourself properly hydrated.
- 3) Know your limits, I cannot tell you if something is too heavy for you or too much for you, know your limits and stay within them.
- 4) Feel free to take music or a book with you to the gym, this is very popular and should make the time go quicker.
- 5) Make sure to wear comfortable clothing at the gym, jeans are too constrictive, try shorts and a T shirt or sweatpants and a sweater.
- 6) Find a workout partner (family member/spouse/friend/colleague), they will help keep you motivated and make your workouts more fun. It is also much harder to blow off the gym on those days where you don't feel like working out when you know there is somebody there waiting for you.
- 7) Find a way to motivate yourself, only you know how best to do that, set goals, tell them to people or treat yourself once a month, whatever it takes to keep you motivated, DO IT!
- 8) Finally, remember that everybody goes to the gym for different reasons, so always remember why you are there, it does not matter what anybody else is doing, you are there for you and your goals and that is the most important thing.

**Enjoy yourself, have fun, be safe, be smart
and be healthy!**