

YOUR 7-DAY PLAN FOR ACTIVE AGEING



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Brought to you by The Golden Concepts
www.thegoldenconcepts.com

KICKSTART MONDAY

Start the week with some light exercise, using the Exercise Pedaler.



Use the knob to adjust the resistance to suit your fitness level!

Great for toning arm and leg muscles while in the comfort of your own home. It also stimulates circulation.



20-30 minutes per session



TRAIN HARD TUESDAY

Train your mobility and build your muscle with these Seated Exercises.

1. Heel-toe Rock (2 cycles of 10 times)



2. Knee Extension (2 cycles of 10 times)



3. Chin Tuck (2 cycles of 10 times)



WORK IT WEDNESDAY

Play an upbeat song, follow these simple dance steps and sweat it out!

1.



2.



3.



4.



1.



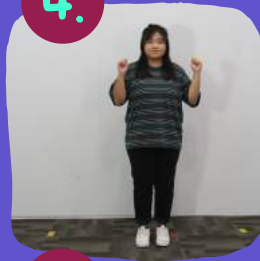
2.



3.



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1.



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3.



4.



Do 4 times of each set following the beat of a song. You'll surely work up a sweat!

Dance along with [THIS VIDEO](#)>>

TONE DOWN THURSDAY

Catch a breather today but **stay hydrated** and have **nutritious meals**.



Older adults experience dehydration quickly. So it's important to increase fluid intake. Have a glass of drink with every meal that you take.

RECOMMENDED:

- 1/4 plate grains
- 1/4 plate protein
- 1/2 plate fruits and vegetables
- A glass of milk

IMPORTANCE:

Grains are important for providing fibre to combat constipation. Protein helps to slow down muscle loss. Fruits and vegetables provide vitamins. And the calcium in milk maintains bone health.



Read more about Nutrition [here](#).

FREESTYLE FRIDAY

Strengthen your core by doing simple exercises with the Wobble Cushion.

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..... Crunches



Difficulty can be adjusted by varying the amount of air pumped into it. Do **3 sets of 10 reps** for each workout to fully work up a sweat!

STRETCH IT SATURDAY

Engage in resistance exercises and build strength with Exercise Bands.

LOOP BAND



2M BAND



TUBING



Helps to improve range of motion in their joints!
Do 3 sets of 10 reps for each exercise.
Watch THIS VIDEO and follow along!

SUNDAY FUNDAY

Good job for making it through the week! Relax with some **stretching**.

Give yourself a break and watch some TV. Squeeze the egg hand exerciser while you're at it!



Stretch and loosen up those muscles while getting ready for a new week!



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