

ENDURANCE EXERCISE MODULE

The actions for this module are:

Action Sheet

■ ACTION #1

Choose an endurance exercise that you like, for example walking.

■ ACTION #2

Decide how long you would like to walk in terms of time, i.e. 5 min, 15 min, 30 min

■ ACTION #3

Pick the days of the week you would like to walk, twice a week minimum.

■ ACTION #4

Decide how hard you will walk. If it is for health benefits, use a brisk walk.

■ ACTION #5

Wear comfortable clothing and shoes relax your shoulders and swing your arms gently. Look ahead not down. Enjoy yourself!