HealthyBodyHealthyLife
with Melissa Koerner

**Module 5 - Part 4
How to Create a
Balanced Exercise Plan**

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Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

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▎HOW TO CREATE A BALANED EXERCISE PLAN

Here's your success checklist:

Include these six key forms of exercise to build strong bones, muscles and joints:

☐ Weight-Bearing Exercises: walking, hiking, dancing, climbing stairs

☐ Flexibility Exercises: stretching, yoga, tai chi, Pilates

☐ Core Exercises: restorative core training, yoga, Pilates, lifting weights

☐ Balance Exercises: yoga, tai chi, Pilates

☐ Strength Training/Functional Exercises: lifting weights, using resistance bands, water exercises, Yoga, Pilates

☐ Interval Training: walking/jogging/running, biking, using a rebounder, jumping rope