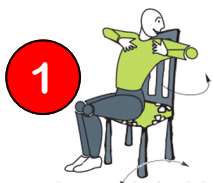


Week 5

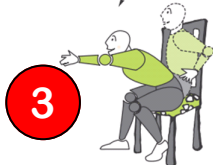
	TOTAL TIME	PACE
Walk # 1	42 min	(5 minutes at regular pace followed by 2 minutes of brisk walking) x 6
Walk # 2	40 min	regular
Walk # 3	44 min	(6 minutes at regular pace followed by 5 min. of sustained walking) x 4



1 Twist from the waist and touch the back of your chair with your elbow. Come back to centre, then repeat on the other side.



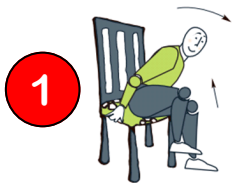
2 Lean forward and lift your knee to your chest. Alternate.



3 Row: reach forward with your arms out, then lean back against the chair and pull your arms towards you.

Week 6

	TOTAL TIME	PACE
Walk # 1	45 min	(3.5 minutes at regular pace followed by 1 minute of brisk walking) x 10
Walk # 2	60 min	regular
Walk # 3	30 min	(2.5 minutes at regular pace followed by 5 min. of sustained walking) x 4



1 Lean forward and bring your knee up towards your shoulder. Alternate left and right.



2 Lean back in the chair, keeping your back straight. Keep the movement slow and controlled. Don't let your head fall backwards.



3 Keeping your back straight, bring your elbow towards the opposite shoulder.