

## Week 7

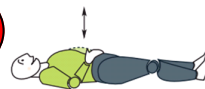
	TOTAL TIME	PACE
Walk # 1	50 min	(3 minutes at regular pace followed by 2 minutes of brisk walking) x 10
Walk # 2	60 min	regular
Walk # 3	30-50 min	regular
Walk # 4	30-50 min	regular

1



Breathe in deeply, breathe out slowly. When you feel like you have finished exhaling, blow forcefully 2 or 3 times to empty the lungs completely.

2



Breathe in through your nose. Let your stomach expand as you draw the air in. Breathe out.

3



Breathe in through the nose, raise your arms and stretch up. Breathe out through the mouth, bend over and allow all your muscles to relax.

## Week 8

	TOTAL TIME	PACE
Walk # 1	44 min	(2.5 minutes at regular pace followed by 3 minutes of brisk walking) x 8
Walk # 2	30-55 min	regular
Walk # 3	30-55 min	regular
Walk # 4	65 min	regular

1



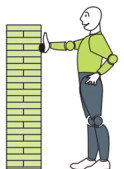
Breathe in and push your shoulders back. Bring your shoulders forward as you breathe out.

2



Lean your head backwards, arching your back. Count to 3 and start again.

3



Write the alphabet with an imaginary pen, or by pressing firmly on a ball or small balloon against the wall.