

Example of a weekly training programme:

| | Strength and balance (twice a week) | Aerobic (3 times a week) | Flexibility (4 to 6 times per week) |
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| MONDAY | | Brisk walking 20 minutes | Stretching 10 minutes |
| TUESDAY | 20 minutes for: 8-15 rep. Arm raise 8-15 rep. Knee flexion 8-15 rep. Bicep curl 8-15 rep. Knee extension 8-15 rep. Plantar flexion 8-15 rep. Hip flexion 8-15 rep. Shoulder flexion 8-15 rep. Hip extension 8-15 rep. Triceps extension 8-15 rep. Side leg raise | | Stretching 10 minutes |
| WEDNESDAY | | Swimming 25 minutes | Stretching 5 minutes |
| THURSDAY | | | Tai Chi class |
| FRIDAY | 20 minutes for: 8-15 rep. Arm raise 8-15 rep. Knee flexion 8-15 rep. Bicep curl 8-15 rep. Knee extension 8-15 rep. Plantar flexion 8-15 rep. Hip flexion 8-15 rep. Shoulder flexion 8-15 rep. Hip extension 8-15 rep. Triceps extension 8-15 rep. Side leg raise | | Bowling night |
| SATURDAY | | Square dancing class | |
| SUNDAY | REST | REST | REST |
| Tips | <ul style="list-style-type: none"> • You don't have to buy weights – you can simply use 2 cans (same size) • Start with light weights (2 lbs) and gradually increase • Always contract your abs • Lift for 3 seconds, hold for 1 second, lower for 3 seconds • Start by holding on to a chair with both hands. Increase difficulty by holding on with one hand, then with one finger and finally without holding on. • Always remember to breathe. | <ul style="list-style-type: none"> • You should be able to keep talking throughout the exercises – this is a good measure of the level at which you should exercise. • Always stretch before and after an aerobic session. | <ul style="list-style-type: none"> • Stretching should not cause pain; just a little discomfort. • Always keep your knees flexed a bit to prevent overextension. • Repeat each stretch 3 to 5 times. • Stretch slowly and hold for 10 to 30 seconds. • Keep breathing. |