



HEALTH AND WELLBEING CHECKLIST

Date

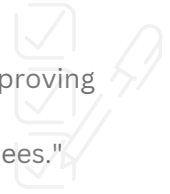
50

Strength and Flexibility Planner

Improving strength and flexibility enhances overall fitness and reduces injury risk. Use this checklist to design a balanced plan.

Set Specific Goals

- Define what you want to achieve, such as building muscle, increasing endurance, or improving flexibility.
- Example: "I want to do 20 push-ups in a row" or "Touch my toes without bending my knees."



Incorporate Strength Training

- Include exercises like squats, lunges, push-ups, or weightlifting 2-3 times per week.
- Tip: Use bodyweight or resistance bands if you're new to strength training.



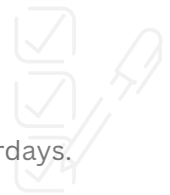
Add Flexibility Exercises

- Practice yoga, pilates, or dedicated stretching routines to enhance flexibility.
- Tip: Spend at least 5-10 minutes stretching after workouts.



Create a Weekly Schedule

- Alternate strength and flexibility sessions to balance your routine.
- Example: Strength training on Mondays and Thursdays, yoga on Wednesdays and Saturdays.



Warm Up Before Workouts

- Do dynamic stretches or light cardio to prepare your body.
- Example: Arm circles, leg swings, or 5 minutes of brisk walking.



Progress Gradually

- Increase resistance, repetitions, or intensity slowly to avoid injury.
- Example: Add 1-2 extra push-ups each week or hold stretches for longer durations.



Scan For More

Checklists



HEALTH AND WELLBEING CHECKLIST

50

Strength and Flexibility Planner

Track Your Progress

- Keep a journal or use a fitness app to monitor improvements in strength and flexibility.
- Example: Record the weights lifted or new flexibility milestones reached.



Listen to Your Body

- Pay attention to pain or discomfort and adjust your routine if needed.
- Tip: Rest or modify exercises if you feel strain.



Incorporate Rest Days

- Allow time for muscle recovery and prevent overtraining by scheduling rest days.
- Example: Take a full day off after intense strength workouts.



[CLICK HERE FOR MORE!](#)

