

A man and a woman are walking away from the camera on a dirt path. The woman is on the left, wearing a white sports bra and light green leggings. The man is on the right, wearing a dark grey t-shirt and black shorts. They are both wearing sneakers. The background shows rolling hills and trees under a bright, hazy sky, suggesting a sunrise or sunset setting.

Vital[®]

HOME EXERCISE GUIDE

Weight Management Programme

STRENGTH | IMPROVE MOBILITY | SUPPORT LONG-TERM WELLNESS

START SLOW. STAY CONSISTENT. SEE THE CHANGE.

Daily movement is essential for both physical health and overall well-being. Simple activities such as walking, stretching or exercising each day help improve heart health, strengthen muscles and bones, and boost energy levels. Regular movement also supports mental health by reducing stress, improving mood and increasing focus. Even small amounts of daily activity can make a big difference, helping the body stay strong and the mind feel balanced and refreshed.

For good overall health, adults should aim for at least 150 – 300 minutes of moderate-intensity exercise each week, such as brisk walking, cycling, swimming, or dancing. This can be broken down into about 30 – 45 minutes of activity on most days of the week.

Strength or resistance training should also be included at least 2 days per week to help maintain muscle strength, bone health, balance, and mobility. Also to be noted is that one should only be feeling muscular stiffness/pain when performing exercises, and not any specific joint pain.

If you are new to exercise, it is important to start slowly and gradually increase both the amount and intensity of activity over time. Beginning with short walks, light stretching, or gentle home exercises for 10 – 20 minutes at a time can help the body adapt and reduce the risk of injury. As fitness improves, you can slowly increase the duration, frequency, and variety of activities. The goal is to build a routine that feels manageable and enjoyable rather than trying to do too much too soon!

Walking is one of the easiest and most effective forms of exercise. Aiming for 7000 – 10 000 steps per day, or approximately 4 – 7 hours of walking spread throughout the week, can provide significant health benefits for the heart, muscles and mental well-being. Leisure activities such as gardening, hiking, yoga and recreational sports also contribute to daily movement and help reduce stress.

Small amounts of consistent movement each day will greatly improve energy levels, sleep, mood, and long-term health!

Below are two exercise programs you can begin doing 1-2 x a week to help you start getting into weekly exercise. Repeat each exercise for the recommended reps on the side of the table and perform 3 sets. Allow 1 days rest between each program. Please note: these programs are designed for individuals with no specific injuries/musculoskeletal issues. If anything is causing pain, please stop and consult with a Biokineticist to assist you further.

WHY MOVEMENT MATTERS

Daily movement is essential for both physical health and overall well-being.



Heart Health

Supports a Strong heart & healthy circulation



Muscle Strength

Builds & Maintains muscles for daily activities



Bone Health

Strengthens bones & reduces risk of injury



Improved Mood

Reduces stress & boosts mental well-being



Better Sleep

Improves sleep quality & helps you rest deeper



More Energy

Increases energy levels & reduces fatigue

HEALTHY RECOMMENDATIONS



**150-300
minutes**

of moderate intensity exercise per week



**2
strength**

sessions per week



**7 000 - 10 000
steps**

per day (or 4-7 hours of walking per week)

PROGRAM 1



HOME BASED - NO EQUIPMENT

HOW TO USE THIS PROGRAM



Each circuit
**Repeat
3 times**



Complete the
recommended
reps for each
exercise



Perform 1-
2 times
per week



Rest 1 day
before
starting the
next program



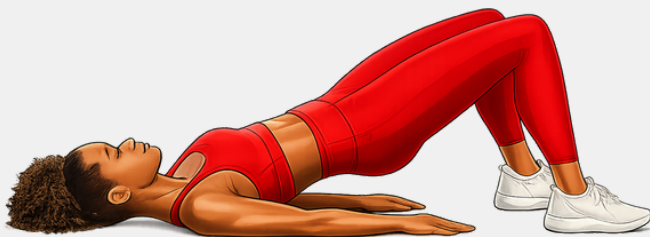
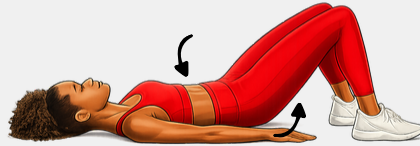
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CIRCUIT 1

3

1

DOUBLE LEG HIP BRIDGES



REPS
12

Lie on your back with your knees bent and feet flat on the floor. Tighten your abdominal muscles to flatten your lower back against the floor. Imagine pulling your belly button toward your spine as you gently tilt your pelvis upwards. While holding this core activation – press through your heels to lift your hips toward the ceiling until your body forms a straight line from your knees to your shoulders, squeezing your glutes at the top, and then lowering the hips back down to the floor.

2

CORE ACTIVATION WITH KNEE MARCHES



REPS
10 / side

Lie on your back with knees bent and feet flat on the floor, about shoulder-width apart. Tighten your abdominal muscles to flatten your lower back against the floor. Imagine pulling your belly button toward your spine as you gently tilt your pelvis upwards. Holding this position, march your knees towards your chest, alternating lifting them one at a time.

3

BIRD DOG



REPS
10 / side

Start on all fours on a padded surface. Keeping your core engaged and back flat – extend your opposite arm and leg out to the sides. Make sure to keep your hips and shoulders level. Return to the starting position and repeat.

CIRCUIT 2

3

1 STEPS UPS WITH STEP



REPS
10 / side

Place your entire lead foot firmly on the step, ensuring your heel does not hang off the edge. Lean your torso slightly forward to shift your weight over the leading leg, brace your core, and drive through your front heel to lift your body until your lead leg is fully extended. Avoid pushing off with your back foot; the lead leg should do all the work. Once both feet are on the platform, step back down, leading with the non-working leg to return to the starting position.

2 PUSH UPS ON WALL



REPS
10

Place your hands against the wall, slightly wider than shoulder-width apart. Step back until you feel your bodyweight leaning against the wall. Engage your core and squeeze your glutes to keep your body stable and straight. Bend your elbows, lowering your chest towards the wall. Keep your elbows tucked closer to your body. Push through your hands to return to the starting position.

3 BENCH/CHAIR MOUNTAIN CLIMBERS



REPS
10 / side

Place your hands on a bench/chair. Step your feet back to get into a high incline plank position. Your body should form a straight line from your head to your ankles, with an engaged core. Lift one foot off the floor and bring that knee toward your chest. Return the leg to the starting plank position in a controlled manner. Immediately switch legs, bringing the other knee in toward your chest.

CIRCUIT 3

3

1 SIT TO STANDS



REPS
12

Begin by sitting on the edge of a sturdy bench/chair with your feet flat on the floor, shoulder-width apart, and knees above your ankles. With your back straight and chest lifted, lean slightly forward at the hips, engage your core, and push through your heels to stand up fully without using your arms. Slowly and with control, sit back down by pushing your hips back and bending your knees. Avoiding "flopping" onto the seat.

2 DOUBLE LEG CALF RAISES



REPS
12

Begin by facing/holding onto a wall for extra balance support. Stand with feet in line and hip distance apart. Push up onto the balls of your feet. Hold momentarily before slowly lowering back down to the ground.

3 FRONT PLANK ON CHAIR



HOLD
30 seconds

Place your forearms on a chair. Step your feet back to get into a high incline plank position, keeping your shoulders directly above your elbows. Your body should form a straight line from your head to your ankles, and your core should be engaged. Hold this plank position for 30 seconds. Do not let hips drop.

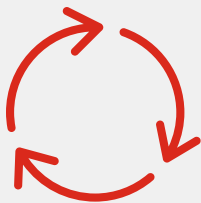
PROGRAM 2



HOME BASED - WITH EQUIPMENT

 can even use cans as weights

HOW TO USE THIS PROGRAM



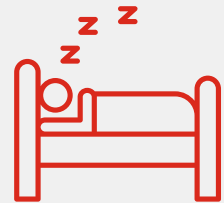
Each circuit
**Repeat
3 times**



Complete the
recommended
reps for each
exercise



Perform 1-
2 times
per week



Rest 1 day
before
starting the
next program



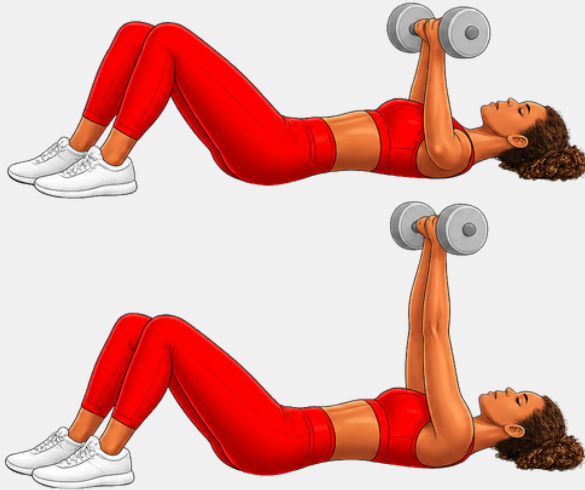
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CIRCUIT 1

3

1

WEIGHTED FLOOR CHEST PRESS



REPS
10

Sitting on the floor, grab weights in your hands then lie back onto the mat/floor. Bend your knees and keep your feet and back flat on the ground. Put your arms out next to your sides (about 45 degrees to your body). Push weights straight up into the air until your elbows have extended fully, then slowly bring them down to starting position, and repeat.

2

KNEELING ON FLOOR WEIGHTED ROWS

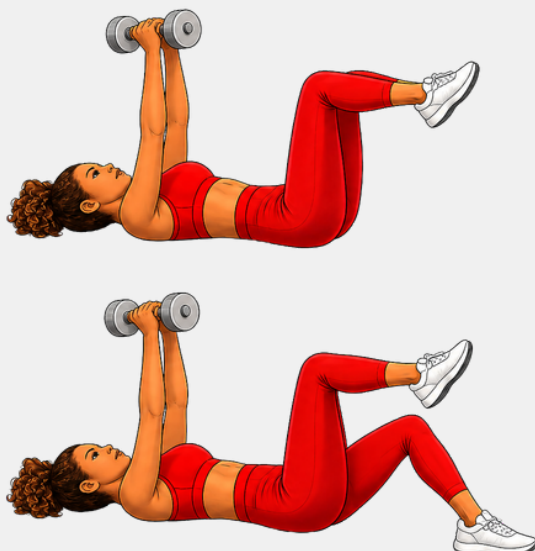


REPS
10 / side

Start on all fours on the floor on a padded surface. Holding a weight in one hand, keeping your torso perfectly square to the floor and your spine neutral, row the weight upward towards your hip while squeezing your shoulder blade, ensuring you do not twist your torso or arch your back. Slowly lower the weight back down with control, and repeat.

3

DEADBUG HEEL TAPS HOLDING WEIGHTS



REPS
10 / side

Begin lying on your back, arms straight up holding weights above your head. Lift up your legs and bend your knees into tabletop position. Alternate lowering one leg at a time to tap the heel on the floor. Keep core engaged, arms still and back flat entire time.

NB. Don't let lower back arch

CIRCUIT 2

3

1

SQUAT TO CHAIR AND PRESS WITH WEIGHTS



REPS

12

Begin standing in front of a chair. Hold weights at your shoulders. Squat down until your buttocks lightly touches the chair, and then explosively drive up through your heels, pressing the weights overhead in one fluid motion. And repeat.

2

WEIGHTED BICEP CURLS



REPS

12

Holding two weights at your sides, palms facing each other. Stand tall with chest up, and core engaged. Keeping your elbows tucked to your sides and wrists straight, slowly curl the weights upward towards your shoulders, then lowering them back to the starting position, and repeat.

3

STANDING CHOPS WITH WEIGHTS



REPS

10 / side

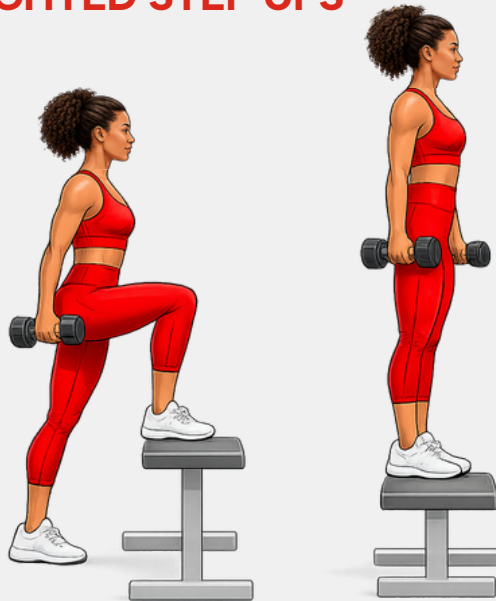
Start in a staggered stance with one foot forward and the other back, keeping your hips and shoulders squared. Grip a weight with both hands and extend your arms to the back hip. Maintaining a tall chest and braced core, move the weight upwards, diagonally across your body in a controlled "chopping" motion. Slowly lower the weight back to starting position and repeat.

CIRCUIT 3

3

1

WEIGHTED STEP UPS



REPS

10 / side

Stand in front of the step with a weight in each hand. Place one foot on the step, keeping your knee in line with your toes. Push through the heel of the foot on the step to lift your body up onto the step. Lower yourself back down to the starting position and repeat 10 times before switching legs.

2

WEIGHTED CROSS BODY PUNCHES



REPS

10 / side

Holding a weight in each hand. Alternate punching the weights diagonally across your body, rotating your torso. Keep your core engaged and chest up throughout.

3

WEIGHT HOLD STANDING HIGH KNEES



REPS

10 / side

Standing up straight, holding the weights at your shoulders or hanging at your sides. Alternate marching your knees up towards your chest one at a time. Keep core engaged and chest up.