

7 Day SENIOR WORKOUT Challenge for wellness

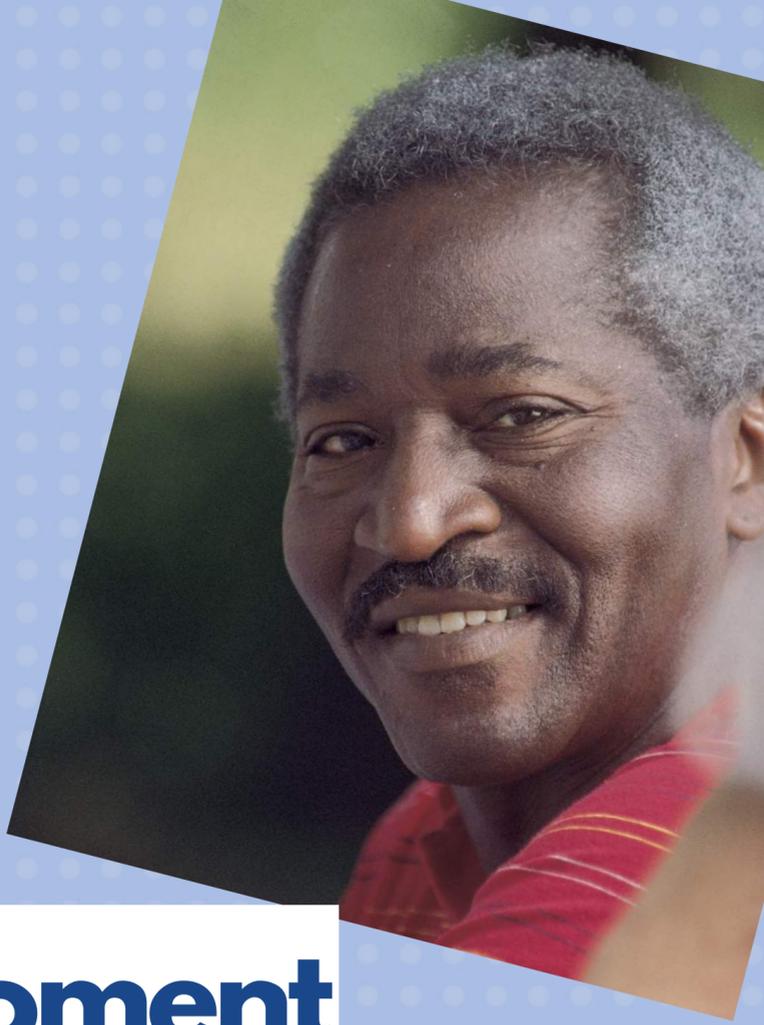


just



WITH LUCY
WYNDHAM-READ





**Just take a moment
to think how**

AMAZING

YOUR body is

**think what it does and
how it works even
while you are sleeping**





As your trainer, I know how important moving our body is for our physical and mental health.

**Lucy Wyndham-Read
Qualified Trainer**

This is why I wanted to create a Free, quick and effective 7 Day Senior Workout Challenge.

The workout is just 7 minutes and all you need is a chair.



DAILY TICK CHART

tick once completed

Day 1.....➔

Day 2.....➔

Day 3.....➔

Day 4.....➔

Day 5.....➔

Day 6.....➔

Day 7.....➔

HEALTH AND SAFTEY

IF YOU ARE NEW TO EXERCISE IT
IS ALWAYS IMPORTANT THAT YOU
CHECK WITH YOUR DOCTOR OR GP
FIRST.

YOU CAN ALWAYS EMAIL THEM A
LINK TO THIS WORKOUT FOR
APPROVAL.

NEVER EXERCISE IF YOU ARE
FEELING UNWELL

LISTEN TO YOUR BODY AND IF
SOMETHING DOESN'T FEEL RIGHT
THEN STOP

ALWAYS PERFORM THE EXERCISES
WITH A STURDY CHAIR

MAKE SURE THE CHAIR IS
SOMEWHERE THAT WON'T SLIP

LET'S TALK BALANCE

THIS 7-MINUTE WORKOUT I HAVE DESIGNED FOR YOU WILL HELP IMPROVE YOUR BALANCE AND STRENGTH.

THE BENEFIT OF HAVING A GOOD BALANCE IS THAT IT HELPS TO PREVENT FALLING AND REDUCES THE RISK OF INJURIES.

IT ALSO GIVES YOU A BETTER RANGE OF MOTION, BOOSTS YOUR CONFIDENCE AND STRENGTH. IT ALSO HELPS TO IMPROVE YOUR POSTURE

SO WHY NOT AT THE START OF THIS 7 DAY CHALLENGE TEST YOUR BALANCE, THEN REDO AT THE END OF THE 7 DAYS AND SEE HOW MUCH YOU HAVE IMPROVED YOURS.

**PRESS THE
PLAY
BUTTON
FOR THE
WORKOUT**



**"you will need
to be online"**

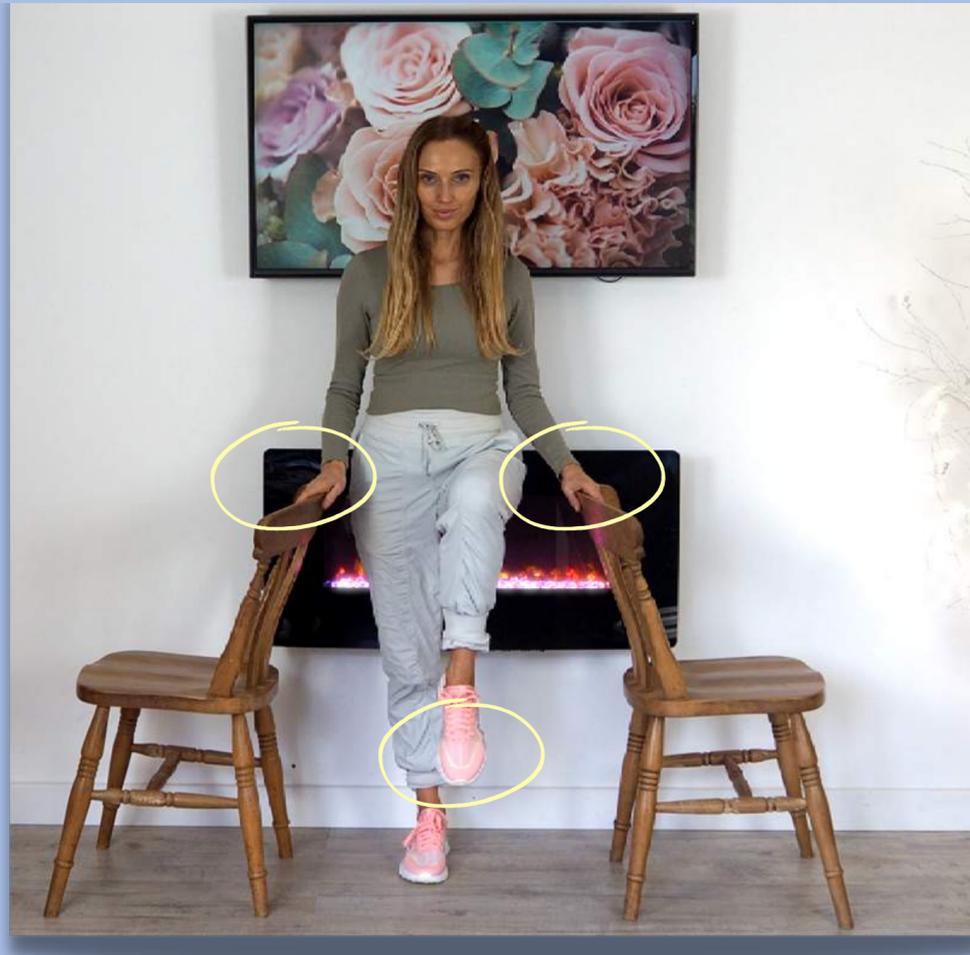
HOW TO MEASURE YOUR BALANCE



STEP 1

Stand between 2 sturdy chairs.

STEP 2
Lift one foot off the floor, still holding onto the chairs for support



STEP 3

Now you are ready so take your hands off the chairs and the test begins. Count how many seconds you can stand without wobbling. Once you wobble place your hands back on the chair.

Repeat on the other leg



RESULTS PAGE

Day 1 **Seconds**

Left Leg _____

Right Leg _____

Day 7 **Seconds**

Left Leg _____

Right Leg _____

IMPROVED BY

_____ **seconds**



Let me know your scores and how you are feeling after this 7 Day Challenge

Simply click on any of the social media icons to connect



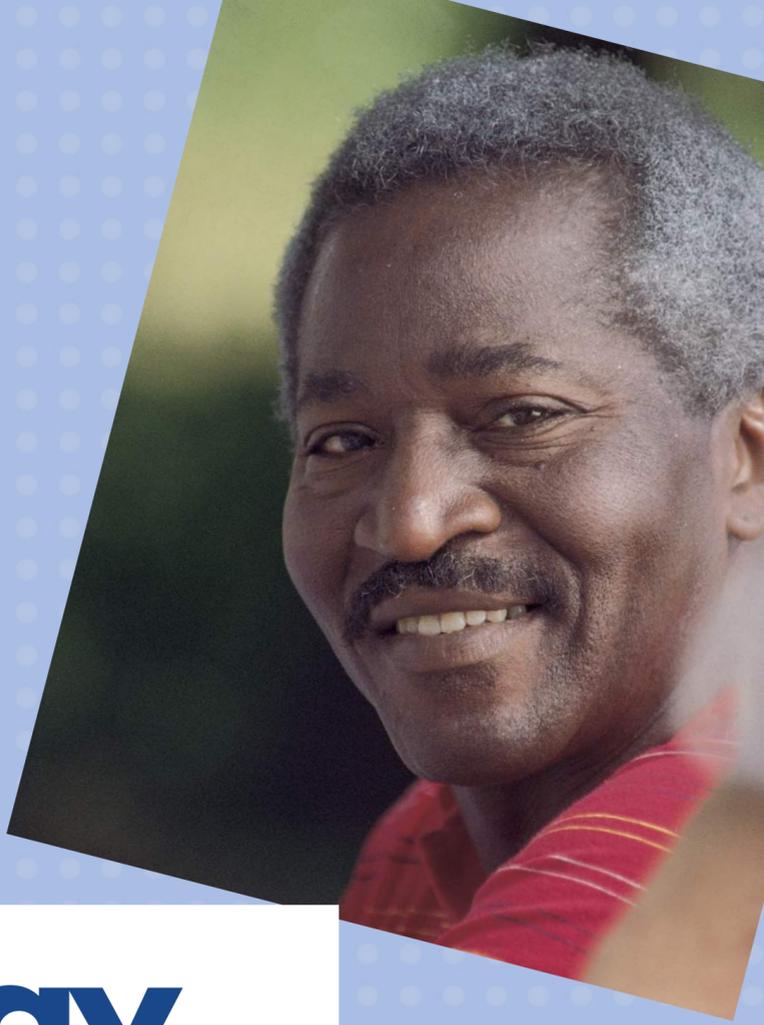
Here are some more workouts you can follow from my YouTube Channel. Simply click on the play button to locate these.



**Seated
Workouts**



**Indoor
Walking**



every day

move a little

**and thank
your body**



**for being as
amazing as it is**

LWRFITNESS.COM



CLICK ON ANY PRODUCTS TO FIND OUT MORE

SENIOR PLAN

4 WEEK HEALTH PLAN

LOW IMPACT EXERCISES

(YOU CAN EVEN DO THEM ON A CRUISE)

PLUS A 7 DAY HEALTHY EATING PLAN

BY LUCY WYNDHAM-READ

