

19. 3 Mixed Exercises Weekly Routine

Suggested Exercise Schedule

1. Brisk walking 3 X a week
2. Yoga 2 X a week.
3. Dumbbell Workout 3 X a week
4. Start slowly, listen to your body.
5. Allow recovery. Track your progress.

WEEK # / DATES	MON	TUE	WED	THU	FRI	SAT	SUN
EX							
1. DUMBBELL WORKOUT	☒	☐	☒	☐	☒	☐	☐
2. BRISK WALKING	☐	☒	☐	☐	☒	☐	☒
3. DUMBBELL WORKOUT	☐	☒	☐	☒	☐	☐	☐
1.	☐	☐	☐	☐	☐	☐	☐
2.	☐	☐	☐	☐	☐	☐	☐
3.	☐	☐	☐	☐	☐	☐	☐
1.	☐	☐	☐	☐	☐	☐	☐
2.	☐	☐	☐	☐	☐	☐	☐
3.	☐	☐	☐	☐	☐	☐	☐
1.	☐	☐	☐	☐	☐	☐	☐
2.	☐	☐	☐	☐	☐	☐	☐
3.	☐	☐	☐	☐	☐	☐	☐
1.	☐	☐	☐	☐	☐	☐	☐
2.	☐	☐	☐	☐	☐	☐	☐
3.	☐	☐	☐	☐	☐	☐	☐

From: The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.