



The PreKure
Fitness Guidelines,
Fitness Plan and
Fitness Diary



THE PREKURE FITNESS GUIDELINES

1. Organise your life to include lots of moving and less sitting.
2. Exercise in an easy (aerobic) way everyday and whenever you can. Do as much as you can fit into your lifestyle, but keep it really easy.
3. Exercise in a very hard (anaerobic) way a couple of times a week, go hard but for not that long.
4. Lift heavy things (strength training) and use your body weight as resistance a couple of times a week.
5. If you are tired from exercise, have a rest. Recovering from the stress of exercise is how your body rebuilds and gets fitter.
6. To keep being fit and active, you should find something you enjoy and can do with others. That way you will keep doing it.

NOTES

Fitness Plan

We've set up a beginner and intermediate workout schedule to help you get into #fitnessismedicine. You don't need to stick to this. In fact, all you need to do is get at least 30 min of any exercise daily to get started. BUT... fitness is medicine and fitness comes in several varieties of exercise each with its own unique benefit to the body. So getting this variety means you get the best available medicine.

Here's how we've set it out.

- **Aerobic** Aerobic exercise is aimed at increasing the muscular function of the heart. This type of exercise is key to increase functions like stroke volume, systolic/diastolic pressure, and lowering resting heart rate. Do as much as you can fit into your lifestyle but keep it easy. You must be able to talk when you are doing this. That means even if running, most of us will slow down to walk up hills.
- **Anaerobic** Once a week we recommend a higher intensity (anaerobic), this is a great tool to increasing metabolic flexibility and placing the nervous system in a slightly stressed state but only for a short time. High intensity (anaerobic) training can have a big positive effect on the brain, by activating brain-derived neurotrophic factor (BDNF). BDNF is central to learning, memory, and problem solving – in fact it enhances all cognitive function.
- **Resistance** Lift heavy things (strength training) and use your body weight as resistance. By just using your body weight, the goal is to create stress on your muscle and tendons. Use it or lose it! A major benefit of building extra muscle is increased basal metabolic rate which burns more energy.
- **Rest** If you are tired from exercise, have a rest. Over time you'll see days of low impact, on these days we encourage you to still get outside and move but only at a very easy pace.



CORE MOVEMENTS

Here are 10 core movements for you to try. Watch the videos on our website or YouTube channel to get a good understanding of how to do each movement.

THE 3-WEEK FITNESS PLAN

Swap days and workouts as you feel. Try to get as much aerobic exercise as you can do, and some hard anaerobic and resistance work too. This programme is perfect for anyone starting out who has not been doing much exercise over the past 6 months or more.

WEEK 1:

Monday	<ul style="list-style-type: none">• Aerobic walking: (or swimming or cycling) at least 30 min
Tuesday	<ul style="list-style-type: none">• Resistance: warm-up with an easy 5 minutes of steps ups/walking up and down stairs or skipping. Split up as needed*. Target is 4 rounds• 12 squats• 12 kneeling push ups• 12 (each arm) plank with hand raise• 12 back extension• Warm-down: easy 5 minutes of walking <p><i>* Rest as needed but at least 3 mins between each round</i></p>
Wednesday	<ul style="list-style-type: none">• Aerobic walking: (or swimming or cycling) at least 30 min
Thursday	<ul style="list-style-type: none">• Anaerobic: warm-up with an easy 5 minutes of steps ups/walking up and down stairs or skipping• Every minute on the minute for 20mins: odd, 6-10 burpees; even, 10-15 squat jumps• Warm-down: easy 5 minutes of walking
Friday	<ul style="list-style-type: none">• Aerobic walking: (or swimming or cycling) at least 30 min, or rest
Saturday	<ul style="list-style-type: none">• Aerobic walking: (or swimming or cycling) at least 60 min
Sunday	<ul style="list-style-type: none">• Resistance: accumulate over the day – 40 push ups, 40 squats, 4 x 60 sec planks. Can do all in one session or over the course of a walk

WEEK 2:

If you are happy walking repeat the above for weeks 2 and 3. Or if you want to push yourself a little more, then in Week 2 do the Running Accumulator programme and in week 3 do the Gone Running programme.

WEEK 3:

THE “RUNNING ACCUMULATOR” PROGRAMME

Everything as above, but in the walks add run goals, e.g. in a 30 min walk incorporate 10 mins of easy running. If you are really puffing you must walk. Walk up the hills and run where you can, but keep it easy.

THE “GONE RUNNING” PROGRAMME

Everything as above, except run instead of walking. You can walk up hills or when you get too puffed to talk while running.

With all programmes, if you are too tired then stop. You only get fitter by rebuilding your body. Rest is what rebuilds us, but only after the stress of exercise.

