

## Activity: Creating a Realistic Fitness Routine



**Objective:** Help participants identify available time in their schedules and build a sustainable fitness routine based on their actual time commitment.

**Materials Needed:**

- Pen and paper (or digital note-taking device)
- Timer (optional)

**Step 1: Assess Available Time (15 minutes)**

1. **Reflect on Your Schedule:**

- Write down your daily activities for a typical week, including work, family commitments, social activities, and screen time.
- Highlight any activities that may be reduced or repurposed for exercise (e.g., social media scrolling, TV time).

2. **Determine Your Weekly Exercise Commitment:**

- Based on your reflection, how many hours per week can you realistically dedicate to exercise?
- Write down your answer but do not overcommit—focus on sustainability for the next 8-12 weeks.

**Step 2: Choose a Workout Structure (10 minutes)** Based on your available time, create your workout structure. These are examples of some programs and please expand/adjust if needed:

- **3 hours per week:** Three 1-hour sessions or six 30-minute sessions.
- **2 hours per week:** Four 30-minute sessions or two 1-hour sessions.
- **1 hour per week:** Two 30-minute sessions or four 15-minute sessions.

**Step 3: Plan Your Workouts (15 minutes)**

1. **Allocate Time for Cardio and Strength Training:**

- 50% of your time should be dedicated to Zone 2 cardio (brisk walking, cycling, rucking, treadmill, etc.).
- 50% of your time should be dedicated to strength training (bodyweight exercises, resistance bands, dumbbells, etc.).

2. **Choose Your Preferred Exercises:**

- Cardio options: Walking, biking, treadmill, elliptical, rucking.
- Strength options: Push-ups, squats, lunges, planks, dumbbell presses, rows.
- Decide whether you'll work out at home or at a gym.

**Step 4: Set a 12-Week Goal (10 minutes)**

1. Identify one measurable goal (e.g., increase wall sit duration from 10 to 60 seconds, consistently complete three workouts per week, or improve endurance by sustaining a 30-minute Zone 2 workout without stopping).
2. Write down your goal and track your progress weekly.

**Step 5: Commit and Adjust (5 minutes)**

- Place your workout times in your calendar as non-negotiable appointments.
- After 4 weeks, reassess and adjust if necessary—can you increase your commitment?

**Conclusion:** By following this structured approach, participants can create a realistic and effective fitness routine that fits into their busy schedules while prioritizing consistency over perfection.