



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

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THE 10-DAY SUMMER BOOSTER FITNESS CHALLENGE

How to do the Challenge:

DAYS 1 – 5

- Choose a start date and record it in your diary.
- Combine it with **The 10-Day Summer Booster Eating Plan**.
- Print off the **Fitness Challenge** and put it in a prominent place such as the front of your fridge, and remember to record each activity session as you complete it.
- Drink plenty of water before and after your exercise sessions. On hot days ensure you have water with you on your walks and wear sun protection.
- How far you go on your **daily walk** is only a suggestion. If you have not done your daily walk recently then start with 15 minutes at a gentle pace. If you are a regular walker then carry on as usual with **30+ minutes**. Remember to do your [Post-walk stretches](#).
- All the [Strength Workouts](#) are on our website using either a resistance band or hand weights.
- The '**Exercise Snack Day**' allows you to do a valuable strength exercise at any time when you have a spare minute. Ideas and recommended repetitions are in the Plan. For example...
 - Walk up and down stairs consecutively.
 - March on the spot.
 - Table-top press-ups.
 - Balance on each leg for 30 seconds.
 - Sit-to-stand multiple times from a dining chair.

DAYS 6 – 10

- Make your **30+ minute daily walks** more challenging this week. Try to make sure there are some inclines and alternate your pace between steady and then much brisker.
- With the hand weights it is important you work with the heaviest you can manage. I encourage you to have ideally a 2kg weight in each hand, increasing to 2.5kg or even 3kg. A 1-litre bottle of water weighs 1½ kg so is a good starting point for beginners.

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DAY 1

Walk 15 - 30mins.

Do the [Standing Band Workout](#)

DAY 2

Walk 15 - 30mins.

Do the [Balance Exercises](#) or a [Ballet session](#)

DAY 3

Walk 15 - 30mins.

Exercise Snacks Day:

- Sit to Stand x 12
 - Press ups 2 x 10
 - Stairs 3 - 4 times
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DAY 4

Walk 15 - 30mins.

Do the [Floor Band Workout](#)

DAY 5

Go for a longer Walk.

Do the [Whole Body Stretch Programme](#)

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DAY 6

Walk 30 - 45 mins.

Do the [Standing Weights Workout](#)

DAY 7

Walk 30 - 45 mins.

Do a [Pilates Programme](#)

DAY 8

Walk 30 - 45 mins.

Exercise Snacks Day:

- Sit to Stand x 12
 - Press ups 3 x 10
 - Stairs 4 - 5 times
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DAY 9

Walk 30 - 45 mins.

Do the [Floor Weights Workout](#)

DAY 10

Go for a longer Walk.

Do the [Whole Body Stretch Programme](#)

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