# MOVE FOR THE BARIATRIC CLIENT

#### WEEK 1

Warm Up Cardio Upper Body Strength Yoga/TaiChi Meditation

> Warm Up Cardio Balance Mind/Body Meditation

Warm Up Cardio Low Body Strength Mind/Body Meditation

#### WEEK 2

Warm Up Cardio Balance Yoga/TaiChi Meditation

Warm Up Cardio Functional Strength Mind/Body Meditation

Warm Up
Cardio
Low Body Strength
Mind/Body
Meditation

#### WEEK 3

Warm Up Cardio Low Body Strength Mind/Body Meditation

> Warm Up Cardio Balance Yoga/TaiChi Meditation

Warm Up Cardio Upper Body Strength Yoga/TaiChi Meditation

### WEEK 4

Warm Up Cardio Functional Strength Mind/Body Meditation

Warm Up Cardio Upper Body Strength Yoga/TaiChi Meditation

> Warm Up Cardio Balance Yoga/TaiChi Meditation





## Tips for success!

- Set Goals! The #1 way to be successful is to set short-term, achievable goals!
- Consistency is the KEY to success. Even if it's 10 minutes a day! Show up at least 3 times a week!
- Add an extra Strength/Cardio video to your daily workout!

Have difficulties or need more modifications?

1) Have your program individualized for you.

2) Set up Physical Therapy treatments

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