

# A BALANCED WORKOUT ROUTINE

Science supports getting 150 or more minutes per week to support weight loss. Use this guide from left to right to prioritize how to spend your time and maximize fat loss.



What can you commit each week?	RESISTANCE	INTERVALS	ACTIVE RECOVERY	FUN AND MOVE MORE
1 to 3 hours	<b>Weights</b> <b>Bodyweight</b> <hr/> 1-2 hours	<b>Short, fast</b> <b>Long, slow</b> <hr/> 30 minutes	<b>Leisure walk</b> <b>Yoga</b> <b>Yard work</b> <hr/> 1 hour	<b>Play with kids</b> <b>Take stairs</b> <b>Park far away</b> <hr/> AMAP
4 to 6 hours	<b>Weights</b> <b>Bodyweight</b> <hr/> 1-2 hours	<b>Short, fast</b> <b>Long, slow</b> <hr/> 30-45 minutes	<b>Leisure walk</b> <b>Yoga</b> <b>Yard work</b> <hr/> 2-3 hours	<b>Play with kids</b> <b>Take stairs</b> <b>Park far away</b> <hr/> AMAP
7 to 10 hours	<b>Weights</b> <b>Bodyweight</b> <hr/> 1-2 hours	<b>Short, fast</b> <b>Long, slow</b> <hr/> 45 minutes	<b>Leisure walk</b> <b>Yoga</b> <b>Yard work</b> <hr/> 3-4 hours	<b>Play with kids</b> <b>Take stairs</b> <b>Park far away</b> <hr/> AMAP