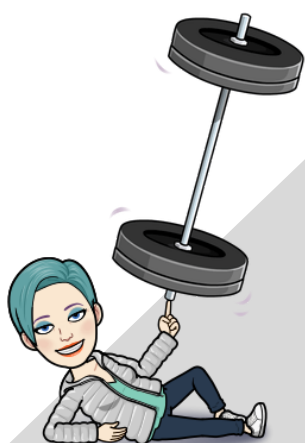


COUCH to
ACTIVE!



minimum
EXERCISE



WELCOME!

Hey there friend!

Most people want to exercise more. I help them achieve this.

If creating an active lifestyle was easy you'd already be there. Imagine yourself active and loving it. Imagine your loved ones proud of you and worrying less about your long term health.

As a survivor of a 20-year corporate desk job and a decade of single-parenting, I get it and I'm here to make an active lifestyle your reality too!

Let's do this!

Lyn Lindbergh
Your Bad Couch Guru



THE MISSION

NO MORE
EXERCISE
WE HATE!

COUCH to ACTIVE fast tracks your progress to a life that includes exercise. You want to love your life, and that means the exercise you add to your life needs to make you smile, or at least not cringe!

Plug-into our community and make it happen!



THE MINIMUM EXERCISE

cardio

♥ **150**

minutes per week

strength

🏋️ **2**

times per week

Cardio: Each week, aim for a total of 150 minutes of exercise that gets your heart pumping. This could be 5 sessions that are 30 minutes each or any mix of exercise throughout the week.

Strength: Work all of the major muscle groups at least twice every week.

Keep moving: Get up and move every hour each day.



COUCH to
ACTIVE!

CARDIO + STRENGTH EXAMPLES

NO MORE EXERCISE WE HATE

Cardio



***Get Your
Heart Pumping***

Brisk walk, swimming, water
aerobics, dancing, kick-boxing,
biking, hiking, gardening,
Duck Duck Goose, yard work,
chasing kids, power walk the mall,
stairs, kayaking, surfing, kick ball,
tennis.

Strength



***Gain Muscular
Strength***

Weights, yoga, Pilates, pull ups,
push ups, abdominals, squats, calf
raises, leg extensions, bicep curls,
butterfly, back extension, modified
planks.

Stay injury free!



**COUCH to
ACTIVE!**

4-WEEK PLAN

Sun	Mon	Tu	Wed	Th	Fri	Sat
♥	♥	🏋️	♥	🏋️	♥	♥
♥	♥	🏋️	♥	🏋️	♥	♥
♥	♥	🏋️	♥	🏋️	♥	♥
♥	♥	🏋️	♥	🏋️	♥	♥

This is an example of how you can accomplish the minimum exercise recommendations in your life over a 4 week period. The purpose of this example is to see how simple a plan can be.

♥ = 30 minutes of cardio

🏋️ = weight bearing exercise



MY EXERCISE PLAN

THIS WEEK **COUCH** to **ACTIVE!**

	what exercise?	what time?	done!
M			<input type="checkbox"/>
T			<input type="checkbox"/>
W			<input type="checkbox"/>
T			<input type="checkbox"/>
F			<input type="checkbox"/>
S			<input type="checkbox"/>
S			<input type="checkbox"/>

LIVE A LIFE YOU LOVE



YOUR TURN

Why do you want to exercise more?

How long have you been wanting to achieve this goal?

What would it be worth to you if you finally succeeded?

What would it be worth to you if this also helped you smile more?

What's holding you back?

It's decision time. Do you want to stay where you are? Or are you going to give yourself the gift of a breakthrough?

You are worthy of an active lifestyle!

COUCH to
ACTIVE!

THIS IS IT!

(ALL ON ONE PAGE)

cardio

♥ **150**

minutes per week

strength

🏋️ **2**

times per week

YOU ARE WORTHY!

*What's holding you back?
It's decision time.*

NO MORE
EXERCISE
WE HATE!

Sun	Mon	Tu	Wed	Th	Fri	Sat
♥	♥	🏋️	♥	🏋️	♥	♥
♥	♥	🏋️	♥	🏋️	♥	♥
♥	♥	🏋️	♥	🏋️	♥	♥
♥	♥	🏋️	♥	🏋️	♥	♥

COUCH to
Let's do this! **ACTIVE!**

It would be my honor to serve you!

Lyn Lindbergh

My website has options to support your success.

www.couchtoactive.com

Award Winning Book

COUCH to ACTIVE: The missing link that takes you from sedentary to active.
couchtoactive.com/book

Jump Start

Get your engine started again with this very fun and low-priced jump start!
couchtoactive.com/start

Cactive Club

We could call ourselves a "support group," but why when "club" is more fun!
couchtoactive.com/club

Podcast

Always free. Weekly episodes with Lyn to keep the topic alive.
couchtoactive.com/podcast

Coaching

This is the fastest and most fun way to make this change in your life.
couchtoactive.com/program



CONNECT



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