



**MDC**

*Move*

**GET ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**

## MOTHER'S DAY CLASSIC TRAINING PROGRAM

Weekly Movement Plan **Week 1**

### GET MOVING

#### SESSION 1

**1.**

Warm up:  
5 minute walk

**2.**

Walk briskly for  
5 minutes

**3.**

Cool down:  
5 minute walk

#### SESSION 2

**1.**

Warm up:  
5 minute walk

**2.**

Walk briskly for  
6 minutes

**3.**

Cool down:  
5 minute walk

#### SESSION 3

**1.**

Warm up:  
5 minute walk

**2.**

Walk briskly for  
7 minutes

**3.**

Cool down:  
5 minute walk

#### TIP OF THE WEEK

This week we want you to think about your posture, so we want to make sure you are staying upright, with your shoulders back and your head and chin up. You don't need to look at the floor when you are moving and your feet are most definitely still there. Let's also ensure your arms are not crossing your body and they are moving forward.



**AIA Vitality**

**| HESTA |**



**9NEWS**

