

# FITSPIRIT MOTHER/DAUGHTER CHALLENGE


presented by  Sun Life

Program designed  
by Isabelle Gagnon,  
kinesiologist

# WALKING PROGRAM

## PERCEIVED EXERTION SCALE (PES)

2 - 4	Very easy
5	easy
6 - 7	Moderately difficult
8	difficult
9	Very difficult
10	Exhausting



Adjust your effort  
to respect the indicated  
level of difficulty  
for each workout.  
Refer to this scale.

## FRIENDLY TIPS

- Each workout starts with 5 minutes of low-intensity walking (perceived exertion scale: 4-5). At the end of the workout, cool down at the same intensity level for 5 minutes too.
- Workouts can be postponed, but it is preferable to respect the order in which they are presented.
- Strength and stretching exercises can help you become more efficient at walking. Remember to do them!
- If you are hurt and in pain, you can replace workouts with swimming or biking. If the pain persists for more than three days, try to see a health professional specializing in sports.
- If you are short on time or don't feel up to it, try to walk just for 5-10 minutes anyway, at a low-intensity level. A little is always better than none at all!
- Don't limit yourself to the exercises in the training plan. Feel free to perform other forms of physical activity too.
- Remember to bring water to drink whenever you go out to walk.

Do you have questions about the walking program or physical activity in general? Ask our expert kinesiologist!

[kin@fitspirit.ca](mailto:kin@fitspirit.ca)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK</b> <b>1</b>	<b>TOTAL: 20 min</b> <b>5 min:</b> warm-up walk <b>10 min:</b> walk <b>5 min:</b> cool down PES <b>6</b>  See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a>	<b>STRETCHING:</b> See stretching page.	<b>REST</b>	<b>TOTAL: 20 min</b> <b>5 min:</b> warm-up walk <b>10 min:</b> walk <b>5 min:</b> cool down PES <b>6</b>  See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a>	<b>STRETCHING:</b> See stretching page.	<b>TOTAL: 25 min</b> <b>5 min:</b> warm-up walk <b>15 min:</b> walk <b>5 min:</b> cool down PES <b>6</b>  See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a>	<b>REST</b>
	<b>TOTAL: 25 min</b> <b>5 min:</b> warm-up walk <b>15 min:</b> walk <b>5 min:</b> cool down PES <b>6</b>  See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a>	<b>STRETCHING:</b> See stretching page.	<b>REST</b>	<b>TOTAL: 20 min</b> <b>5 min:</b> warm-up walk <b>10 min:</b> walk <b>5 min:</b> cool down PES <b>6</b>  See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a>	<b>STRETCHING:</b> See stretching page.	<b>TOTAL: 25 min</b> <b>5 min:</b> warm-up walk <b>15 min:</b> walk <b>5 min:</b> cool down PES <b>6</b>  See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a>	<b>REST</b>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3	<p><b>TOTAL: 25 min</b>  <b>5 min:</b>                      warm-up walk  <b>15 min:</b> walk  <b>5 min:</b> cool down                      PES <span style="background-color: #f4a460; padding: 2px 5px;">6</span></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>REST</b></p>	<p><b>TOTAL: 25 min</b>  <b>5 min:</b>                      warm-up walk  <b>15 min:</b> walk  <b>5 min:</b> cool down                      PES <span style="background-color: #f4a460; padding: 2px 5px;">6</span></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>TOTAL: 35 min</b>  <b>5 min:</b>                      warm-up walk  <b>25 min:</b> walk  <b>5 min:</b> cool down                      PES <span style="background-color: #f4a460; padding: 2px 5px;">6</span></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>REST</b></p>
	WEEK 4	<p><b>TOTAL: 25 min</b>  <b>5 min:</b>                      warm-up walk  <b>15 min:</b> walk  <b>5 min:</b> cool down                      PES <span style="background-color: #f4a460; padding: 2px 5px;">6</span></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>REST</b></p>	<p><b>TOTAL: 25 min</b>  <b>5 min:</b>                      warm-up walk  <b>15 min:</b> walk  <b>5 min:</b> cool down                      PES <span style="background-color: #f4a460; padding: 2px 5px;">6</span></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>TOTAL: 35 min</b>  <b>5 min:</b>                      warm-up walk  <b>25 min:</b> walk  <b>5 min:</b> cool down                      PES <span style="background-color: #f4a460; padding: 2px 5px;">6</span></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>

# WALKING PROGRAM

## WEEK 5


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p><b>TOTAL: 30 min</b>  <b>5 min:</b>                      warm-up walk  <b>20 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>REST</b></p>	<p><b>TOTAL: 25 min</b>  <b>5 min:</b>                      warm-up walk  <b>15 min:</b> walk including                      6x(30 s fast / 1 min slow)  <b>5 min:</b> cool down</p> <p>PES <b>7 - 8</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>TOTAL: 40 min</b>  <b>5 min:</b>                      warm-up walk  <b>30 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>REST</b></p>

## WEEK 6

	<p><b>TOTAL: 30 min</b>  <b>5 min:</b>                      warm-up walk  <b>20 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>REST</b></p>	<p><b>TOTAL: 30 min</b>  <b>5 min:</b>                      warm-up walk  <b>20 min:</b> walk including                      10x(30 s fast / 1 min slow)  <b>5 min:</b> cool down</p> <p>PES <b>7 - 8</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>                      See stretching page.</p>	<p><b>TOTAL: 45 min</b>  <b>5 min:</b>                      warm-up walk  <b>35 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>REST</b></p>
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# WALKING PROGRAM

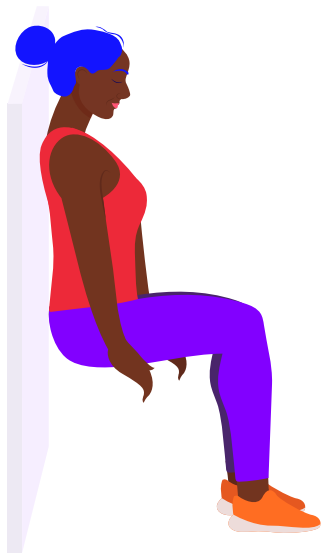
WEEK  
7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	<p><b>TOTAL: 30 min</b>  <b>5 min:</b> warm-up walk  <b>20 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>            See stretching page.</p>	<p><b>REST</b></p>	<p><b>TOTAL: 30 min</b>  <b>5 min:</b> warm-up walk  <b>20 min:</b> walk including 8x(45 s fast / 75 s slow)  <b>5 min:</b> cool down</p> <p>PES <b>7 - 8</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>            See stretching page.</p>	<p><b>TOTAL: 35 min</b>  <b>5 min:</b> warm-up walk  <b>25 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>REST</b></p>
WEEK 8	<p><b>TOTAL: 30 min</b>  <b>5 min:</b> warm-up walk  <b>20 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p> <p>See the strength training exercise pages or choose a workout from the options you can find on <a href="#">FitSpirit's website</a></p>	<p><b>STRETCHING:</b>            See stretching page.</p>	<p><b>REST</b></p>	<p><b>TOTAL: 20 min</b>  <b>5 min:</b> warm-up walk  <b>10 min:</b> walk  <b>5 min:</b> cool down</p> <p>PES <b>6</b></p>	<p><b>STRETCHING:</b>            See stretching page.</p>	<p><b>WEEKEND OF</b></p> <p><b>FITSPIRIT MOTHER/DAUGHTER CHALLENGE</b></p> <p>presented by  Sun Life</p>	

# STRENGTH TRAINING EXERCISES

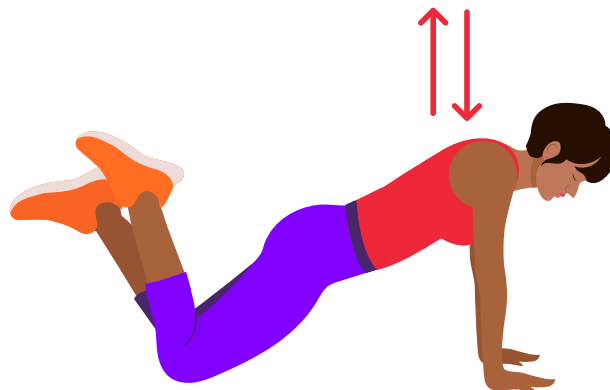
Perform each exercise back-to-back.  
Rest for one minute and repeat a second time.

WEEKS 1 TO 4



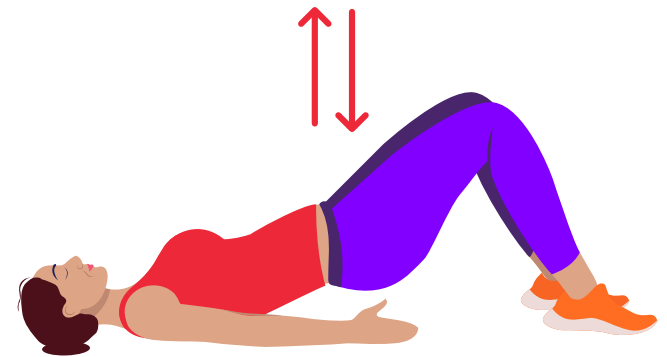
**CHAIR, BACK  
AGAINST WALL**

30 S



**PUSH UPS ON KNEES  
OR TOES**

15 REPETITIONS



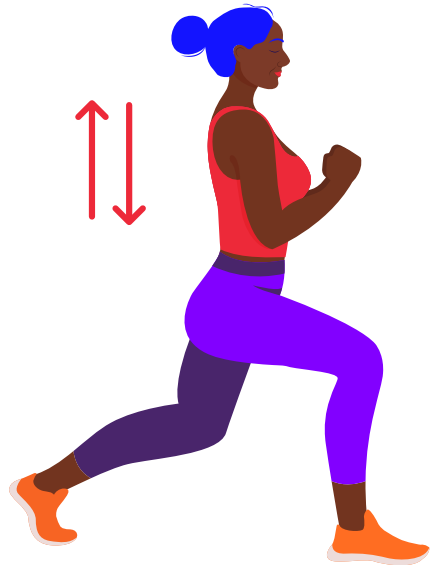
**DOUBLE LEG BRIDGE  
FEET FLAT AGAINST  
FLOOR**

15 REPETITIONS

# STRENGTH TRAINING EXERCISES

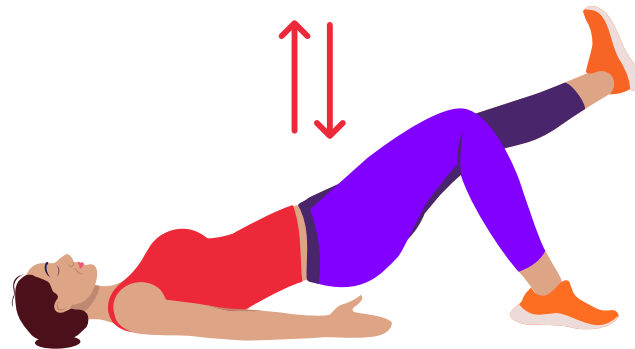
Perform each exercise back-to-back.  
Rest for one minute and repeat a second time.

WEEKS 5 TO 8



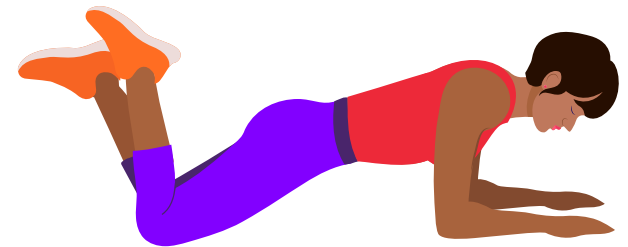
**LUNGES**

12 REPETITIONS  
ON EACH SIDE



**SINGLE LEG BRIDGE**

12 REPETITIONS  
ON EACH SIDE



**PLANK ON KNEES  
OR TOES**

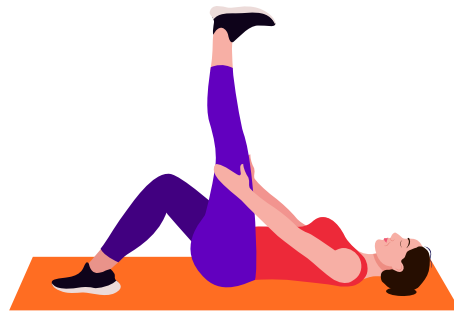
30 S

# STRETCHING

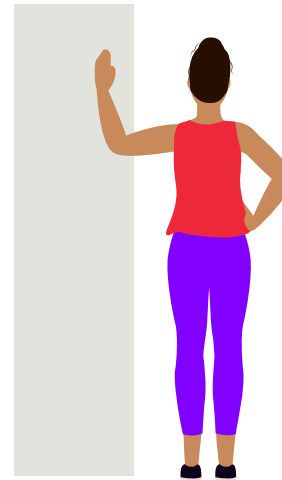
Hold each position 30 s to 1 minute on each side.



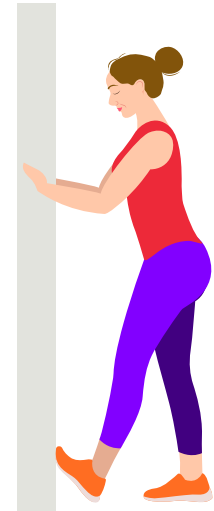
**QUADRICEPS**  
(FRONT OF THIGH)



**HAMSTRINGS**  
(BACK OF THIGH)



**PECTORALS AND  
SHOULDERS**



**CALVES**  
(BACK OF LOWER LEG)



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