



Hi friend,

Starting a new routine can feel overwhelming. That's why I put together a **simple 7-day plan** to help you get moving without stress or pressure. Think of it as your jumpstart—a week of small steps that will make a big difference.

Here's how it looks:

Day 1 – Just Walk

Lace up your shoes and take a 15-minute walk. That's it. No stopwatch, no pressure—just move. The hardest part is showing up, and if you do this, you've already started.

Day 2 – Add a Little More

Go for another walk, but stretch it to 20 minutes. If you feel comfortable, add a short 1-minute jog in the middle. If not, no worries—walking is perfect.

Day 3 – Focus on Stretching

Rest from walking today. Instead, do 10–15 minutes of gentle stretches—ankles, calves, hamstrings, and shoulders. Think of it as telling your body: “I’m taking care of you.”

Day 4 – Mix It Up

Back to walking, but this time play with the pace. Walk a little faster for 2 minutes, then slow down for 2 minutes. Repeat a few times. This keeps it interesting and builds stamina without feeling hard.

Day 5 – Strength in Small Doses

You don't need a gym. At home, try a few body-weight moves: 10 squats, 5 push-ups (even on your knees), 10 calf raises, and a 20-second plank. Do it once. If you're feeling good, repeat twice.

Day 6 – Your Long Walk

Take a little more time today—25 to 30 minutes of walking at an easy pace. If you want, sprinkle in a jog here and there, but only if it feels right. The goal is simply to enjoy being out there.

Day 7 – Reflect & Reset

Today is about gratitude. Go for a light 10-minute walk or just rest. Then take 5 minutes to think about what you accomplished this week. Seven days ago, you were thinking about starting. Now—you've done it.

Why This Works

*This plan is not about running marathons. It's about **momentum**. Small, steady steps build confidence, and confidence builds habits. By the end of the week, you'll notice you're already stronger, more energized, and proud of yourself for sticking with it.*

Final thought: Starting something new isn't about perfection—it's about direction. And with this 7-day plan, you're already moving forward.

See you on the path,
Nelson – Jogglean