

# HOW TO BALANCE YOUR EXERCISE ROUTINE

When it comes to exercise, balance is important. Mix it up. Work hard sometimes. Relax, unwind, and recover other times. Find the number of hours you spend being active per week, then read across to see how we suggest you divide your time.

## RESISTANCE TRAINING

## INTERVALS

## ACTIVE RECOVERY

## FUN STUFF

0 TO 5 HOURS



3 hours



30 minutes



1 hour



Rest of the time

5 TO 10 HOURS



3 hours



30-45 minutes



2-3 hours



Rest of the time

10 TO 15 HOURS



3 hours



45 minutes



3-4 hours



Rest of the time