

# FitnessLab



## Weekly Guidelines/ Targets

- ☐ 150 minutes of low intensity exercise **OR**
- ☐ 75 minutes of moderate exercise
- ☐ 2 strength sessions per week
- ☐ Balance / Mobility
- ☐ 80% / 20% Diet
- ☐ 7,000 steps per day
- ☐ Protein with lunch and/ or dinner

**FitnessLab**

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