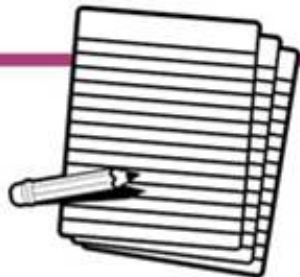


## EXERCISE: PLANNING YOUR EXERCISES



When will I do anaerobic/strengthening exercise?

---

What kind of anaerobic/strengthening exercise will I do?

---

How long will I do this exercise?

---

When will I do aerobic exercise?

---

What kind of aerobic exercise will I do?

---

How long will I do aerobic exercise?

---